



Riverside Review

Volume 2018

Issue 8

August 2018

48 W 7th Street, Rainier, OR 97048
E-mail: rainierseniorec@gmail.com

Phone: 503-556-3889
Web: RainierSeniors.com

City-Wide



also at Rainier Senior Center
Sat. Aug. 18th 8 to 3

- Hamburger Meals \$5.00
 - Hotdog Meals \$4.50
 - Ice Cream Bars .50 • Popcorn .50 • Drinks \$1.00.
- Starting at 11:00 a.m.

Please Complete Your NAPIS Form for the Senior Center Nutrition Fund

NAPIS forms are extremely important to your Senior Center. These completed forms are how the Community Action Team reimburses the center. Currently they are worth 75 cents but come July first they will be worth \$1.25. **If your NAPIS form is more than one year old**, please stop by the front desk and complete a current one. If you have any questions, please talk to any Board member.

Stop by the Desk- It only takes a minute or less.

Hours

Rainier Senior Center Hours
9:30 am to 2:30 pm
Monday through Friday

Board Members

Jan Rich, Pres.
Carla Bodenhamer, V Pres.
Marilyn Tift, Tres. Rachel Kelley, Sect.
At Large: Shirley Emerick, Clint Kelley,
and Judy Lepin

Newsletter Editor: *Beth Bailey*

Ilani Casino Bus Trip



August 22nd
Pickup at 8:30 am
Cost: \$15
Sponsored by
Scappoose
Community Center

City-Wide Garage Sale AUGUST 18

8:00 am - 3:00 pm

**in our
air-conditioned Senior Center**

Food and Drinks available at 11:00



During
Birthday Friday the Center
will be offering a
FREE lunch
certificate to those
birthday folks present

Help Your Neighbors in Need – Give to GLOW

Warm a heart and a household by giving to Columbia River PUD's GLOW (Give Light, Offer Warmth) Fund.

GLOW provides emergency bill payment assistance to low-income PUD customers. A GLOW donation helps keep their power on and their households warm. Through the generous donations of PUD customers like you, GLOW is able to help hundreds of families in our community each year.

CRPUD is raffling a handmade quilt from the Columbia River Piecemakers Quilt Guild to raise money for GLOW. Tickets are \$1 apiece or 6 for \$5, and are available at the PUD office in Deer Island. The winner will be drawn at the Columbia River Piecemakers Quilt Guild Quilt Show on October 13.

To make a donation or learn more, call CRPUD at (503) 397-0590, or visit crpud.net/glow.



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY

Rainier Health Center.
Supporting Community Health and Wellness.

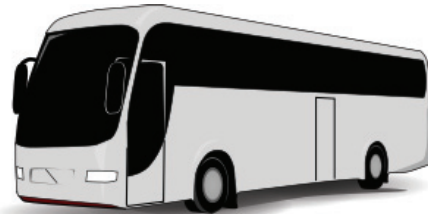


August 21st is
**Senior
Citizens
Day**

Now accepting Medicare. This clinic is located up at the Rainier High School. Hours: Tuesday-Friday 8am-4:30pm Closed for lunch 12:30-1:30. Services include: flu shots; primary/acute/chronic medical problems, referrals to specialists, mental health counseling and tobacco prevention.

**Call to schedule an appointment at:
503-556-2178.**

**Special Casino Bus Trip to
LUCKY EAGLE
Last Tuesday of the Month**



**9am to 4pm
Cost: \$15/Member
See Marily to reserve your space**

**Daniel Garrison, CPA,
2114 Columbia Blvd,
St Helens, OR 97051
Email: dan@drgtax.com
503-366-0994**

...for quality, personalized financial guidance for individuals and businesses. Dan can do your basic tax management and accounting or help with more in-depth services such as audits, financial statements and financial planning.

Senior Center Activities

MONDAY



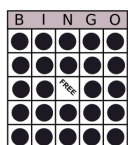
Blood Pressure Check
11 am by Lowell Norbom

Unavailable until
Further notice



Music by

The Three of Us
Music begins at 11:00.
Sing along or dance to the
tunes.



Evening Bingo
starts at 6:00pm
\$5 per card
Come have fun.

