

Sponsors That Support Our Center

**Burger King
Columbia River PUD
Country Financial
Deli Store
Dog Zone
El Tapatio
Foster Farms
Hometown Pizza
J&R Sales
Means Nursery
Old Pastime Tavern
PGE
Rainier Chevron Food Mart
Rainier True Value
St Helens Ace Hardware
Shari's Restaurant
The Cornerstone Cafe
True Value Hardware
United Way**

**City of Rainier
Columbia Food Bank
Deer Island Grange
Eagles
Fred Meyer
Home Depot
Jack-in-the-Box
Lower Columbia Insurance
MPC Digital Solutions
Nys Tree Farm
Rainier Appliance
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
Triangle Bowl
Western World**



"A Great Place...For Great People"

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



Riverside Review

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

Phone: 503-556-3889

Web: RainierSeniors.com

Holiday Wreath Making Workshop We made 20 wreaths for the center to sell



Board Members

Jan Rich, Pres. Keith Ekstrom, V Pres.
Rachel Kelley, Sect. Marily Tift, Tres.
At Large: Shirley Emerick, Clint Kelley,
and Margie Clark

Newsletter Editor: **Beth Bailey**

Holiday Bazaar **November 12th** 9am to 4pm

We will have a full house of vendors and the gift shop will be open.

We're serving Stew with biscuit and a drink for \$4.25

Find some unique gifts for everyone on your list.

Take a Gratitude Challenge

We always talk about counting our blessings—let's do it! Write a list of 100 things you are thankful for. Some might think that is too many. If that is the case, try this:

- Write 10 living people you are grateful for.
- Write 10 people who have died you are grateful for.
- Write 10 physical abilities you are grateful for.
- Write 10 material possessions you are grateful for.
- Write 10 things about nature you are grateful for.
- Write 10 things about today you are grateful for.
- Write 10 places on earth you are grateful for.
- Write 10 modern-day inventions you are grateful for.
- Write 10 foods you are grateful for.
- Write 10 things about the gospel you are grateful for.



We're thankful for all of you who support the center in all the events and everyday operations.
Thanks to all our volunteers!



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

Rent the Senior Center

Contact Jan at the Center 503-556-3889

Hours

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

Tips to keep heating costs down this winter

As temperatures begin to lower, oftentimes heating costs creep higher. To help keep a few extra dollars in your bank account this winter, follow these simple, low-cost tips from Columbia River PUD.

Lower the temperature on your thermostat when you're sleeping or not home.

Keep windows and doors closed to keep in the heat.

If you have zonal heat, only heat the rooms you are using. If you have a furnace, use a space heater in the room you occupy most, while lowering the temperature in the rest of your home by a few degrees.

More tips are available online at www.crpud.net/tips.



Crabby Road

11-19-07



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



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

***Meals on Wheels
Drivers Needed
Come in and get information
of how you can help***

Senior Center Activities

MONDAY



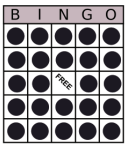
Blood Pressure Check 11 am by Lowell Norbom

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



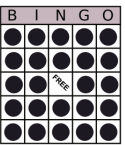
Music by

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



Bingo
10:30 am



Easy Exercise
with Patty Gorman
at 9:30 am Tuesday and Thursday

Coming in
DECEMBER

PRIME RIB
DINNER

December 17 - 2 PM

WEDNESDAY

Work on a Puzzle, Pick out a Book or
Work Out on the Exercise Equipment

THURSDAY



Easy Exercise with
Patty Gorman
9:30 am

FRIDAY



Foot Care

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

Please make an appointment!



Music
1st and 3rd Friday

SPECIAL NOVEMBER EVENTS

Holiday Bazaar
Saturday, November 12
9 am - 4 pm
Serving lunch-
Stew/Biscuit/Drink, \$4.25

Thanks-giving Dinner
November 19, 2 pm
\$10 each
Get your tickets early



Happy Birthday to our November Birthday Members

Birthday Flower: Chrysanthemum Birthstone: Topaz

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

11/3	John Shipman	11/17	Sue Beavers
11/6	Rosalie Herstrom	11/18	Judy Nys
11/8	Cynthia Jones	11/19	Donald Wallin
11/10	Shirley Murphy	11/20	Barbara Horton
11/10	Darlene Hersh	11/22	Verna Gilbert
11/14	Maureen McClasin	11/29	Shirley Greer
11/15	Ernesto Rivas	11/29	Mary Stupfel
11/17	Evelyn Kellar	11/29	Ruth Sterling
		11/30	Kathleen Johnson

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



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!**
**62 families who signed up
helped the center receive
\$136.67 (for 3rd Quarter)**























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!

