



RAINIER SENIOR CENTER
A Great Place...For Great People
RIVERSIDE REVIEW
Volume 2015
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Rainier Senior Center
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BOARD MEMBERS:

<p>Randy Bailey President Rachel Kelley, Secretary Clint Kelley</p>	<p>Jan Rich, Vice President Marily Tift, Treasurer Sandie Scholten</p>
<p>Shirley Emerick Newsletter Editor- Liz Sandahl</p>	

The Membership Meeting will be held **Wednesday, August 26th at 1:00.**

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Easy Exercise Class with Rachel: Rachel is holding an exercise class on **Thursdays at 9:30.** She will make it fun for all! Light exercises.

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Movie Night: We will be showing movie on **Wednesday, August 12th at 5:00.**
 The movie is *The Lincoln Lawyer*. Free Popcorn.

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Potluck: None for August.

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Susannah's Supper: Susannah's Suppers will be on **Friday, August 28th at 6:00.**
 This is a free meal to the public, not just seniors. Donations are very much appreciated.

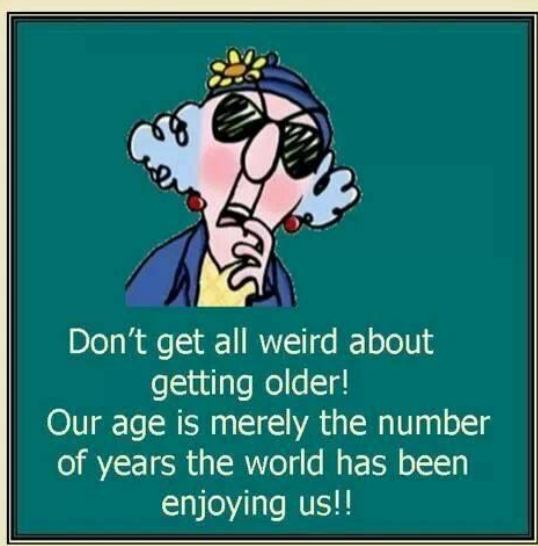
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Five Area Luncheon: The 5 Area Luncheon will be at **the St Helens Senior Center** this month on **Monday, August 31st.** A signup sheet is at the front desk if you want to attend.

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Newsletter: Liz Sandahl is retiring from writing the newsletter as of this month. She feels it is time to "*pass on the pen*" so to speak, after 7 years of writing this newsletter. The good news is that Beth Bailey has offered to take over this possession for the Senior Center. Beth is smart, creative, artistic, and will do a great job. So be ready for a new look in September!

Health Cartoon:



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Veteran Service Officer: Veterans Service Officer Russ Clark will be in our Rainier Senior Center on **Thursday, August 13th at 1:00.** Russ will answer questions and supply information regarding educational benefits, housing assistance, health care, scholarships and other service benefits. You can also reach him at his office at the Community Action Team in St Helens by calling 503-366-6580.

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Days in the Park-Drill Team: The Drill team had a great time, and put on a good show. Thank you to all those seniors that participated! The crowd loved them!

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Morning Bingo: For those who enjoy BINGO, but do not want to come out at night, we are going to have morning BINGO sessions **on EVERY Tuesday, at 10:30.** Cards are \$3.00. Come have fun and stay for lunch.

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BP Checks: Lowell Norbom R.N will be here on Mondays at 11:00 to do **free** blood pressure and oxygen checks. Be sure to have yours checked!

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HAPPY BIRTHDAY TO OUR AUGUST BIRTHDAY MEMBERS!

