



Riverside Review

Volume 2017 Issue 7 July 2017

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

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

**CITY-WIDE
GARAGE
SALE**

Enjoy the air-conditioning during
**Rainier City-Wide
Garage Sale
August 12**

Table Rentals - \$10
plus \$20

refundable deposit

Food available 11 am to 2 pm

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

FOR SALE

Kyocera KM-2050 BTW Printer
Exercise Trampoline with Hand Bar
Vesta Stairlift
1250 watt Microwave
Contact Aaron or Jan

Board Members

*Jan Rich, Pres. Keith Ekstrom, V Pres.
Rachel Kelley, Sect. Marily Tift, Tres.
At Large: Shirley Emerick, Clint Kelley,
and Margie Clark*

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

HYDRO POWER FLOWS HERE

Hydropower Flows Here

The rivers in our region are our primary source of clean, reliable, and affordable energy. Hydroelectric dams produce 85% of the electricity delivered to Columbia River PUD customers.

Hydropower is renewable. Each year, rain and snow replenish the supply. It's the nation's most abundant source of renewable energy.

Hydropower is reliable. Just as the river is always flowing, hydroelectric dams can constantly generate electricity. Hydroelectric generators can respond to increased power demands at any time of day or night.

Hydropower is clean. Hydropower produces no emissions. There are no gases or waste products that pollute our air.

Hydropower is affordable. This is because the "fuel" – water – is free. This keeps operating costs low and protects against fluctuations in fuel prices. Over the years, the dams have consistently created some of the nation's most affordable electricity. The average monthly Columbia River PUD bill is 38% lower than the national average.

Learn more about the benefits of hydropower at www.crpud.net/hydro.



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



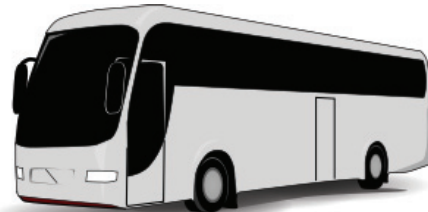
Rainier FOE #4022

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



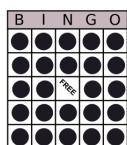
Blood Pressure Check
11 am by Lowell Norbom

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



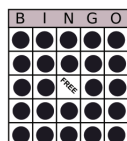
Music by

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



Bingo
10:30 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

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!

July Special Events

*Do away with the stress
during
Rainier Days in the Park
Come park your vehicle at
the Rainier Senior Center
for just \$5
and support
our Meals-on-Wheels program*



Parking Hours are:

Friday, July 7
3pm to closing

Saturday, July 8
9am to closing



Happy Birthday to our July Birthday Members

Birthday Flower: Water Lily Birthstone: Ruby

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

7/1 Linda Larson
7/8 Connie McGlone
7/12 Darlene Pearce
7/13 Elaine Graham
7/17 Lowell Norbom
7/17 Steve Sandahl
7/20 Leroy Dolph

7/20 Harold Morton
7/21 Phyllis Cox
7/22 Leona Zimmer
7/23 Randy Bailey
7/27 Anna Jeffers
7/29 Betty Neer
7/29 Mary Jones

**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 number **94223**.





















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

July Volunteer of the Month:

Rainier's volunteer of the month of July is Jessica Kelley. She is one of our servers on Tuesday and enjoys serving our seniors. She has helped set up for our fund raising events and is always willing to cover for others when needed.

Thanks, Jessica

JULY EVENTS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| 3  Bingo- 6 pm Tai Chi Class 1:30 PM | 4 CLOSED | 5 | 6  Music with Bo Obney Pinochle 1:00 pm | 7  Music with Eric & Cheri July birthday cake  Foot Care 10am-1pm \$15 to center |
| 10  3 of Us 11 am Blood Pressure Check 11 am Bingo- 6pm Tai Chi- 1:30pm | 11  10:30 am Men's/Women's VFW - 1:00 pm | 12 WIC 9:30am-1pm | 13 Chair Yoga 11 am  Music with Al Barr Cribbage at 1 PM Veterans Advisor 1pm | 14  Music with Bo Obney  Foot Care 10am-1pm \$15 to center |
| 17  3 of Us 11 am Blood Pressure Check 11 am Beth Moffitt 9-10 Bingo -6pm | 18  10:30 am | 19  Music by Inez Glaze  Board Meeting 1pm | 20 Pinochle 1:00 pm | 21  Music by Vern Kennedy  Foot Care 10am-1pm \$15 to center |
| 24  3 of Us Blood Pressure Check Michelle Moore 11am- 1pm Bingo -6pm | 25  10:30 am  Music with Bo Obney | 26 Casino Bus Trip 9am-4pm \$15/member See Marily Membership Meeting 1 PM | 27 Chair Yoga 11 am Cribbage at 1PM | 28  Foot Care 10am-1pm \$15 to center Susannah's Supper 6pm Rainier Methodist Church |
| 31  3 of Us Blood Pressure Check 5-Area Luncheon Scappoose Bingo -6pm | Meals Served in May: 1, 162 Volunteer Hours: 570 | | | |

