



Riverside Review

Volume 2018 Issue 5 May 2018

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

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

LUCKY EAGLE TRIP

The trip to **Lucky Eagle** was awesome! We had a comfortable ride up and back and, of course, were given coupons for \$10 gambling and \$5 lunch. The lunch (\$11.95 for seniors before your discount) was worth the trip alone!! We had some winners..yea and some losers...boo but regardless everyone had a good time.

Join us May 30th for the next excursion. The cost is \$15 and the pickup time is 9:00 am returning around 3pm.



**Bring Someone
Special to
the Mothers' Day
lunch on
May 11th!**

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

Newsletter Editor: *Beth Bailey*



Donation Station At the Rainier Clean Up Day
Don Carnahan is pictured here helping out.



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

Enter the PUD's Calendar Photo Contest

Do you have beautiful pictures of Columbia County?
Enter them into Columbia River PUD's Calendar Photo Contest!

Each year, the PUD produces a calendar to distribute to its customers. The calendar's photos represent the scenic beauty of our county, and are selected by PUD customers.

Anyone may enter photos into the contest, although preference may be given to photos from PUD customers. A panel of judges chooses finalists for each season. PUD customers pick the winners through a contest on the PUD website and in the PUD office in October.

Enter the contest by sending your high-resolution images (minimum 2,775 pixels tall by 3,675 pixels wide) to Kyle Boggs at kboggs@crpud.org. You may also send 8x10 prints to Columbia River PUD, Kyle Boggs, 64001 Columbia River Hwy, Deer Island, OR 97054.

See tips on the types of photos to enter at crpud.net/calendar.



***Enjoy
Spring
Planting Time!***

***Get out there
and
change your
outlook on life.***

**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.



***COLUMBIA RIVER
PUD***

A COMMUNITY-OWNED UTILITY

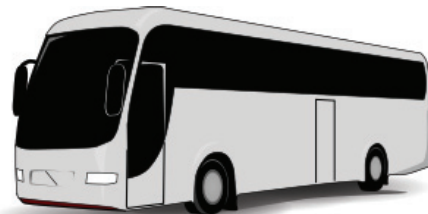
Rainier Health Center.

Supporting Community Health and Wellness.

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 Wednesday of the Month**



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

Senior Center Activities

MONDAY



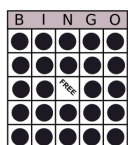
Blood Pressure Check 11 am by Lowell Norbom

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.

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



10am-1pm

By Lowell Norbaum,
Retired RN

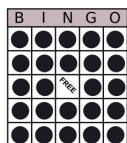
Cost: \$15 goes to Center

Trim toenails-Remove corns and
calluses

Please make an appointment!

SPECIAL EVENTS

BINGO BASH
presented by
Monticello Park
Monday, May 7
at 6 pm



2 Walmart gift cards
\$42.50 value each

Senior Center Board Member Nomination Form

May is Board nomination time. If you're interested in a Board position or would like to nominate someone, please get the form at the front desk, complete it and return it to the front desk.

Membership Meeting Schedule:

4th Wednesday of the month
June
(annual voting)
Members must be in good standing by May 25 to be able to vote for Board members in June.

August
October
December



Happy Birthday to our May Birthday Members

Birthday Flower: Hawthorne Birthstone: Emerald

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

5/4	Elaine Coffman	5/17	Larry Cole
5/5	Dee Childers	5/18	Jenifer Dias
5/10	Fay Harmon	5/22	William Dias
5/11	George Cornwall	5/23	Leroy Knutson
5/12	Jessica Kelley	5/26	Paul Spears
5/14	Karen Hoyle	5/26	Norm Fone
5/15	Connie Budge	5/28	William Roper
5/15	Evelyn Boursaw	5/28	Grace Sprague
5/16	Linda Gannon	5/30	Frances Bailey

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!
4 qtr Contribution \$99.66
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 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!

Rainier's Volunteer for the Month of May - Sandi Scholten

Sandi is very active in our center. She works the desk, drives for meals on wheels and help in the kitchen for our fund raiser dinners. She also donated a two-night stay at a Condo at the Beach for our Luck of the Irish Fund Raiser.

Thanks a bunch, Sandi.