Birthday Flower: Poppy Birthday Stone: Peridot

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

- 08/01 Muggie Mayeda**
- 08/01 Eugene Smith**
- 08/03 Kaye Smith**
- 08/04 Kathleen Siltala**
- 08/06 Marian Nolin**
- 08/10 V. Rochelle Pierce**
- 08/10 Mildred Elliott**
- 08/17 Jan Rich**
- 08/17 Jo Williamson**
- 08/18 Sheila Rickard**
- 08/21 Roger Wuollet**
- 08/23 Martha Morton**
- 08/25 Sue Drummond**
- 08/26 Alma Conley**
- 08/27 Jim Grimes**
- 08/29 Keith Ekstrom**
- 08/29 Steven Massey**
- 08/31 Kathy Richardson**

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Special Event Lunch: The center is now offering a **Special Luncheon for 2** with anyone that would like to celebrate an anniversary, birthday, or for any other special occasion for **\$20.00 for two**. Amenities will include a special table with tablecloths & decorations, glassware, flutes with a bottle of sparkling cider, and a personal waiter to serve your lunch. If you have questions, or want to make reservations, contact the front desk.

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Gas Station Birdhouse: The birdhouse was won by Mary Anderson. Thank you to everyone that bought tickets, and for the donation of the birdhouse.

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Water heating is often the second largest energy expense in a home, and can account for up to 20% of your utility bill. By making a few simple changes you can cut your hot water use and lower your monthly bill.

1. **Take a shower:** Taking a bath uses 12 – 25 gallons of hot water, but it takes less than 10 gallons for a five-minute shower.
2. **Use cold water when you can:** Use cold water to wash your laundry. Today’s detergents are formulated to work well in cooler temperatures.
3. **Run your dishwasher only when it’s full:** If you only run full loads, dishwashers use less water than washing by hand. Chose the shortest cycle needed to clean your dishes.
4. **Fix leaks:** A slow leak of one drip per minute wastes 8.64 gallons a day.
5. **Lower the temperature on your water heater to 120° F:** For every 10° reduction in temperature, you can save from 3% - 5% on your water heating costs.
6. **Consider a new heat pump water heater:** A heat pump water heater can cut your water heating costs by up to 67%. These water heaters move heat from the air and transfer it, at a higher temperature, into the tank to heat the water. PUD rebates and state tax credits are available for qualifying installations.
7. **Install water saving showerheads:** You can lower your water heating costs, and waste less water, by installing a low flow showerhead. If you would like a free showerhead, stop by Columbia River PUD in Deer Island.

For more energy-saving tips, or to learn more about Heat Pump Water Heaters, visit www.crpud.net/tips or call our Energy Experts at (503) 366-5470.

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Foot Care: On Fridays from 10:00-1:00, the Center will be offering foot care. Lowell Norbaum, retired RN, will require 45 minutes for an initial appointment. He will trim toenails, and relieve corns and calluses. The cost will be \$15 which will go the Center. **Call the center for an appointment at 503-556-3889.**

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Volunteer of the Month: Rainier Senior center's Volunteer of the Month of August is **Marjorie Clark**. She has been a volunteer for many years, working on the past board, front desk and serving on Mondays, and helping out at all special dinners. She was not only a My Fair Lady Princess for our center, but brought home the title of Queen for Columbia County in 2010. Her willingness to help out

wherever needed, is always with a smile. Margie is a great representative of our center, and always is friendly and outgoing to strangers that come to the center, as well as our regular members. Be sure to congratulate her!

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City Wide Garage Sale: You can still rent a table for the City Wide Garage Sale on **August 8th, from 8-4:00**, thru August 7th. Tables are \$10 each, with a refundable \$20.00 deposit. We had a lot of traffic last year, and the vendors did well, and the center raised some money, too. You can set up on Friday afternoon, or at 7am on Saturday. Contact the center at 503-556-3889, or Rachel at 503-369-6382. There will be food sold from the kitchen-coffee and pastries in the morning, and Pulled Pork (\$5), hot dogs (\$4.50) with chips, and a drink for lunch. Also a variety of chips, water, etc for sale.

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Veterans Stand Down: Thank you to everyone that donated items for our vets. The Stand Down was cancelled, so the items that were donated were given to the VFW for distribution.

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Bingo Fundraiser: The center will be holding a Bingo Fundraiser in September on Saturday, September 19th. Check the September newsletter for more information regarding time, cost, and prizes.

