



Riverside Review

Volume 2018 Issue 12 December 2018

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

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

HO! HO! HO!

Santa is Coming to Rainier Senior Center - December 15

During the Prime Rib Dinner on Saturday, December 15, pictures will be taken for participants only in our Holiday dinner by Bell Studio. Pictures are free on a first come first served basis with one picture per family (extra pictures can be bought for \$5).

**Photos will be taken from 12:30 to 1:30
with our prime rib dinner served at 2:00.**

**Tickets are \$15 per person for the dinner.
Call 503-556-3889 between 9:30 and 2:30
with any questions.**

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. whenever you eat a meal and sign in at the desk. Previously they are worth 75 cents but since July they are 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.

Veteran - Jim Owen Continues to Serve

Pictured here is Jim Owen with the Vietnam War Commemoration Certificate of Appreciation for his time serving our country. However, Jim is not finished with his service. He works with the Rainier



High School educating them about the Vietnam War and he is instrumental in bringing the Wall That Heals to Rainier. Jim is very humble in this honor and says he is, "accepting this for many people". Thank you to all vets who served our country and to the spouses who kept the home fires burning.

Hours

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



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

Plan Ahead to Help Life Support Patients in Emergencies

Do you or someone you know use life support equipment, oxygenequipment, or have other special needs? If so, it's important to have a plan in case the power goes out.

Create a Personal Support Network and an Emergency Plan to have ready if needed. In an outage or other emergency, activate your Personal Support Network and Emergency Plan. These will help keep you comfortable until power is restored.

Columbia River PUD cannot estimate how long an outage will last. Every outage is unique. It's not always possible to estimate the extent of the damage or how long repairs will take. During outages, PUD line crews work to safely restore power to all customers as quickly as possible.

Learn how to create a Personal Support Network at crpud.net/lifesupport. See what you should include in an Emergency Kit at crpud.net/kit.

Anytime you lose power, please report your outage to the PUD at **(503) 397-1844**. If it is an emergency, call **9-1-1**.



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY

Weather Making It Miserable?

***Brighten up your day!
Invite a friend or family member to join
you for lunch or participate in an
activity at the
Senior Center!***

**Membership
Meeting Schedule:
4th Wednesday of the month**

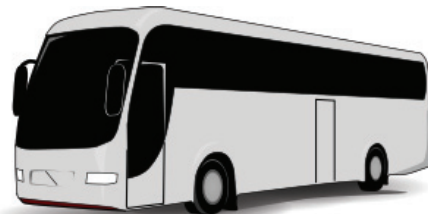
December

**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.

Michelle M. Moore
Cell: 503.422.3945
Michelle@ColumbiaCityBenefitsGroup.com
www.ColumbiaCityBenefitsGroup.com
Mailing: 240 Spinnaker Way - Columbia City OR 97018
ColumbiaCityBenefitsGroup

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



**No December Trip
9am to 4pm
Cost: \$15/Member
See Marilyn to reserve your space**

Senior Center Activities

MONDAY



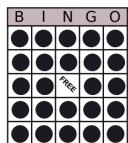
Blood Pressure Check

11 am by Lowell Norbom
Again Available!



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

2nd and 4th Thursdays

Hand and Foot card game 1:00 pm

Yoga at 10:30 am

Gentle Exercise at 10am

FRIDAY



Music

1st and 3rd Friday

Foot Care

Lowell is Back !!!
Check with the Desk.



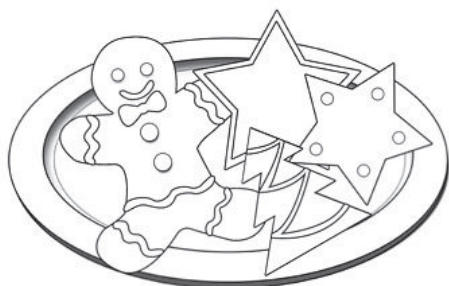
Try our exercise equipment!
You'll feel better. Bring a friend
or family member along.

SPECIAL EVENTS

COOKIE EXCHANGE

December 18 at 1 PM

Bring at least one dozen to share.



PRIME RIB DINNER



Saturday

DECEMBER 15

Dinner served at 2 pm

Tickets are \$15 per person

Family Holiday Pictures 12:30-1:30



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.

12/4	Monie Lowe	12/15	Eunice Chase
12/9	Douglas Starr	12/15	Jan Dalziel
12/9	Shirley Emerick	12/16	Debora Elliot
12/9	George Foshee	12/17	Ed Hegedus
12/10	Sam Patchng	12/17	Rachel Kelley
12/10	Joan Hackathorn	12/19	Don Carnahan
12/10	Joyce Rivas	12/19	Judy Brown
12/11	Cookie King	12/25	Larry Morgan
12/14	Millie Sold		

**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!
3rd qtr 2018- Contribution
\$83.03**

**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 December: Lillibell Welter

Lillibell has lived in Rainier for 83 years and has been a volunteer at the center for 12 years. Her hobbies are sharing her flowers, cake decorating, and making quilts. She serves meals every Tuesday. She was our princess and helps with our princess tea. Thank you, Lillibell for all you do for our center.



DECEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
3  Music with 3 of Us  Blood Pressure 11 AM Bingo -6pm	4 Gentle Exercise 10am	5	6  Music with Inez Glaze Gentle Exercise 10am Chair Yoga 10:30 am Pinochle 1:00 pm	7  Music with Erik & Cheri Birthday Cake  Foot Care by Lowell
10  3 of Us Hooks & Needles 1 pm  Blood Pressure 11 AM Bingo -6pm	11  Music by Tom LaVelle Gentle Exercise 10am Men's/Women's VFW - 1:00 pm	12 WIC 9:30am-1pm	13  Music by Al Barr Gentle Exercise 10am Chair Yoga 10:30 am Hand and Foot Cards 1 pm	14  Foot Care by Lowell
17  3 of Us 11 am Hooks & Needles 1pm  Blood Pressure 11 AM Bingo -6pm	18 Gentle Exercise 10am Cookie Exchange 1 pm	19  Music by Tom LaVelle Board Meeting 10:30 Membership 1:00 PM	20 Gentle Exercise 10am Chair Yoga 10:30 am Pinochle 1:00 pm	21  Foot Care by Lowell
24  3 of Us Hooks & Needles 1pm  Blood Pressure 11 AM Bingo - 6 pm	25  CLOSED	26	27 Hand and Foot Cards 1 pm	28  Music with Vern Kennedy  Foot Care by Lowell Susannah's Supper 6pm Rainier Methodist Church
31  3 of Us  Blood Pressure 11 AM Hooks & Needles 1 PM Bingo -6pm			October Meals Served: 1,150 Volunteer Hours: 561.25	

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

DECEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatloaf Mashed Potatoes Veggie Pea Salad	4 Cream of Potato Soup ½ Ham Sandwich Fruit	5 BBQ Meatballs Potatoes Au Gratin	6 Chicken & Dumplings Green Salad	7 Porcupine Meatballs Baked Potato Veggie Birthday Cake
10 Tamale Pie & Chips Garden Salad	11 Chicken & Rice Casserole Salad	12 Roast Beef Potatoes & Carrots	13 Split Pea Soup 3 Bean Salad ½ Ham Sandwich	14 Tater Tot Casserole Green Beans Bread Fruit
17 Pork Roast Potatoes & Carrots	18 Hamburger Gravy Mashed Potatoes Veggie Bread	19 Chicken Fried Steak Mashed Potatoes Veggie Rolls	20 Beef Stroganoff Egg Noodles Fruit Rolls	21 Fish Rice Pilaf Salad
24 Beef Stew Biscuit Salad	25 CLOSED 	26 Ham Dinner Scalloped Potatoes Veggie Salad	27 Ham & Cheese Quiche Cottage Cheese Fruit Bread	28 BBQ Chicken Potato Salad
31 Corn Chowder Tuna Sandwich Fruit				

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

November Activities Were Successful!

A great turnout for our wonderful Thanksgiving dinner. The turkeys weren't the only things stuffed....everyone left feeling very full!!

Thank You!

Many thanks to the Deer Island Grange for donating the turkeys for our November Feast.

The Christmas Bazaar was a success for the center as well as the many vendors who participated. The banana bread and cinnamon rolls were appreciated as well as the lunch meals served out of the kitchen. Thank you everyone!



P O Box 216, Clatskanie, OR 97016
503-728-2163

Open Monday through Friday 8 am-5 pm

© 1996 Streebox Greetings/Dist. by Universal Press Syndicate



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



DONATIONS NEEDED

The center is collecting for the RSVP sponsored TEEN SUPPORT PROGRAM. This is a program to assist teens who live in Rainier, who are currently attending school and who have the greatest needs for new personal care items, clothing (like hoodies) socks, snack foods (like beef jerky, nuts) and even laundry pods. There is a bin at the center as well as a list of items needed. We will be collecting through 12/12. If you have any questions contact the center at 503-556-3889 or stop by. Thanking you in advance for your generosity.

Stressful time of year?

Laughter is the best medicine:

Getting a divorce.....

An elderly man in Rainier calls his son in New York and says, "I hate to ruin your day son, but I have to tell you that your mother and I are getting a divorce; 45 years of marriage and that much misery is enough!"

"Dad, what are you talking about?" his son yells.

"We can't stand the sight of each other any longer" the dad explained. "We're sick of each other and I'm sick of talking about this so you call your sister in Hong Kong and tell her!" Frantic the son calls his sister who explodes on the phone. "Like heck they're getting divorced", she shouts adding, "I'll take care of this." She calls her elderly father immediately and screams at him, "you are not getting divorced. Don't do a single thing until I get there." "I'm calling my brother back and we'll both be there tomorrow. Until then don't do a thing, you hear me?"

The old man hangs up the phone and turns to his wife. "okay", he says, "it's all set. They're both coming for Christmas and paying their own air fare."

Rainier Senior Center Supporters

**Bed, Bath & Beyond
Columbia River PUD
Country Financial
Dutch Bros
Dollar General
El Tapatio
Grocery Outlet
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**

**Canterbury Plaza
City of Rainier
Columbia Food Bank
Deer Island Grange
Delaware Plaza
Eagles
Foster Farms
Fred Meyer
Head Hunter
Nys Tree Farm
Rainier Deli & Mart
Rainier Garden Club
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***