



## *Riverside Review*

*Volume 2017*

*Issue 8*

*August 2017*

**48 W 7th Street, Rainier, OR 97048**  
**E-mail: [rainierseniorc@gmail.com](mailto:rainierseniorc@gmail.com)**

**Phone: 503-556-3889**  
**Web: [RainierSeniors.com](http://RainierSeniors.com)**



### **Senior Bus Trip to Astoria Astor Column & Sunday Market**

**August 20**

**9:30 am -3:00 pm**

Sign up early- only 12 seats- Cost \$5  
You'll have plenty of time to visit the booths  
and have lunch. Let's make this the first of  
many trips.

**CITY-WIDE  
GARAGE  
SALE**

**Enjoy the air-conditioning during  
Rainier City-Wide Garage Sale**

**August 12**

**Table Rentals - \$10**

*plus \$20*

*refundable deposit*

**\$5 Menu- Pulled Pork Sandwiches,  
macaroni salad, drink**

**\$3.50 Menu- Hot Dog, chips & drink  
served 11 am to 2 pm**

**Contact Rachel at 503-369-6382 or  
Senior Center 503-556-3889**

### **Board Members**

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

*We Serve*  
**Meals On Wheels**  
*So no senior goes hungry.*



### **BECOME A MEALS-ON-WHEELS Driver**

It only takes one hour of your time to deliver  
meals one day a week.

We need regular drivers as well as substitute drivers.  
You'll need to fill out an application and go through  
a paid background check.



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

### **Hours**

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

The Energy Experts at Columbia River PUD have some tips to share for staying cool and saving on your monthly power bill this summer.

1. **Keep the Heat Out:** Keep your windows closed during the day to keep the heat out. Open them at night to let cool air in. Close drapes to block the sun.
2. **Air Conditioning:** Air conditioners use a lot of power. The higher you set your thermostat, the more you can save. The PUD typically recommends 78 degrees for summer cooling.
3. **Use a Fan:** Whenever possible, use alternatives to air conditioning. Fans are a great option. The breeze from a fan will cool you down with a lot less energy than an air conditioner. Be sure to turn it off when you leave a room.
4. **Stay Hydrated:** Drink plenty of cold liquids throughout the day.
5. **Cool Off Your Kitchen:** Cook outside on a grill whenever possible. Keeping the stove and oven off will keep you and your kitchen cooler. If you cook inside, be sure to use a vent fan.
6. **Visit the Museum:** If the heat is too much, visit your library, museum, Senior Center, or other air-conditioned facility.



See a video explaining these tips at [www.crpud.net/rebates](http://www.crpud.net/rebates), or call our Energy Experts at (503) 366-5470 for more information.

**COLUMBIA RIVER**  
**PUD**  
A COMMUNITY-OWNED UTILITY

**Michelle M. Moore**  
**Columbia City Benefits Group LLC**  
(CCBG)

**Office: 503-366-9550 Fax: 503-366-9551**  
**Cell: 503-422-3945 Call for appointment**

**michelle@columbiacitybenefitsgroup.com**  
**240 Spinnaker Way- Columbia City OR 97018**

**Rainier Health Center.**  
**Supporting Community Health and Wellness.**

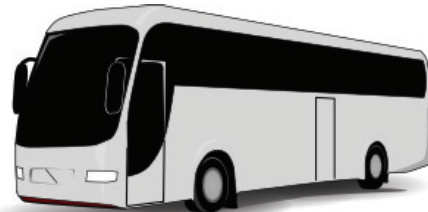
**Now accepting Medicare.** This clinic is located up at the Rainier High School. Summer Hours: Tuesday-Friday 8am-4:30pm. Services include: flu shots; primary/acute/chronic medical problems, referrals to specialists, mental health counseling and tobacco prevention.

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



**Rainier FOE #4022**  
**109 West 'A' Street**  
**Rainier, OR 97048**  
**503-556-2035**

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



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

# Senior Center Activities

## MONDAY



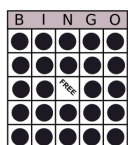
### **Blood Pressure Check** 11 am by Lowell Norbom

Checks both blood pressure and oxygen levels.  
Have yours checked!