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Below is My Fair Lady Princess Amy Everman on her float in the Days in the Park Parade. Her theme was *"How Quickly Time Flies By"*. The float was designed by Clint Kelley, and was decorated by volunteers. **We won a First Prize!!**

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Paraproverbs: These are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous.

1. Where there's a will, I want to be in it.
2. the last thing I want to do is hurt you..but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up-we only learn how to act in public.
6. War does not determine who is right, only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, "In case of emergency, notify..." I answered "a doctor."
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive, but now I'm not so sure.
14. To be sure of hitting the target, shoot first and call whatever you hit the target.
15. going to church doesn't make you a Christian, any more than standing in the garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm, supposed to respect my elders, but it's getting harder and harder for me to find one now.

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3 <i>3 of Us</i> BP Check- 11:00 Bingo 6:00	4 Bingo 10:30	5	6 Exercise with Rachel 9:30 Pinochle 1:00	7 Eric & Cheri  CAKE  Foot Care
10 <i>3 of Us</i> BP Check- 11:00 Bingo 6:00	11 Bingo 10:30 Women's VFW 1:30 Men's VFW 6:30	12 WIC 9-11:00 Board Meeting 1:00 Movie 5:00	13 Exercise with Rachel 9:30 Vet. Service Officer 1:00	14  Foot Care
17 <i>3 of Us</i> BP Check- 11:00 Bingo 6:00	18 Bingo 10:30	19	20 Exercise with Rachel 9:30 <i>Vern Kennedy</i> Pinochle 1:00	21  Foot Care
24 <i>3 of Us</i> BP Check 11:00 Bingo 6:00	25 Bingo 10:30	26 Member Meeting 1:00	27 Exercise 9:30	28  Foot Care Susannah's Supper 6:00
31 <i>3 of Us</i> BP Check 11:00 5 Area St Helens Bingo 6:00				

AUGUST 2015 Rainier Senior Center Activities www.RainierSeniors.com

Music Begins at 11:00am at the center.

Events are subject to change without notice.

Morning Bingo: Bingo every Tuesday morning, at 10:30. \$3.00 per card.

Evening Bingo: Bingo is played in the evening every Monday at 6:00. \$5.00 per card.

Exercise class: Exercise with Rachel every Thursday at 9:30.

City Wide Garage Sale: Saturday, August 8th sale starts at 8:00 and goes to 4:00.

Movie: Free movie on Wednesday, August 12th, and is *The Lincoln Lawyer*.

Susannah's Supper: Will be on Friday, August 28th 6:00.

5 Area Lunch : Will be on Monday, August 31st in St. Helens. Signup sheet at the desk for a ride on CCRider.

LUNCH MENU FOR AUGUST 2015

**LUNCH IS SERVED AT
AT NOON AT THE CENTER!!!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 *Music Baked Ham Scalloped Potatoes Green Beans Fresh Melon w/Cantaloupe Rolls	4 Oven Fried Chicken Mashed Spuds Peaches Spinach Wheat Rolls	5 Egg Salad Sandwich Broccoli Salad w/Cucumber, Tomato/Cauliflower Apple Slices	6 Taco Salad Mixed greens w/Tomato Pears Corn Chips	7*Music/Cake  Meatballs & Gravy Steamed Rice Winter Squash Apricots Rolls
10 *Music Chicken Fried Steak Mashed Spuds w/Gravy Peas Bananas Biscuits	11 French Dip Sandwich Mixed Green Salad Tomatoes, Carrots, & Cauliflower Pineapple Chunks	12 Tuna Casserole Broccoli Pears Wheat Bread	13 Beef Stew Mixed Veggies Banana Corn Bread	14 Swiss Steak Rice Mixed green Salad Zucchini Mandarin Oranges Garlic Bread
17 *Music Chicken Casserole Rice Spinach Plum Halves Rolls	18 Grilled Ham & Cheese Tomato Soup Sliced Oranges Crackers	19 Baked Turkey Stuffing/Gravy Jell-O w/Mandarin Oranges W. Wheat Roll Cranberry Sauce	20 *Music Chicken & Dumplings Green Beans Fruit Salad Roll	21 Tater Tot Casserole Cole Slaw Banana
24*Music Hot Roast Beef Sandwich Mashed Spuds w/Gravy Spinach Fruit Cocktail	25 Chef Salad w/Ham, Turkey, Cheese & Egg Fresh Fruit Toast	26 Goulash Green Beans w/Bacon Cantaloupe Garlic Bread	27 Mac & Cheese Cooked Carrots Pears Roll	28 Sausage Hot Dogs Macaroni Salad Broccoli Sliced Oranges & Apples
31 *Music Pork Roast Mashed Spuds Country Trio Veggies Cantaloupe				

