

Sponsors That Support 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**



"A Great Place...For Great People"

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



Riverside Review

Volume 2015

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Web: RainierSeniors.com



Membership Meeting

**Wednesday, December 23
at 1pm**

**Wreath Decorating
with Rita Brady**



Many participants of the wreath making workshop had a great time learning how to make their own wreath. Many helped to create more to sell at the Holiday Bazaar December 5 and 6. Cost for the wreaths will be \$18.



Board Members

Randy Bailey, Pres. **Jan Rich, V Pres.**
Rachel Kelley, Sect. **Marilyn Tift, Tres.**
At Large: **Shirley Emerick, Clint Kelley,**
and Sandie Scholten

Newsletter Editor: **Beth Bailey**

**Need a Place
To Celebrate
a wedding,
birthday,
anniversary
or reunion?**

**Rent the
Senior Center**
Contact Jan at the
Center 503-556-3889



**RSVP November
Volunteer of the
Month
Beth Bailey**

Presented by Monica
Cade of RSVP

Have some news to share?

Deadline for information to our newsletter
by the **22nd** of the month

E-mail: rscritersidereview@gmail.com

Prepare for Outages and Emergencies – Tips from Columbia River People's Utility District

Are you prepared for a winter weather emergency? As the old saying goes, an ounce of prevention is worth a pound of cure. Whether you are faced with a storm, a natural disaster or an extended power outage, a home emergency kit will keep you safer and more comfortable. The following basic supplies will help you be prepared for an unexpected loss of electricity.

- Flashlight & radio with fresh batteries
- Battery operated clock
- Lantern or candles & matches
- One gallon of water per person per day
- Blankets, sleeping bags & warm clothes
- Nonperishable food items that require little or no cooking, such as instant soup, snack bars and canned fruit
- Camp stove for outdoor cooking
- First aid kit
- Supply of prescription medicines
- Playing cards, games & books to help pass the time



You should also keep a smaller kit in your car with water, food, warm blankets and spare clothes.

For more information about creating a home emergency kit, visit www.ready.gov.

A Reminder for Customers with Special Needs

If you or someone in your home is on life support or has special medical needs, it is your responsibility to have a Personal Support Network and an Emergency Plan. For an American Red Cross guide to Disaster Planning, call Columbia River PUD at (503) 397-1844 or visit www.crpud.net/prepare. In a true emergency, always call 9-1-1.

December Holiday Events



Holiday Craft Fair
Saturday
December 5
9am-4pm
and
Sunday
December 6
11am-4pm

Holiday Dinner
Saturday December 19
at 2pm

Seating begins at 1:30
Rainier HS Choir Performs at 1:50

COST
\$15 ea



Enjoy the many crafts presented by local artists and artisans. Pick up special items for your loved ones to show how unique they are to you.

Senior Center Activities

MONDAY

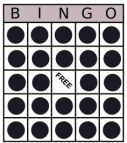


Blood Pressure Check
11 am by Lowell Norbaum

Checks both blood pressure and oxygen levels.
Have yours checked!

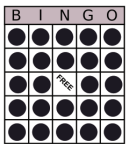


Music by
The Three of Us
Music begins at 11:00. Sing along or dance to the tunes.



Evening Bingo
starts at 6:00pm
\$5 per card
Come have fun.

TUESDAY



Bingo
10:30 am

Holiday Dinner
December 19 at 2pm

Serving Prime Rib
Limited Seating
Buy your tickets early!



\$15 each
Seating begins at 1:30pm
Rainier HS Choir Performance
Begins at 1:50

WEDNESDAY



Music
3rd Wednesday

THURSDAY



Easy Exercise
with **Rachel Kelley**
starts at **9:30am**
Enjoy light exercises at your own pace. Get yourself motivated - have fun!

FRIDAY



Foot Care
10am-1pm
By **Lowell Norbaum**,
Retired RN
Cost: \$15 goes to Center
Trim toenails-Remove corns and calluses



Music
1st Friday

SATURDAY, December 5
and Sunday, December 6

HOLIDAY Craft Fair

Saturday 9am-4pm
Sunday 11am-4pm

Selected Specialty Items
for that Unique Person in
Your Life





Happy Birthday to our December Birthday Members

Birthday Flower: Holly Birthstone: Turquoise

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

12/2 Sharon Harmon
12/5 Everett Libby
12/9 Shirley Emerick
12/9 Dan Mulford
12/10 Sam Patching

12/10 Joan Hackathorn
12/10 Joyce Rivas
12/11 Cookie King
12/14 Millie Sold



The Rainier Senior Center can earn money from Fred Meyer by anyone who shops there and signs up for the Community Rewards Program.

**Help Our Senior Center
Earn Money!**

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!

Volunteer of the Month: Connie McGlone


Connie has been instrumental in creating and maintaining our computer programs. She is wonderful at training all of the people for the programs need to run our center. She is a valuable person on the desk and is always willing to trade or do other chores at our center.

DECEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
Holiday Bazaar December 5 & 6 9am-4pm 11am-4pm	1  10:30 am	2	3  Exercise with Rachel 9:30 am Pinochle 1:00 pm	4  Foot Care 10 am-1 pm Music with Eric 11 am
7  Music-3 of Us Blood Pressure Check 11 am Bingo - 6 pm	8  10:30 am Men's/Women's VFW 1:30 pm	9 WIC 9-11:00	10  Exercise with Rachel 9:30 am Music with Vern	11  Foot Care 10 am-1 pm
14 3 of Us 11 am Blood Pressure Check 11 am Beth Moffitt Health Insurance 9-11:30 am Bingo -6pm	15  10:30 am	16 Board Meeting 1pm	17  Exercise with Rachel 9:30 am Pinochle 1:00 pm Veterans Advisor 1:00pm	18  Foot Care 10 am-1 pm
21  3 of Us Blood Pressure Check 11 am Bingo - 6 pm	22  10:30 am	23  Member Meeting 1pm	24  Exercise with Rachel 9:30 am	25 HOLIDAY Center Closed
28 3 of Us Blood Pressure Check 11 am Beth Moffitt Health Insurance 9:30 am-12:00pm Bingo - 6 pm	29  10:30 am	30	31  Exercise with Rachel 9:30 am	Jan 1 HOLIDAY Center Closed

November 2015 Rainier Senior Center Activities - www.RainierSeniors.com
 Events are subject to change without notice.

DECEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Holiday Dinner December 19 Seating at 1:30 Performance 1:50 \$15 each Limited Seating	1 Fish & Chips Coleslaw w/Carrots Mixed Vegetables	2 Salisbury Steak Noodles Green Beans Fruit	3 Meatloaf Mashed Potatoes Country Trio Veg Cucumber Salad Strawberry Cheese-cake	4  Minestrone Soup Bologna Sandwich Whole Grain Bread Fruit Salad Tapioca
7 Turkey A la King Peas & Carrots Cucumber Salad Cake	8 Pork Red Cabbage & Apples Corn Wheat Roll	9 Malibu Chicken Rice Oriental Blend Veg Bok Choy Caesar Salad	10 Roast Beef Red Potatoes Mixed Veg Garden Salad Fruit Cobbler	11 Cream Of Chicken Soup Roast Beef Sand- wich Fruit Cup
14 Biscuits & Gravy Ham Slice Green Beans Peaches Orange Juice or V-8	15 Shepherd's Pie Mixed Greens Tomato Salad Strawberry Shortcake	16 Mac n Cheese Broccoli Normandy Waldorf Salad Grape Juice	17 Clam Chowder Tuna Sandwich w/ Whole Grain Bread Fruit Salad Brownie	18 Chicken Layered (Cordon Bleu) Rice Pilaf Peas 3-Bean Salad Mixed Fruit Pies
21 Tamale Pie Corn Green Salad Banana Pudding	22 Sausage Sauerkraut Bun Potato Salad Mandarin Oranges	23 Chicken Enchiladas Country Trio Veg Corn Chips w/Salsa Refried Beans Fruit Cocktail	24 Turkey Dressing Mashed Potatoes Spinach Cranberry Salad Cake & Ice Cream	25 HOLIDAY Center Closed
28 Split Pea Soup Ham Sandwich Cucumbers & Sour Cream Apricots	29 Spaghetti & Meat- balls Romaine Salad Cookies	30 Hamburger Patties Baked Beans Potato Salad Broccoli & Cauliflower Fresh Fruit Bread & Rolls	31 Baked Ham Yams w/Pineapple Fruit Salad Green Beans w/Tomato Gingerbread Dinner Rolls	Jan 1 HOLIDAY Center Closed

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 60 and \$6 for under 60 for lunch; Breakfast, \$4.



There will be NO
5-Area Luncheon
and NO Potluck
for
December

Lots of Smiles!

There were 25 people who had their photos
taken November 17 and November 19

They got 3 photos for \$1.
All photos need to be picked
up by Friday, December 4



**DRIVERS NEEDED
for
Meals-on-Wheels
Ask for more info at the desk**



**Coming in
January
AARP Driving Class
January 20
9:00 am-4:00 pm**

Holiday Dinner Was a Hit!

Our cook, Wendy, and
volunteer helper, Sandie
started working from
6:30 in the morning to
get our holiday dinner
ready by 2pm. What a
feast for over 80 people!
Wendy's pumpkin swirl
cheesecake was a real
hit with everyone.



Many Thanks to Other Volunteers

Much credit goes to Clint and Rachel for running
around to make sure we had dinnerware and ingredi-
ents for the dinner. With the help of Rita Brady they
set up the tables and decorated them with the little
“extras” bought by Marily. Ron and Shirley Emerick
purchased the donated turkeys and arranged for the
servers. Amy Everman was there to supervise the
servers. We have the most wonderful volunteers
who deserve a HUGE shoutout.

Bell Ringers Started Creating a Holiday Spirit



The Columbia River Bell Ringers opened the dinner
with several pieces that uplifted our spirits and perked
our interest. They answered several questions about
their instruments and their performances. The group
is lead by Rod Lloyd; performers were: Merry Lloyd,
Sara, Kellie and Russell Gilchrest, Tom and Nonda
McFadden, Diane Manasco, and Ava Berry.

TOYS for TOTS Donations

There will be a donation tube in the Senior Center
Lobby. Funds raised will be given to the Toys for
Tots Initiative to purchase needed toys for area
children.