HOOKS & NEEDLES GROUP

Every Monday
1:00-2:30 pm

TUESDAY

Gentle Exercise at 10 am

WEDNESDAY

Work on a Puzzle, Pick out a Book or
Work Out on the Exercise Equipment

THURSDAY

1st and 3rd Thursdays

Pinochle at 1:00 PM

Thursdays- See Events Page

Yoga at 10:30 am

Gentle Exercise at 10am

FRIDAY



Music

1st and 3rd Friday

Foot Care



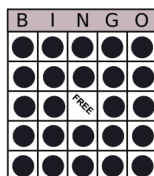
Unavailable until
Further Notice

SPECIAL EVENTS

Big BINGO BASH

September 22

- 20 Games
- Prizes
- Money



Membership Meeting Schedule:

4th Wednesday of the month

August
October
December



Happy Birthday to our August Birthday Members

Birthday Flower: Poppy Birthstone: Peridot

If your birthday is not listed or wrong, please contact the reception desk.

8/2 Janice Bledsoe
8/5 Rita Brady
8/6 Ellen Wyatt
8/10 V Rochelle Pierce
8/11 Jeanan Hayslip
8/13 Georgry Zielinski
8/17 Jan Rich
8/17 Jo Williamson
8/18 Shiela Rickard

8/18 Art Hines
8/22 Darlene Pearce
8/25 Martha Morton
8/25 Sue Drummond
8/26 Jeanette Hirzel
8/27 Jim Grimes
8/29 Keith Ekstrom
8/31 Kathy Richardson

Please Register your rewards program to designate the Rainier Senior Center as the non-profit



**Help Our
Senior Center
Earn Money!**

Register Today!
We're up to 47 families!
1st qtr 2018- Contribution
\$87.31; Total 2017: \$381.22
Check to make sure your
rewards card is connected
to the center.

Total July Fuel Points: 16
*****8
Rewards or Fuel Program Questions?
Details at www.fredmeyer.com/rewards
or Contact us at 1-866-518-2686
Monday-Friday 5AM to 9PM PST
*****8

SAVE THIS RECEIPT FOR REFUNDS
OR ADJUSTMENTS

Thank you for participating in
2017 Fred Meyer Community Rewards
You requested Fred Meyer donate to
Rainier Senior Citizens, Inc.



9102018570117101071707181135
THANK YOU FOR CHOOSING FREDDY'S!
www.fredmeyer.com

The Rainier Senior Center can earn money from
Fred Meyer by anyone who shops there and signs
up for the Community Rewards Program.

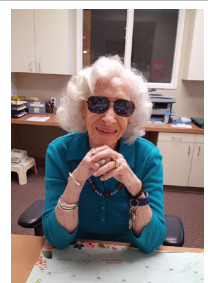
Link your card to:
Rainier Senior Citizens
- or use our non-profit number **94223**.

**You still get your reward points, fuel
points and rebates just the same!**

Look at example →

Rainier's Volunteer for the Month of August: Barbara Foster

Barbara Foster is Rainier's volunteer of the month of August. Barbara was born in Texas. She married a serviceman and was able to see a lot of the states. While stationed in Astoria, they decided to retire in Rainier. She is so thankful for our center and has worked the desk since 2008. Thank you, Barbara, for being there for our seniors.



AUGUST EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2  Music with Inez Glaze Pinochle 1:00 pm	3  Music with Erik & Cheri Birthday Cake
6  3 of Us Hooks & Needles 1 pm	7	8  Music with Inez Glaze	9 Gentle Exercise 10am Chair Yoga 10:30 am Hand and Foot Cards 1 pm	10  Music by Al Barr
13  3 of Us Hooks & Needles 1 pm Bingo - 6pm	14  Music with Buck Sanders Gentle Exercise 10am Board Meeting 1 pm Men's/Women's VFW - 1:00 pm	15 WIC 9:30am-1pm Board Meeting 1 pm	16 Gentle Exercise 10am Pinochle 1:00 pm	17
20  3 of Us Hooks & Needles 1pm Bingo - 6 pm	21 Senior Citizen Day	22 Membership Meeting 1 pm	23 Gentle Exercise 10 AM Chair Yoga 10:30 am Hand and Foot Cards 1 pm	24  Music by Vern Kennedy Susannah's Supper 6pm Rainier Methodist Church
27  3 of Us Hooks & Needles 1 pm Bingo - 6pm	28 Casino Bus Trip 9am-4pm \$15/member See Marily	29  Music with Inez Glaze	30	31

August 2018 Rainier Senior Center Activities - www.RainierSeniors.com
Events are subject to change without notice. NO Breakfast deliveries.