RAINIER SENIOR CENTER LUNCH MENU 503-556-3889 www.RainierSeniors.com
 Call in and carry out orders need to be in no later than 10:30am. Menu is subject to change without notice. Suggested donation is \$5 for over age 60 and \$6 for under age 60 for lunch.
Breakfast is served weekday mornings from 8:30-10:30 for a suggested \$4.00 donation.

We served 828 meals in June. Total Volunteer hours for June was 578!

Laws of Inverse Negative Dynamics:

1. **Law of Mechanical Repair:** After your hands become coated with grease, your nose will begin to itch, and you'll have to pee.
2. **Law of Gravity:** Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe.
3. **Law of Probability:** the probability of being watched is directly proportional to the stupidity of your act.
4. **Law of Random Numbers:** If you dial a wrong number, you never get a busy signal, and someone always answers.
5. **Variation Law:** If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.
6. **Law of the Bath:** When the body is fully immersed in water, the telephone will ring.
7. **Law of Close Encounters:** The probability of meeting someone you know INCREASES dramatically when you are with someone you don't want to be seen with.
8. **Law of the Result:** When you try to prove to someone that a machine won't work, IT WILL!
9. **Law of Biomechanics:** the severity of the itch is inversely proportional to the reach.
10. **The Coffee Law:** As soon as you sit down to a cup of hot coffee, your boss (or your wife) will ask you to do something which will last until the coffee is cold.
11. **Murphy's Law of Lockers:** If there are only 2 people in a locker room, they will have adjacent lockers.
12. **Law of Physical Surfaces:** The chances of an open-faced jelly sandwich landing face down on a floor are directly correlated to the newness and cost of the carpet or rug.
13. **Law of Logical Argument:** Anything is possible especially IF you don't know what you are talking about.
14. **Law of Physical Appearance:** If the clothes fit, they're ugly.
15. **Law of Public Speaking:** A closed mouth gathers no feet!
16. **Law of Commercial Marketing Strategy:** As soon as you find a product that you really like, they will stop marking it OR the store will stop selling it.
17. **Doctor's Law:** If you don't feel well, make an appointment to go to the doctor, by the time you get there, you'll feel better. But don't make an appointment and you'll stay sick.

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Fred Meyer Rewards: We received \$115.19 for the second quarter with the rewards program. Information is available at the center to sign up.

SPONSORS THAT SUPPOR OUR CENTER

**Burger King
Columbia River PUD
Deer Island Grange
Eagles
Forever Chic'
Fred Meyer
Jack-in-the-Box
Lower Columbia Insurance
Nys Tree Farm
Rainier Appliance
Rainier Church of God
Rainier Liquor Store
Rainier True Value
St Helens Ace Hardware
Shari's Restaurant
The Cornerstone Cafe
United Methodist Church**

**City of Rainier
Country Financial
Deli Store
El Tapatio
Foster Farms
Horse Tail Flats B & B
J&R Sales
Means Nursery
Olivia Brothers Rentals
Rainier Chevron Food Mart
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
Teevin Brothers
United Way**



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