



Riverside Review

Volume 2017

Issue 10

October 2017

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

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

Rite-Aid Offers Flu Shots

Rite-Aid will be offering flu shots on **October 16th from 11:30 am to 1:30 pm** at the center. These shots are **FREE** to people who have insurance. **NO** appointment is necessary.

Astoria Bus Trip

The trip to Astoria was on a beautiful, sunny day. The bus was full with lots of chatter along the way. Our first stop was at the Aster Column. Even those that didn't climb the stairs was offered a gorgeous view of the river and surrounding areas. Our last stop was at the Astoria Sunday Market. There were several booths that covered everything from carvings to a variety of foods. We had lunch at one of the many food kiosks then took a ride on the trolley and learned about the history of Astoria. Everyone was pretty tired by the time we headed home but a good time was had by all.

Eagles Donation

The Rainier Senior Center would like to thank the Eagles for **their generous donation of \$842.00**. Their fundraising efforts are greatly appreciated. Thank you for caring about Rainier Senior Center.

Board Members

Jan Rich, Pres. Don Carnahan, V Pres.
Marilyn Tift, Tres. Rachel Kelley, Sect.
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

Button Up for Winter with Help from Columbia River PUD

Fall is here. That means it's time to button up your home to make sure it's ready for the cold weather ahead.

Columbia River PUD can help. If you heat with electricity, ask the PUD's Energy Experts for a free home energy evaluation. They will provide tips on how you can cut your usage and lower your monthly bill.

"It was great to get another person who is an energy efficiency expert to look at our home and make suggestions on how to improve it," said Blaine in St. Helens. A PUD evaluation of Blaine's home found a leaking water heater. "We were grateful for this service." To set up your own free evaluation, call the PUD's Energy Experts at (503) 366-5470 or email experts@crpud.org.



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.**

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

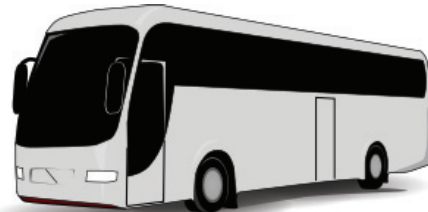
Office: 503-366-9550 Fax: 503-366-9551
Cell: 503-422-3945 Call for appointment

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



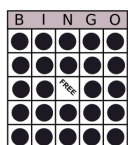
Blood Pressure Check 11 am by Lowell Norbom

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



NO Tuesday Bingo
until further notice
Gentle Exercise with
Rachel Kelley 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

2nd and 4th Thursdays

Cribbage at 1 PM

Gentle Exercise with Rachel at 10am
Chair Yoga 2nd and 4th Thursday 11am

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



FALL HARVEST

DINNER & DANCE

Featuring Bo Obney
Saturday, October 7
Dinner Served at 2:00 pm
Music and Dancing after
the meal

TICKETS ON SALE

FLU SHOT CLINIC

October 16th

10:30 am

to

1:30 pm



Bring your
insurance card for billing



Happy Birthday to our October Birthday Members

Birthday Flower: Cosmos Birthstone: Opal

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

10/3 Larita Edwards
10/4 Bev Rea
10/6 Gretchen Buskirk
10/7 Sallie Parson
10/8 Betty Vilhauer
10/9 Gail Bonser
10/13 Liz Sandhal

10/15 Kerttu Jolma
10/15 Norma Nelson
10/15 Dwight Rich
10/18 Liz Pollock
10/20 Jim Everman
10/24 Dorothy Hoffman
10/28 Lillibell Welter

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



Help Our Senior Center Earn Money!

We're up to 45 families!
2nd qtr Contribution \$95.93
Check to make sure your
rewards card is connected
to the center.

Look at example →

Total July Fuel Points: 16
*****8
*****B
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
*****B

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 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!**

October Volunteer of the Month:

Rainier's volunteer of the month is Shirley Emerick. Shirley has worked tirelessly for the past three years as a Board Member responsible for arranging volunteers for all of the jobs and special events around the center. In addition to her board duties she serves lunch on Thursday. She's a valued member of this center and greatly appreciated.

OCTOBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
2  3 of Us Blood Pressure Check Bingo -6pm	3 Gentle Exercise with Rachel 10am	4  Music by Tom Lavelle Kaiser presentation by Debra Kranyak 1:00-3:00 pm	5 Gentle Exercise with Rachel 10am Pinochle 1:00 pm	6  Music with Eric & Cheri October birthday cake Foot Care 10am-1pm \$15 to center
9  3 of Us Blood Pressure Check Bingo -6pm	10 Gentle Exercise with Rachel 10am Men's/Women's VFW - 1:00 pm	11 WIC 9:30am-1pm	12  Music by Al Barr Gentle Exercise with Rachel 10am Chair Yoga 11 am Veterans Advisor 1pm Cribbage at 1PM	13 Foot Care 10am-1pm \$15 to center
16  3 of Us Blood Pressure Check 11 am Flu shots 11:30-1:30 Beth Moffitt 10:30 am-1 pm Bingo -6pm	17 Gentle Exercise with Rachel 10am	18  Music by Inez Glaze  Board Meeting 1pm	19  Music by Cowlitz Ukulele Gentle Exercise with Rachel 10am Pinochle 1:00 pm	20  Music with Bo Obney Foot Care 10am-1pm \$15 to center
23  3 of Us Blood Pressure Check Michelle Moore 11:00 am -1:00 pm Bingo -6pm	24 Gentle Exercise with Rachel 10am	25 Membership Meeting 1:00 PM Casino Bus Trip 9am-4pm \$15/member See Marily  Music by Bo Obney	26  Music by Tom Lavelle Gentle Exercise with Rachel 10am Chair Yoga 11 am Cribbage at 1PM	27  Music by Vern Kennedy Foot Care 10am-1pm \$15 to center Susannah's Supper 6pm Rainier Methodist Church
30  3 of Us Blood Pressure Check 5-Area Luncheon Scappoose Bingo -6pm	31 Gentle Exercise with Rachel 10am	Meals Served in August: 907 Total Meals 2016-2017: 11,982 Volunteer Hours in August: 572		

October 2017 Rainier Senior Center Activities - www.RainierSeniors.com
 Events are subject to change without notice. NO Breakfast deliveries.

OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Fried Chicken Macaroni Salad Baked Beans Fruit	3 Tunafish & Noodles Veggies Roll	4 Beef Stew Broccoli Salad Roll	5 Shepherd's Pie Salad Bread	6 Cheese Ravioli Meat Sauce Bread Caesar Salad Birthday Cake
9 Meat Loaf Scalloped Potatoes Green Salad	10 Salmon Alfredo With Pasta Coleslaw	11 Chicken Enchilada Soup Chips Fruit	12 Pork Roast Carrots & Potatoes Applesauce	13 Porcupine Meatballs Au Gratin Potatoes Cole Slaw Veggies Roll
16 Minestrone Soup Corn Bread Salad	17 Stuffed Bell Peppers Roasted Reds Veggies Green Salad	18 Pork Chops Mashed Potatoes Stuffing Applesauce Three Bean Salad	19 Chicken & Dumplings Egg Salad Sandwich	20 Lasagna Garlic Bread Salad
23 Chicken Fried Steak Mashed Potatoes Green Salad	24 Hamburger Stroganoff & Noodles Pea Salad Bread	25 Baked Ham Au Gratin Potatoes Jello Salad Apple Sauce	26 Tomato Soup Grilled Cheese Mixed Fruit	27 Swiss Steak Baked Potatoes Veggies Salad
30 Roast Beef Potatoes Carrots	31 Swedish Meatballs Noodles Pea Salad Bread	1 Creamy Corn Chowder Ham Sandwich Fruit	2 Patty Melts Chips Three Bean Salad Fruit	3 Rosemary Roasted Chicken Oven Roasted Potatoes Veggies

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

Senior Citizen Prom in Kelso



Betty Rupp enjoys a dance at the Senior Citizen Prom in Kelso September 26th.



ANNUAL HOLIDAY BAZAAR

**Saturday
November 4
9 am to 4 pm**

Pastries available in the morning and beef stew at lunch. Kitchen will be selling lunch, stew-roll-drink for \$5.00.

Also drinks for \$1.00 and popcorn \$1.00.

**Reserve Your
Bazaar Table for \$15
contact Rachel at 503-369-6382
or the Senior Center at 503-556-3889
(Mon-Fri 9:30 to 2:30)**

LOWER COLUMBIA



INSURANCE, INC.

COMPLETE INSURANCE SERVICE

Chad Womack, Owner/Agent

503-556-3739 1-800-783-3739

email: chadw@mpcu.net home phone: 503-556-1923
202 A Street East (P.O. Box 1510) - Rainier, OR 97048

Fitness for Seniors

Gentle Exercise with
Rachel Kelley
Every Tuesday and Thursday
10 am
Chair Yoga
2nd and 4th Thursday
11 am

FALL HARVEST DINNER AND DANCE



Saturday October 7
starts at 2:00 PM

MUSIC BY BO OBney
Choice of Salmon or
Pesto Basil Chicken Breast
with Cream Sauce

\$15 per person or \$25 per couple



**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***