



Riverside Review

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My Fair Lady Queen Carla Bodenhamer

Rainier Senior Center was well represented at this year's fair. Carla Bodenhamer was crowned Queen of My Fair Lady at the Columbia County Fair on July 20, 2022.

Carla was previously selected as queen at the 2018 fair. Congratulations, Carla, for representing Rainier Senior Center.



Board Members

President: Jan Rich

Vice-President: Debra Elliott

Secretary: Darnell Willis

Treasurer: Rachel Kelley

At Large: Joanne Bernard, Scott Cooper and Clint Kelley

Newsletter Editor: Beth Bailey

Crabby Road

11-5-11



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Joanne Bernard Princess

Joanne Bernard was selected again as a princess of the My Fair Lady competition. This is the second time she represented the center. The last time was in 2013.

Congratulations, Joanne!
Way to go!

Meals Served for May: 1265
Volunteer Hours: 357

Rainier Senior Center Hours
9:30 am to 2:00 pm
Monday through Friday
Gift Shop 10:00 am-2:00 pm

Save on water heating costs with these easy tips

Heating the water in your home can account for up to 20% of your utility bill – often making it the second largest energy expense in your home. A few simple adjustments can help lower your monthly bill by cutting hot water use. Try these tips:

- **Showers, not baths.** Taking a bath uses 12-25 gallons of hot water. It takes less than 10 gallons for a five-minute shower.
- **Cold water.** Turn your washing machine's setting to "cold." Today's laundry detergents work well in cooler temperatures.
- **Full loads.** Only use your dishwasher when it's full. This will use less water than washing dishes by hand. Choose the shortest cycle needed to clean your dishes.
- **Fix leaks.** A seemingly minor leak of one drip per minute wastes 8.64 gallons of water per day.
- **Turn your water heater down to 120 degrees F.** For every 10-degree reduction in temperature, you can save 3-5% on your water heating costs.
- **Install new showerheads.** A low-flow showerhead can lower water heating costs by wasting less water.



COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY

For more energy-saving tips, visit www.crpud.net/tips or call our partners with Efficiency Services Group at (888) 883-9879.



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- Visit our website or call to schedule your complimentary consultation.

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www.UnderstandingMyMedicare.com

August Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pork Patty Burger Lettuce, Tomato Tater Tots <i>The Three Of Us</i>	2 Porcupine Casserole Vegetables Salad Bread	3 Tuscan Tortellini Baguette Parmesan Medallions	4 Crispy ChickenSalad Fruit ½ Deli Sandwich	5 Ham Potatoess Corn Roll Jello dessert <i>Bo Obney</i>
8 Meat Loaf Potatoes Veggies Fruit <i>The Three of Us</i>	9 BBQ Meatballs Rice Veggies	10 Sausage Skillet Toast Fruit	11 Grilled Ham & Cheese Potato Salad	12 Stuffed Pepper casserole Potatoes Cheesey Bread Salad <i>Guv & Marv</i>
15 Spaghetti W/meat sauce Garlic Bread Cottage Cheese <i>The Three Of Us</i>	16 Taco Salad Chips	17 Navybean Soup ½ egg salad sandwich	18 Ham & Cheese Quiche Fruit Cottage cheese	19 Pulled Pork Sliders Potato Salad Chips Watermelon Icecream <i>Bo Obney</i>
22 Pot Roast Potatoes & Carrots Biscuit Gravy <i>The Three Of Us</i>	23 Tunafish & Noodles Coleslaw	24 Chicken Fried Steak Potatoes Countryt Gravy Veggies	25 Corn Chowder ½ Deli sandwich	26 Frittatas English Muffin Fruit <i>Guy & Mary</i>
29 Chicken Casserole With Rice Pea Salad <i>The Three of Us</i>	30 Cheese Ravioli With white Sauce Bread Salad	31 Taco Tater Tot VegetablesCasserole Sour Cream Salsa	1 Lasagna Garlic Bread Salad	2 Fish Sandwich Chips Macaroni Salad

Rainier Senior Center Lunch Menu












503-556-3889

www.RainierSeniors.com

All to go meal orders need to be in no later than 9:00 am.

Menu is subject to change without notice. \$5 for over 60 and \$7 for under 60.