### **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.

## TUESDAY



**NO Tuesday Bingo**  
**until further notice**

## 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

**2nd and 4th Thursdays**

Chair Yoga at 11:00 AM

Cribbage at 1 PM

## FRIDAY



### **Music**

1st and 3rd Friday

### **Foot Care**



10am-1pm

By Lowell Norbaum,

Retired RN

**Cost: \$15** goes to Center

Trim toenails-Remove corns and  
calluses

Please make an appointment!

## August Special Events

### **Senior Bus Day Trip to Astor Column and Astoria Sunday Market**

**Cost \$5.00** when you sign up.

### **City-Wide Garage Sale at Rainier Senior Center**

**AUGUST 12**

Lunch and drinks  
will be available, 11-2

**Open 8 am-4 pm**

Seating limited to 12.- after Aug. 16 money will not be refunded if you need to cancel. Pick up time 9:30 at the Center and will return 3:00. There will be a wait list once 12 people have paid and signed up.



## 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.*

8/1 Eugene Smith  
8/3 Kaye Smith  
8/4 Kathleen Siltala  
8/5 Rita Brady  
8/10 V. Rochelle Pierce  
8/17 Jan Rich

8/17 Jo Williamson  
8/18 Shiela Rickard  
8/23 Martha Morton  
8/25 Sue Drummond  
8/29 Keith Ekstrom  
8/31 Kathy Richardson

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**Please re-register your rewards program to designate the  
Rainier Senior Center as the non-profit**



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

**Help Our Senior Center  
Earn Money!**

**30 families who signed up  
helped the center receive  
\$90.33(for 1st Quarter)**

Link your card by calling **1-800-576-4377**  
and select **option 3**.

Ask them to search for us by name **Rainier  
Senior Citizens-** or use our non-profit num-  
ber **94223**.
















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

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## August Volunteer of the Month:

Rainier's volunteer of the month of August is Frances Bailey. She has been an active member for many years. She has been our historic scrapbook keeper for many years. She always has input information or questions at our membership meetings.

# AUGUST EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>New this month:</b> <b>Astoria Trip</b> <b>Sunday Market</b> <b>AUGUST 20</b> <b>Sign up at the desk</b>	<b>1</b>	<b>2</b>	<b>3</b>  <b>Music with Bo Obney</b>  <b>Pinochle 1:00 pm</b>	<b>4</b>  <b>Music with Eric &amp; Cheri</b> <b>August birthday cake</b>  <b>Foot Care</b> 10am-1pm \$15 to center
<b>7</b>  <b>3 of Us</b> 11 am <b>Blood Pressure</b> Check 11 am <b>Bingo- 6pm</b> <b>Rainier Daze</b> <b>Revisited 1pm</b>	<b>8</b>  <b>Tai Chi- 1:30 pm</b>  <b>Men's/Women's VFW - 1:00 pm</b>	<b>9</b>  <b>WIC</b> 9:30am-1pm	<b>10</b> <b>Chair Yoga</b> 11 am  <b>Cribbage at 1 PM</b> <b>Veterans Advisor</b> 1pm	<b>11</b>  <b>Music with Al Barr</b>   <b>Foot Care</b> 10am-1pm \$15 to center
<b>14</b>  <b>3 of Us</b> 11 am <b>Blood Pressure</b> Check 11 am  <b>Bingo -6pm</b>	<b>15</b>	<b>16</b>  <b>Music by Bo Obney</b>   <b>Board Meeting</b> 1pm	<b>17</b>  <b>Pinochle 1:00 pm</b>	<b>18</b>  <b>Music by Vern Kennedy</b>   <b>Foot Care</b> 10am-1pm \$15 to center
<b>21</b>  <b>3 of Us</b> <b>Blood Pressure</b> Check  <b>Beth Moffitt - 9-10am</b> <b>Bingo -6pm</b>	<b>22</b>	<b>23</b>  <b>Membership Meeting 1 PM</b>	<b>24</b> <b>Chair Yoga</b> 11 am <b>Cribbage at 1PM</b>	<b>25</b>  <b>Music with Bo Obney</b>  <b>Foot Care</b> 10am-1pm \$15 to center <b>Susannah's Supper</b> <b>6pm</b> Rainier Methodist Church
<b>28</b>  <b>3 of Us</b> <b>Blood Pressure</b> Check <b>5-Area Luncheon</b> <b>Clatskanie</b>  <b>Bingo -6pm</b>	<b>29</b>	<b>30</b>  <b>Casino Bus Trip</b> 9am-4pm \$15/member See Marily	<b>Meals Served in June:</b> <b>888</b> <b>Total Meals 2016-2017:</b> <b>11,982</b> <b>Volunteer Hours:</b> <b>774.75</b>	

August 2017 Rainier Senior Center Activities - [www.RainierSeniors.com](http://www.RainierSeniors.com)  
Events are subject to change without notice.