November Volunteer of the Month: **Cathy Wood**

Cathy is a new member who has stepped in to help at our senior center. She serves on Wednesdays and monitors on Sundays for the church services. She is also willing to help at our special dinners. Thank you, Cathy.

NOVEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
	1  10:30 am  <i>Easy Exercise</i> 9:30 am Bingo -6pm	2 Kaiser Presentation 9:30-11:00 AM Living with Diabetes Noon- 2:30 PM	3  <i>Easy Exercise</i> 9:30 am Pinochle 1:00 pm	4  Foot Care 10 am-1 pm by appt Music with Eric 11 am
7  3 of Us 11 am Blood Pressure Check 11 am Bingo- 6pm	8  10:30 am  <i>Easy Exercise</i> 9:30 am Columbia City Benefits 10am to Noon Men's/Women's VFW 1:00 pm	9 Living with Diabetes Noon- 2:30 PM WIC 9:30am-1pm	10  <i>Easy Exercise</i> 9:30 am Veterans Advisor 1pm	11  Foot Care 10 am-1 pm by appt
14  3 of Us 11 am Blood Pressure Check 11 am Bingo -6pm	15  10:30 am  <i>Easy Exercise</i> 9:30 am	16  Board Meeting 1pm	17  <i>Easy Exercise</i> 9:30 am Pinochle 1:00 pm	18  Foot Care 10 am-1 pm by appt Music with Vern
21  3 of Us Blood Pressure Check Beth Moffett 9:30-11:30 Bingo - 6pm	22  10:30 am  <i>Easy Exercise</i> 9:30 am	23 Membership Meeting 1pm	24 Center Closed Thanksgiving Holiday	25  Foot Care 10 am-1 pm by appt Susanna's Supper-6pm Rainier Methodist Church
28  3 of Us Blood Pressure Check 11 am Bingo - 6 pm	29  10:30 am  <i>Easy Exercise</i> 9:30 am	30 Casino Bus Trip 9am-4pm \$15/member See Marily	Volunteer Hours For September 701.50 hrs Meals Served For September 905	

November 2016 Rainier Senior Center Activities - www.RainierSeniors.com
Events are subject to change without notice.

NOVEMBER MENU

Monday

Tuesday

Wednesday

Thursday

Friday

	1 Grilled Cheese Tomato Soup Cole Slaw	2 Tator Tot Hamburger Casserole Peaches Green Beans	3 City Pork Skewers JoJo's Green Salad Pineapple	4 Oven Baked Chicken Macaroni Salad Baked Beans
7 Meat Loaf Mashed Potatoes Veggies	8 Homemade Chicken Noodle Soup Broccoli Salad	9 Pork Roast Stuffing Mashed Potatoes Asian Cole Slaw	10 Ravioli w/Meat Sauce Garlic Bread	11 Ham w/Pineapple Scalloped Potatoes Green Beans
14 Porcupine Meatballs Au Gratin Potatoes Pineapple Cole Slaw Dilled Carrots	15 Chicken and Rice Casserole Pasta Salad	16 Corn Chowder Ham Sandwich	17 BBQ Beef Sandwich Rolls Potato Salad Veggies	18 Chicken Cacciatore Green Salad
21 Hot Turkey Sandwich Stuffing Veggies Fruit	22 Swedish Meatballs W/Pasta Mixed Veggies Fruit	23 Shepherds Pie Broccoli Salad	24 Closed For Thanksgivi ng	25 Spaghetti w/Meat Sauce Salad Garlic Bread
28 Chicken Fried Steak Mashed Potatoes W/Country Gravy Mixed Veggies	29 Ham Quiche Fruit Cottage Cheese Muffins	30 Split Pea Soup w/Tuna Sandwich		

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.

HARVEST DINNER *Celebration* **Saturday, October 22**

 **Membership Meeting**
Wednesday, November 23
at 1pm



Preparations by Jan, Clint, Marily and Rachel were fantastic. Wendy and Sandie served a fabulous meal.




Ted Boursaw and his band sent several people to the dance floor and kept the rest singing along.



Amy, Sue, and Kathy delighted our dining guests with great service and many smiles. Special thanks to Clint and Marily for all the beautiful decorations and their help.



Upcoming Events
Holiday Bazaar
November 12
9am-4pm
Turkey Dinner
November 19, 2pm
Prime Rib Dinner
December 17, 2pm

 **Easy Exercises**
with Patty Gorman

Tuesdays and
Thursdays
at 9:30am