July 2017 Rainier Senior Center Activities - www.RainierSeniors.com
 Events are subject to change without notice.

| JULY MENU | | | | |
|--|--|--|---|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 3 BBQ Drumsticks Pasta Salad Chips Fruit | 4 CLOSED | 5 Spaghetti Garlic Bread Cottage Cheese Green Salad | 6 Chicken Fried Steak Mashed Veggie Roll | 7 Crispy Chicken Salad Vegetable Soup Cheese Biscuits |
| 10 Ham Mashed Potatoes Corn Applesauce | 11 Cheese Ravioli With Meat Sauce Caesar Salad | 12 Meatloaf Mashed Potatoes Veggies Green Salad | 13 Creamed Ham Over Noodles 3 Bean Salad Roll | 14 Lasagna Garlic Bread Coleslaw |
| 17 Pork Roast Carrots Potatoes Beans Veggies | 18 Liver & Onions Baked Potatoes Veggies Salad | 19 BBQ Pulled Pork Sliders Broccoli Salad Chips | 20 Loaded Chef Salad Rolls | 21 Clam Chowder Garlic Bread Fruit |
| 24 Chicken Parmesan Casserole Fruit Pea Salad | 25 Porcupine Meatballs Au Gratin Potatoes Salad | 26 Corned Beef Stew Egg Salad Sandwich Jello Fruit Salad | 27 Swedish Meatballs Pasta Veggies Roll | 28 Dinner Salad Topped With Grilled Chicken And Fruit Cheese Biscuits |
| 31 Pork Chops Scalloped Potatoes Cranberry Sauce Apple Salad | | | | |

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



Highlights of 2016-17 Events at Rainier Senior Center

Elvis Dinner Show
and Sunday Revival Show
Harvest Dinner
Thanksgiving Dinner
Christmas Dinner
Christmas Bazaar
Sweetheart Dinner Dance
St Patrick's Day Luck of the Draw Raffle
Rainier Days in the Park Princess and Float
Citywide Sale Booth
Yoga Classes
Tai Chi Classes
Monthly Potluck Dinners
Morning Men's Coffee Clatch
Senior Fair Display Booth at the Longview
Fairgrounds
Bingo Monday evening and Tuesday Morning
Music every week before lunch
Pinochle and Cribbage

Fitness for Seniors

Donation Based Chair Yoga Classes July 13 and 27 at 11 am

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

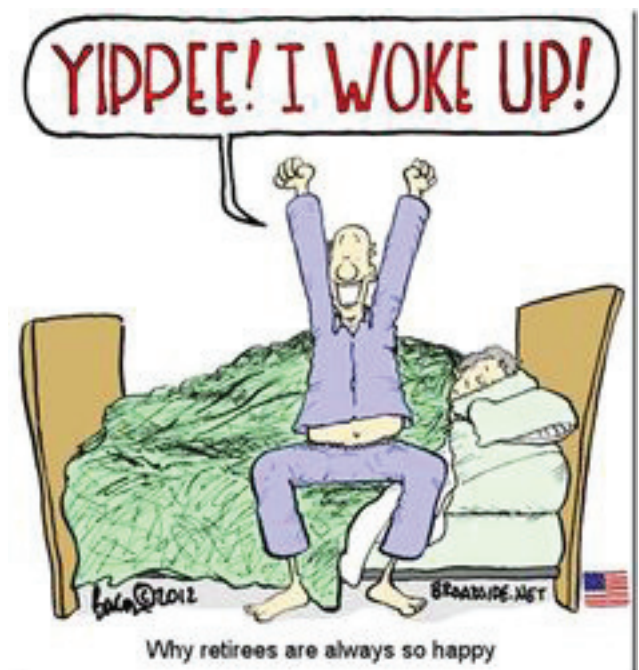
Benefits of Yoga include better balance, strength, and flexibility. Yoga is also relaxing and can help lower stress and even blood pressure.

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 July 3 at 1:30 pm

FREE to all Seniors



**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***