AUGUST MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
Meals Served In June: 1,027 Fiscal year: 14,316 June Volunteer Hours: 521.25 Fiscal year: 6,346.75		1 Spaghetti w/Meat Sauce Cottage Cheese Garlic Bread	2 Grilled Tuna Sandwich Fruit Salad	3 Shepherds Pie Mixed Greens Salad Birthday Cake
6 BBQ Chicken Macaroni Salad	7 Sausage Dogs With Bun Salad Baked Beans	8 Chicken Fried Steak Mashed Potatoes & Gravy Veggie	9 Italian Meatball Soup Bread Fruit	10 Grilled Egg Salad Sandwich Side Salad
13 Pork Loin Mashed Potatoes Apple Sauce Veggies	14 Chef Salad With All The Fixin's Roll	15 Western Beef Stew Biscuits Salad	16 French Dip Side Salad Fruit Cottage Cheese	17 Meatloaf Potatoes Melba Veggie
20 Chicken Casserole Roll Fruit	21 Fishwich Cole Slaw Chips	22 BBQ Meatballs Potato Salad	23 Summers Country Vegetable Soup Ham Sandwich	24 Tamale Pie 3 Bean Salad
27 Hamburger Patties Mashed Potatoes With Gravy Baked Beans	28 Sweet 'N' Sour Meatballs Rice Peas	29 Salad Buffet Chef's Choice Soup	30 Turkey Bacon Melt On Sourdough Coleslaw	31 Couscous Salad With Chicken Fruit

Rainier Senior Center Lunch Menu **503-556-3889** **www.RainierSeniors.com**
Call in and carry-out orders need to be in no later than 10:30 am.
Menu is subject to change without notice. Breakfast served 9:00-10:30, M-F
Suggested Donation is \$5 for over 60 and \$6 for under 60 for lunch; Breakfast, \$5

Support the
Senior Center
by donating time, money, or
Returnable cans/bottles
"Every little bit helps!"



Practice DMV Test Available

DMV is offering a sample written test to Rainier senior residents if you need to renew your driving license. Sample tests can be found at:
<https://www.dmv-written-test.com/Oregon/practice-test-1.html>
All the tests are free and no personal information will be collected.

My Fair Lady Queen Carla Bodenhamer



We are so very proud to see Carla crowned My Fair Lady Queen for 2018!

At the Columbia County Fair in St Helens, on July 18th. Carla Bodenhamer represented Rainier and became queen for this year.

She also appeared on the Rainier Senior Center float during the Rainier Days in the Park Parade.

Congratulations, Carla!



Have you ever played
Hand and Foot?

Would you like to learn?

Hand and Foot Cards
every 2nd and 4th Thursday
at 1:00 pm

Come join us!

**Bed, Bath & Beyond
Columbia River PUD
Country Financial
Columbia Mermaid
Delaware Place
Dutch Bros
El Tapatio
Highlander Place
Hometown Pizza
Knot Just A Bear
Means Nursery
Ol' Pastime Tavern
Oliva Bros
PGE
Rainier Chevron Food Mart
Rainier True Value
The Cornerstone Cafe
The Toy Store
Triangle Bowl
Vernie's Pizza**

**Canterbury Plaza
City of Rainier
Columbia Food Bank
Deer Island Grange
Delaware Plaza
Eagles
Foster Farms
Fred Meyer
Head Hunter
Lower Columbia Insurance
Nys Tree Farm
Rainier Deli & Mart
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
Teevin Bros
United Way**



"A Great Place...For Great People"

***Rainier Senior Center
48 West 7th Street
Rainier, OR 97048***