AUGUST EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
1  3 of Us 11 am	2	3	4	5  Music by Bo Obney
8  3 of Us 11 am  Blood Pressure 11 AM Hooks & Needles 1pm-2:30 pm Bingo -6pm	9 Breakfast 9-10 am Exercise 9:30 am Debra Kranyak Kaiser 10 am -12 pm	10  Music by Bo Obney	11 Breakfast 9-10 am Exercise 9:30 am Hand and Foot Cards 1 pm	12
15  3 of Us 11 am  Blood Pressure 11 AM Hooks & Needles 1pm-2:30 pm Bingo - 6 pm	16 Breakfast 9-10 am Exercise 9:30 am	17	18 Breakfast 9-10 am Exercise 9:30 am Pinochle 1:00 pm	19  Music by Bo Obney
22  3 of Us Blood Pressure 11 AM  Hooks & Needles 1pm-2:30 pm Bingo -6pm	23 Breakfast 9-10 am Exercise 9:30 am	24  Music by Bo Obney	25 Breakfast 9-10 am Exercise 9:30 am Hand and Foot Cards 1 pm	26  Music by Guy & Mary Susannah's Supper Methodist Church 4 pm
29  3 of Us Blood Pressure 11 AM Hooks & Needles 1pm-2:30 pm Bingo -6pm	30 Breakfast 9-10 am Exercise 9:30 am	31		



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 Claudine Brown
8/2 Dennis Higley
8/10 Renay Bernard
8/12 Monte Hendricks
8/13 Donna Miller
8/15 Margene Hill
8/15 Joe Snook
8/17 Joyce Dolph
8/17 Jan Rich

8/18 Meil (Hank) Anderson
8/18 Suzi Farmer
8/19 Dave Bernard
8/22 Laureen Lawty
8/25 Martha Morton
8/27 Philip Taylor
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 received \$59.04 for
the Quarter from 42 families.
Check to make sure your
rewards card is connected
to the center.

Look at example →



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 **AH614******.

Go to fredmeyer.com/communityrewards

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

August Volunteer of the Month is Dorothy Gillhoover

Volunteer for August is Dorothy Gilhover. She moved to Rainier last
September from Coos Bay on the Oregon Coast. She has many hobbies and
is very interested in books, She has stepped up and is doing a great job of
keeping the library organized. Thank so much, Dorothy, for all you do,





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**HERE YE! HERE YE!
FREE LUNCH FOR MEMBERS
August 19, 2022**

Menu: Pulled pork sliders, potato salad, chips, watermelon and ice cream for dessert.

Music: Bo Obney

So come for the food and music. We look forward to seeing everyone.

****Non-members are welcomed
but will have to donate****

I am sad to announce that Bill Graybow passed away the week of 7/24/22. He will be remembered by the beautiful music he played during lunch time at the Senior Center.
Our prayers are with his family.



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Thank you to all our members for supporting the Rainier Senior Center through all the events since March 2020. We couldn't have survived without you!

Special Events

**August 19 Lunch
FREE for all Members
with music by Bo Obney**

Get there early to get your seat!

Non-Members will have to donate

**Insurance
Debra Kranyak, Kaiser, 8/9
10 am -12:00 pm**



**Donate
Your Return Bottles
or Cans to
Rainier Senior Center
Your Donations
are Appreciated**



P O Box 216, Clatskanie, OR 97016
503-728-2163
Open Monday through Thursday
7 am-5:30 pm

Susannah's Supper is back!
Every fourth Friday
at the Methodist Church
starting at 4:00 pm



DRIVERS NEEDED!
Check with the Desk for more details

Become a Member of Rainier Senior Center



Want to get in on the fun? Want to meet other seniors? Join us for the events, activities, and just plain conversation.

ONLY \$15 per year

Sign up today and begin receiving our newsletter so you can plan to join us..

IF YOU
LAUGH
A LOT,
WHEN YOU GET OLDER
YOUR WRINKLES WILL BE
IN THE RIGHT PLACES.

We really need
Meals on Wheels Drivers!
Please be a part of our
volunteers serving needy
seniors

We Serve
Meals On Wheels
So no senior goes hungry.



B Street Coffee
Canterbury Inn
Canterbury Gardens
Columbia River PUD
Columbia Carpet One
Costco
Country Financial
Dutch Bros
El Tapatio
Hometown Pizza
Kaiser Permanente
Kerby's Fish & Chips
Means Nursery
Ol' Pastime Tavern
Outpost 30
Rainier Chevron Food Mart
Rainier True Value
Red Lobster
Sound Authority
Teri's Restaurant
The Cornerstone Cafe
Triangle Bowl

Cap "N' Yoby
City of Rainier
Columbia Food Bank
Deer Island Grange
Delaware Plaza
Eagles
Foster Farms
Fred Meyer
Guadalajara
InRoads
Miracle Ear
Monarca mexican
Nys Tree Farm
Napa Auto
Rainier Hstorical Museum
Rainier Liquor Store
Rainier Subway
The Dog Zone
United Way
US Gypsum
Vernie's Pizza



"A Great Place...For Great People"

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