



Riverside Review

Volume 2017

Issue 9

September 2017

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

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



ICE CREAM SOCIAL

Join in the fun of a good old-fashioned
ICE CREAM SOCIAL sponsored by
Canterbury Park on **September 27th**
from **2:00- 3:00 PM** at the center.

Magician Show
ALL MEMBERS WELCOME!



Rainier Oregon Historical Museum
presents

“Rainier Mineral Soap Factory”

September 18th

Starts at 10:30 am

Displayed until 1:00 pm

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

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

CRPUD Rates Changing October 1

At their August 15, 2017 meeting, the Columbia River PUD Board of Directors adopted new rates. These rates will take effect for all bills rendered after October 1, 2017.

The new rates represent a system-wide rate increase of 5.1%. Residential, small general service, and irrigation classes will see a 5.5% overall increase. Large general service and industrial classes will see a 4.6% overall increase.

"I don't like to have rate increases. I don't like to see them on my bill either. I think we came up with the best option, taking into account our seniors and our low-income customers," said Board Member Debbie Reed.

Under the new rates, the residential customer charge is increasing from \$10.00 to \$12.50 per month. The new energy charge will be 7.04¢ per kilowatt hour, up from 6.80¢.

The PUD offers discounts for customers who meet income qualifications.

Customers on the low-income senior discount program will pay a \$2.50 customer charge and get a 10% discount on their energy charge.

If you would like to see if you qualify for the PUD's senior discount, call the PUD's Customer Accounts Department at **(503) 397-0590**.



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.

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



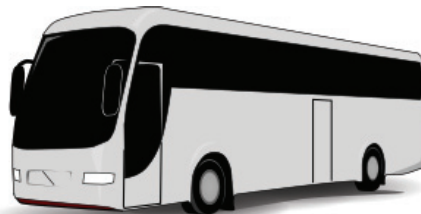
Rainier FOE #4022

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



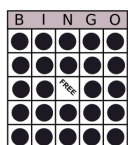
Blood Pressure Check 11 am by Lowell Norbom

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

Chair Yoga at 11:00 AM

Cribbage at 1 PM

Gentle Exercise with Rachel 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!

Coming in OCTOBER
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

Starting September 1st



Happy Birthday to our September Birthday Members

Birthday Flower: Morning Glory Birthstone: Sapphire

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

9/3	John Teschner	9/19	Brenda Courser
9/7	Henry Keith	9/20	Dan Beavers
9/8	Clint Kelley	9/21	Darlene Rea
9/13	Margie Clark	9/22	Joanne Bernard
9/13	Joe Oliva	9/22	James Brooks
9/14	Maxi Ed Yancey	9/23	Marvin Jones
9/15	Barbara Foster	9/24	Paul Huntington
9/15	Mona Fiscus	9/25	Randy Hamlin
9/18	Dan Carter	9/27	Dick Drummond

**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!**

September Volunteer of the Month:

Rainier's volunteer of the month of Linda Frase. Linda is our Wednesday Meals-on-Wheels driver. She has been a faithful driver who cares about our seniors. Thanks, Linda. We appreciate your help.

SEPTEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Served in July: 1020 Total Meals 2016-2017: 11,982 Volunteer Hours: 551.50				1  Music with Eric & Cheri September birthday cake  Foot Care 10am-1pm \$15 to center
4 CLOSED	5	6	7  Cowlitz Ukelele Pinochle 1:00 pm	8  Music with Bo Obney  Foot Care 10am-1pm \$15 to center
11  3 of Us 11 am Blood Pressure Check 11 am Bingo -6pm	12 Men's/Women's VFW - 1:00 pm	13  Music by Inez Glaze WIC 9:30am-1pm	14  Music by Al Barr Veterans Advisor 1pm Chair Yoga 11 am Cribbage at 1PM	15  Foot Care 10am-1pm \$15 to center
18  3 of Us Blood Pressure Check Beth Moffitt 10:30am -1:00 pm Historical Presentation 10:30 Bingo -6pm	19  Music with Bo Obney	20  Board Meeting 1pm	21  Music by Tom Lavelle Pinochle 1:00 pm	22  Music by Vern Kennedy  Foot Care 10am-1pm \$15 to center Susannah's Supper 6pm Rainier Methodist Church
25  3 of Us Blood Pressure Check 5-Area Luncheon St Helens Bingo -6pm	26	27  Music by Tom Lavelle Ice Cream Social 2:00-3:00 pm Casino Bus Trip 9am-4pm \$15/member See Marily	28  Music with Bo Obney Chair Yoga 11 am Cribbage at 1PM	29

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

SEPTEMBER MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Wendy's Chicken Cordon Bleu Baked Potato 3 Bean Salad
4 CLOSED	5 Black Bean Soup Ham & Cheese Sandwich	6 Chicken Pot Pie Carrot Salad Roll	7 Taco Salad Fruit	8 Spaghetti Garlic Bread Salad
11 Caribbean Pork Stir Fry Over Rice Green Salad	12 Turkey With Dressing Cranberry Sauce Mashed Potatoes Waldorf Salad	13 Loaded Chef Salad Crackers	14 Chicken Broccoli Alfredo Casserole With Noodles	15 Ham Mashed Potatoes Veggies Orange Jello Salad
18 Meat Loaf Mashed Potatoes Salad	19 Hamburgers With All The Fixin's Potato Salad	20 Hot Turkey Sandwich Mashed Potatoes Salad	21 Chicken Fried Steak Mashed Potatoes Veggie Roll	22 Oven Baked Chicken Broccoli Salad Potatoes Melba
25 Tilapia Oven Fried Taters 3 Bean Salad	26 Turkey Chili Crackers Grilled Cheese	27 Potato Soup Tuna Salad Sandwich	28 Lasagna Salad Garlic Toast	29 Scalloped Potatoes With Ham Apple Sauce Sliced Tomatoes

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



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Maxine.com

Fitness for Seniors

Donation Based

Chair Yoga Classes

September 17 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

Gentle Exercise with

Rachel Kelley

Every Tuesday and Thursday

10 am

FOR SALE

Vesta Stairlift

Contact Aaron or Jan

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***