MAY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Gentle Exercise 10am	2	3  Music by Bo Obney Gentle Exercise 10am Chair Yoga 10:30 am Pinochle 1:00 pm	4  Music with Erik & Cheri January birthday cake  Foot Care 10am-1pm \$15 to center
7  3 of Us Blood Pressure Check Hooks & Needles 1 pm Bingo Bash by Monticello Park 6pm	8 Gentle Exercise 10am Senior Fair 10 AM-2 PM Cowlitz Event Ctr Longview Men's/Women's VFW - 1:00 pm	9	10  Gentle Exercise 10am Chair Yoga 10:30 am	11 Mothers' Day Lunch <i>Happy</i> <i>Mother's</i> <i>Day!</i>   Foot Care 10am-1pm \$15 to center
14  3 of Us Blood Pressure Check 11 am Hooks & Needles 1 pm Bingo -6pm	15 Gentle Exercise 10am	16  Music with Al Barr Board Meeting 1 pm WIC 9:30am-1pm	17  Music with Inez Glaze Gentle Exercise 10am Chair Yoga 10:30 am Pinochle 1:00 PM	18  Music by Bo Obney  Foot Care 10am-1pm \$15 to center
21  3 of Us Blood Pressure Check 11 AM Hooks & Needles 1pm Bingo - 6 pm	22  Music with Buck Sanders	23	24 Gentle Exercise 10 AM	25  Foot Care 10am-1pm \$15 to center  Music by Vern Kennedy Susannah's Supper 6pm Rainier Methodist Church
28  3 of Us Blood Pressure Check 11 AM Hooks & Needles 1 pm Bingo -6pm	29  Music with Tom Lavelle	30  Music by Bo Obney Casino Bus Trip 9am-4pm \$15/member See Marily	31 Gentle Exercise 10 AM Chair Yoga 10:30 am	Meals Served in March: 1180 Volunteer Hours in March: 562

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

MAY MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
30 Chicken Burgers Veggies Chips	1 Spaghetti W/ Meat Sauce Green Salad Cottage Cheese Garlic Bread	2 Chicken Casserole Bread Salad	3 Swedish Meatballs Fruit Roll Salad	4 Birthday Friday Ham 'N' Beans Corn Bread Salad Birthday Cake
7 Turkey Dinner W/ Gravy Sweet Taters Fruit Salad	8 Beef Stroganoff W/ Pasta Carrot Salad	9 Porcupine Meatballs Baked Potatoes 3 Bean Salad	10 Shepherds Pie Veggie Salad	11 Mother's Day Chicken Pamesan Salad
14 Chicken Fried Steak Mashed Potatoes Veggie	15 Turkey Dumpling Green Salad Roll	16 Tamale Pie Green Salad Chips	17 BBQ Chicken Wings Macaroni Salad	18 Beef Stew Green Salad Biscuits
21 Tater Tot Casserole Salad	22 Chicken Quesadilla Spanish Rice Black Beans Chips	23 Meatloaf Potatoes Melba Veggie	24 Hot Turkey Sandwich Mashed Potatoes Dressing Gravy	25 Clam Chowder Salad
28 CLOSED FOR MEMORIAL DAY	29 Sausage & Sauerkraut Baked Beans Coleslaw	30 Baked Ham Potatoes Au Gratin Veggie	31 French Dip Mixed Salad	1 Taco Salad Tortilla Chips

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



Practice DMV Test Available

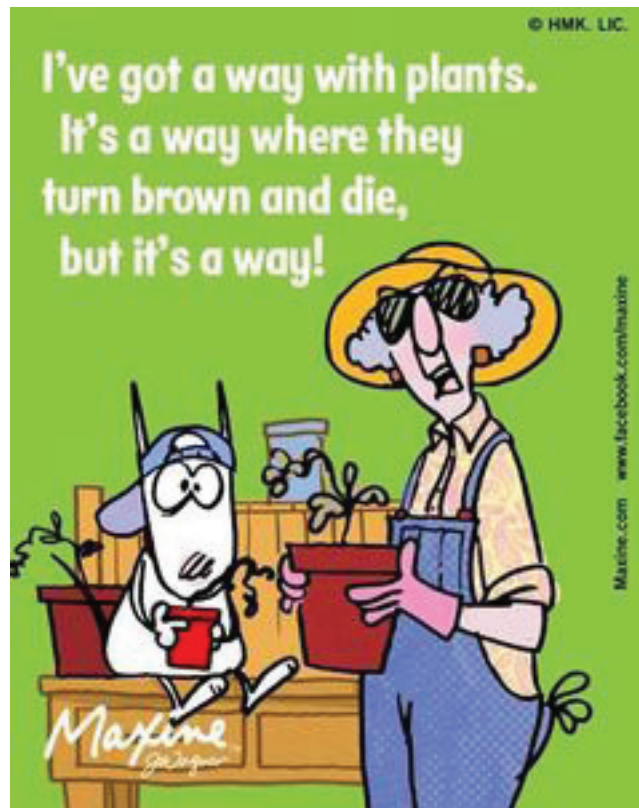
DMV is offering a sample written test to Rainier senior residents if you need to renew your driving license. Sample tests can be found at:

<https://www.dmv-written-test.com/Oregon/practice-test-1.html>

All the tests are free and no personal information will be collected.



Recycle and Help the Center
Bring in your cans and bottles
and place them in the container
in front of the center.



Carla Bodenhammer
will be representing Rainier
as the My Fair Lady Princess

WE ARE
Meals On Wheels
so no senior goes hungry.



Help Rainier Senior Center Nutrition Fund so we can continue to serve
by filling out a NAPIS Form at the Front Desk.

Every time you dine with us that adds \$1.25 to the nutrition program.

You can also volunteer to be a
MEALS ON WHEELS Driver

See the Front Desk and learn how you can help.

**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***