AUGUST MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Chicken Pasta Salad Deviled Eggs Fruit	2 Tater Tot Casserole Veggies Jello Salad	3 Corn Chowder Cheese Biscuits Green Salad	4 Chicken Tamale Pie TexMex Salad
7 Tuna Loaf Pea Salad Yellow Beans Bread Pudding	8 Hamburger Gravy Over Mashed Potatoes Green Beans Peaches	9 Split Pea Soup Grilled Cheese Sandwich	10 Chicken Caesar Salad Bread Sticks	11 Orange Chicken Over Rice Cole Slaw
14 Porcupine Meatballs Macaroni Salad Roll	15 Asian Chicken Salad Bread	16 Western Beef Stew Apricots Corn Bread	17 Chef's Cod Salad Crackers	18 Chicken Fried Steak Mashed Potatoes Veggies
21 Meatloaf Baked Potatoes Veggies	22 Pulled Pork Cole Slaw	23 Ham & Yams Veggies Green Salad	24 Home Made Chicken Noodle Soup Salad	25 Sweet & Sour Pork Over Rice Asian Cole Slaw
28 Cheese Burgers With All The Fixin's Potato Salad Baked Beans	29 Roast Beef Potatoes & Carrots Salad	30 Cabbage Rolls Jello Salad With Carrots & Celery		

**Rainier Senior Center Lunch Menu**

**503-556-3889**

**[www.RainierSeniors.com](http://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**





**AUGUST SPECIAL  
through CC Rider  
FREE TRANSPORTATION**

**Wednesdays only  
for Seniors and Veterans**

This includes all regular stops.  
Routes and schedules can be  
viewed on line or by calling  
**503-366-0159.**

**FOR SALE**

Exercise Trampoline with Hand Bar  
Vesta Stairlift

Contact Aaron or Jan

Crabby Road

8-1-07



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Maxine.com

# Fitness for Seniors

**Donation Based  
Chair Yoga Classes**

**August 10 and 24 at 11 am**

Gentle strengthening and stretching done seated  
in the chair or standing near the chair.

Benefits of Yoga include better balance, strength, and  
flexibility. Yoga is also relaxing and can help lower  
stress and even blood pressure.

All body types, ages, and fitness levels welcome.  
Everything we do is optional; you are encouraged to go  
at your own pace.

Classes taught by April Helton RYT 200  
Yoga Alliance certified instructor

## Tai Chi Class

**August 8 at 1:30 pm**

**FREE to all Seniors**

## Senior Center Survey Results

31 responses returned.

Some comments from the survey:

"Great food, Wendy bends over backwards to ac  
commodate special needs."

"People are so friendly, gives me an opportunity to  
get out of my house and meet new people."

"People say best senior center around."

**Monday, August 7 at 1:00 PM**

**"Rainier Daze Revisited"**

**with Kay Heflin**

President of the Rainier

Oregon Historical Museum

100 year celebration of the Rainier Daze.

She'll cover 1959-1973.

**Bed, Bath & Beyond  
Columbia River PUD  
Country Financial  
Columbia Mermaid  
El Tapatio  
Keys Plus  
Foster Farms  
Hometown Pizza  
Means Nursery  
Old Pastime Tavern  
Oliva Bros  
PGE  
Rainier Chevron Food Mart  
Rainier True Value  
The Cornerstone Cafe  
The Toy Store  
United Way  
Vernie's Pizza**

**City of Rainier  
Cole's Coffee  
Columbia Food Bank  
Delaware Plaza  
Deer Island Grange  
Eagles  
Fred Meyer  
Highlander Place  
Lily Pad  
Lower Columbia Insurance  
MPC Digital Solutions  
Nys Tree Farm  
Rainier Deli & Mart  
Rainier Garden Club  
Rainier Sign Company  
Rainier St Helens Credit Union  
Safeway  
Subway  
Teevin Bros**



***"A Great Place...For Great People"***

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