



Riverside Review

Volume 2018

Issue 9

September 2018

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

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

Presentation on September 11th at 12:45 pm Oregon Public Utility Commission presentation by Kevin Roebke

on Telecommunication Devices Access Program. This program loans communication equipment to qualified Oregonian's with an impairment in hearing, vision, mobility, cognition, or speech. There is a wide variety of equipment that is available through the program from landline phone to cell phones and tablets, and much more.

Oregon Telephone Assistance Program also known as Oregon Lifeline:

This program provides a monthly discount on home phone or broadband service, or free wireless minutes with select cellular providers to qualifying low-income Oregonian's. This benefit continues for as long as you qualify. A person can qualify either by program-based qualifications or income-based qualifications.

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

Board Members

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

Newsletter Editor: **Beth Bailey**

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 one year 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.



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

St. Helens Senior Center Receives Grant from Columbia River PUD

The St. Helens Senior Center recently received funding from Columbia River PUD to expand the sales floor at Top Notch Thrift Store.

The CRPUD Board of Directors voted at their July meeting to award an Economic Development Grant of \$1,773.50 to the Senior Center for the project.

Top Notch helps fund Senior Center activities and programs, including Meals on Wheels. The St. Helens Senior Center is now responsible for the Meals on Wheels program in Scappoose, as well as St. Helens.

The grant will help fund the addition of a children's department to the Top Notch sales floor. A larger sales area will allow the store to earn more money for Meals on Wheels and other programs at the Senior Center.

You can learn more about the PUD's Economic Development Grant Program at crpud.net/grant.



8 ingenious Ways to Use a Fabric Softener Sheet:

1. to rub soap scum off your shower door
2. to polish chrome fixtures in bathroom
3. to give a quick shine to your shoes
4. to place in your suitcase to smell fresh
5. to put in your underwear drawer for fresh scent
6. to dust your computer or TV screen
7. to dust the leaves of houseplants
8. to keep deer away from your outdoor plants and fruit trees

Membership Meeting Schedule:

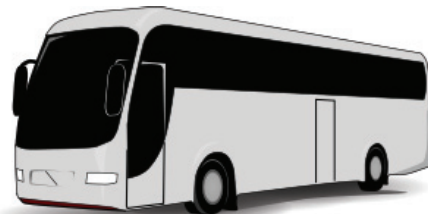
4th Wednesday of the month

**October
December**

**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.

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



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

Senior Center Activities

MONDAY



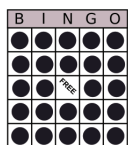
Blood Pressure Check
11 am by Lowell Norbom

Unavailable until
Further notice



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



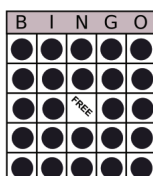
Unavailable until
Further Notice

SPECIAL EVENTS

Big BINGO BASH

September 22

- 20 Games
- Prizes
- Money



Special Presentation
September 11 at 12:45 pm
by Kyle Roeke
Oregon Public Utility Commission
on Telecommunication Devices
Access Program and
Assistance Program
(also known as Oregon Lifeline)



Happy Birthday to our September Birthday Members

Birthday Flower: Morning Glory Birthstone: Saffire

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

9/3	John Teshner	9/19	Brenda Courser
9/6	Richard Ramey	9/20	Dan Beavers
9/7	Henry Keith	9/21	Darlene Rea
9/8	Clint Kelley	9/22	Joanne Bernard
9/13	Margie Clark	9/22	James Brooks
9/13	Joe Oliva	9/23	Marvin Jones
9/14	Maxie Ed Yancey	9/24	Melvin Sell
9/15	Barbara Foster	9/24	Paul Huntington
9/15	Mona Fiscus	9/24	Al Newby
9/18	Dan Carter	9/27	Dick Drummond
9/18	Billie Taylor-Hurd	9/28	Salley Morgan

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!
1st qtr 2018- Contribution
\$86.98**

**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 to:
Rainier Senior Citizens
- or use our non-profit number **AH614******.

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

Rainier's Volunteer for the Month of September: Carla Bodenhamer

Carla was raised in Portland and moved to Rainier in 1976. She raised 3 children- two sons and one daughter. She has only been involved in our senior center for a year and half but has contributed so much. She is a board member, works the desk on Monday's and is our princess and queen from the county. Thank you, Carla.



SEPTEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
3  3 of Us Hooks & Needles 1 pm Bingo -6pm	4  Music by Tom LaVelle Gentle Exercise 10am	5  Music by Bo Obney	6  Music with Inez Glaze Gentle Exercise 10am Chair Yoga 10:30 am Pinochle 1:00 pm	7  Music with Erik & Cheri Birthday Cake
10  3 of Us Hooks & Needles 1 pm	11 Oregon Public Utility Commission Presentation 12:45 pm Gentle Exercise 10am Men's/Women's VFW - 1:00 pm	12 WIC 9:30am-1pm Board Meeting 1 pm	13  Music with Inez Glaze Gentle Exercise 10am Hand and Foot Cards 1 pm	14  Music by Al Barr Board Meeting 1:30
17  3 of Us Hooks & Needles 1 pm Bingo -6pm	18  Music with Bo Obney Gentle Exercise 10am	19	20 Gentle Exercise 10am Chair Yoga 10:30 am Pinochle 1:00 pm	21
24  3 of Us Hooks & Needles 1pm Bingo - 6 pm	25  Music with Tom LaVelle Casino Bus Trip 9am-4pm \$15/member See Marily Gentle Exercise 10am	26	27 Gentle Exercise 10 AM Hand and Foot Cards 1 pm	28  Music by Vern Kennedy Susannah's Supper 6pm Rainier Methodist Church
BINGO BASH?? September 22 Doors Open at 5 PM Bingo starts at 6 PM Hog Dog Meal, Hamburger Meal, Ice Cream and Popcorn 20 Games including Blackout				

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

SEPTEMBER MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED	4 Taco Salad Chips Mandarin Oranges	5 Pork Roast Stuffing Veggie Apple Sauce	6 Tater Tot Casserole Veggie Salad	7 Chicken Pot Pie Fruit Bread Birthday Cake
10 Swedish Meatballs Pasta Garden Salad Rolls	11 Patty Melt Chips 3 Bean Salad	12 Smothered Pork Chops In Mushroom Gravy Mashed Potatoes Tossed Salad Rolls	13 Goulash Salad Roll	14 Crispy Chicken Salad Lentil Soup
17 Baked Ham Mashed Potatoes Corn Apple Sauce Rolls	18 Taco Soup Chips Salad ½ Sandwich	19 Roast Beef Carrots & Potatoes Veggie	20 BBW Pulled Pork Sandwiches Chips Beans	21 Roasted Chicken Red Potatoes Carrots
24 Chicken Fried Steak Mashed Potatoes Gravy Veggie	25 Open Faced Hot Roast Beef Sandwich W/ Gravy Mashed Potatoes	26 Chicken & Dumplings Side Salad	27 Scalloped Potatoes W/ Ham Veggies Apple Sauce Roll	28 Layered Chicken Cordon Bleu Rice Pilaf Peas Mixed Fruit
Meals Served In July: 1019 July Volunteer Hours: 494.25				

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



BINGO BASH

Saturday, September 22

Doors open at 5 PM

Bingo starts at 6 PM

20 Games Including Blackout

- 10 Gift Card Prizes
- 10 Cash Prizes
- Blackout Minimum is \$150

**Hot Dog Meal, Hamburger Meal, Ice Cream,
Drinks and Popcorn**

WE ARE
Meals On Wheels
So no senior goes hungry.



**Support the
Senior Center**
by donating time, money, or
Returnable cans/bottles
"Every little bit helps!"



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.



**Have you ever played
Hand and Foot?**

Would you like to learn?

**Hand and Foot Cards
every 2nd and 4th Thursday
at 1:00 pm**

Come join us!

Rainier Senior Center Supporters

**Bed, Bath & Beyond
Columbia River PUD
Country Financial
Columbia Mermaid
Dutch Bros
El Tapatio
Highlander Place
Hometown Pizza
Knot Just A Bear
Means Nursery
Ol' Pastime Tavern
Rainier Chevron Food Mart
Rainier True Value
The Cornerstone Cafe
The Toy Store
Triangle Bowl
True Value
Vernie's Pizza**

**Canterbury Plaza
City of Rainier
Columbia Food Bank
Deer Island Grange
Delaware Plaza
Eagles
Foster Farms
Fred Meyer
Head Hunter
Lower Columbia Insurance
Nys Tree Farm
Rainier Deli & Mart
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
United Way**



"A Great Place...For Great People"

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