



Riverside Review

Volume 2019

Issue 12

December 2019

48 W 7th Street, Rainier, OR 97048
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Phone: 503-556-3889
Web: RainierSeniors.com



THE WAY RADIO WAS
with Dick Karman
Reminisce with music,
multimedia and memories from
Christmas.
December 13
11 am to 2 pm

Debra Kranyak
with Kaiser Insurance
will be at the center
December 5th from 9 am to 12 pm
to help you with your insurance needs

"Catch the Holiday Spirit"

is a shop local business program
that will run from
Nov 16 thru Dec 31

Pick up your "Spirit" card at the center then
each \$10 spent at the businesses listed on the
back of the card will earn you one box. There
are 20 boxes to mark and completed cards are
to be dropped off at Wauna Credit Union in
Clatskanie or Grocery Outlet in Rainier
by Dec. 31st.

**Three winners will be drawn for \$50 gift
cards at local businesses. Good luck and
shop local!**

Hours

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

Board Members

Jan Rich, Pres.
Carla Bodenhamer, V Pres.
Keith Ekstrom, Sec.
Rachel Kelley, Treasurer
At Large: **Clint Kelley, Barbara**
Foster, and Sue Beavers
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.



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

Prepare for Outages and Emergencies

Are you prepared for power outages or winter storms? Planning ahead can help keep you safer and more comfortable during an emergency.

Columbia River PUD recommends having a Home Emergency Kit in case we experience extended power outages or other emergencies. Here are some items to include in your kit:

- One gallon of water per person per day for up to two weeks
- Nonperishable food items that require little or no cooking
- Flashlight, radio, and fresh batteries
- Lantern or candles and matches
- Blankets, sleeping bags, and warm clothes
- First aid kit
- Supply of prescription medication
- Playing cards, games, and books to help pass the time

You should also keep a smaller kit in your car. If you have pets, be sure to include supplies for them too. Find more suggestions for how to prepare for outages at www.crpud.net/kit.

Remember, if your power goes out, please call the PUD at **(503) 397-1844** to report it.



COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY

SUPPORT THE CENTER

The center continues to encourage you to be a recurring contributor. These types of gifts are so important to the Center because they add stability to our funding. They also send a clear message to everyone that you have trust in the Center, its future and its importance to our senior neighbors.

You can contribute by mail, or even better, a visit to your Center. The IRS has determined that we are a tax exempt organization under section 501(c)3 of the IRS code. Our Federal Tax ID is #23-7154726.

Michelle M. Moore

Cell: 503.422.3945

Michelle@ColumbiaCityBenefitsGroup.com
www.ColumbiaCityBenefitsGroup.com

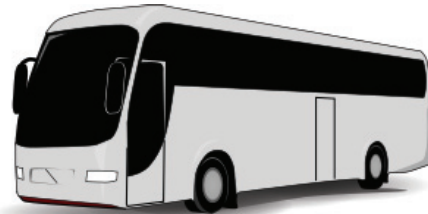
Mailing: 240 Spinnaker Way - Columbia City OR 97018

ColumbiaCityBenefitsGroup

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

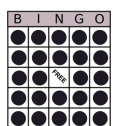
MONDAY



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
and Karoke resume
in January**



Music

throughout the week

See our EVENTS Calendar

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

Gentle Exercise resumes in January

FRIDAY

Do you like to play Cribbage? Sign up at
the Center's Desk to get a club started.



**First Friday
Birthday Cake**

Special Events



**Prime Rib
Christmas Dinner
2 p.m. Sat. Dec 21**

includes Sparkling Cider
Tickets 18.00 ea.

Reserve your spot early

COOKIE EXCHANGE

December 17

1 pm

Come celebrate the
holidays and share some of
your favorite cookies during
this fun exchange





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 Terry Simons	12/14 Robert Fleming
12/4 Monie Lowe	12/15 Eunice Chase
12/6 Robert Tolleshaug	12/16 Debra Elliott
12/9 Brenda Star	12/17 Ed Hegedus
12/9 Shirley Emerick	12/17 Rachel Kelley
12/10 Joyce Rivas	12/17 Roy Buck
12/10 Sam Patching	12/19 Don Carnahan
12/10 Joan Hackathorn	12/19 Judy Brown
12/11 Cookie King	12/25 Larry Morgan
12/14 Millie Sold	12/27 Patrice Seawright

Please Register your rewards program to designate the Rainier Senior Center as the non-profit



**Help Our
Senior Center
Earn Money!**

Register Today!

We received \$68.89 for
3rd Quarter from 52 families.
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

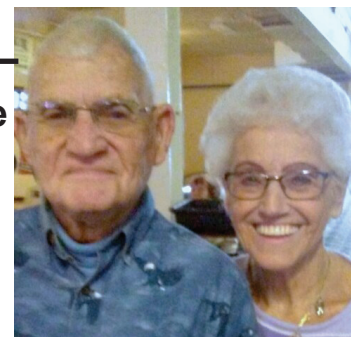
- or use our non-profit number **AH614******.

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

Rainier's Volunteers for the Month of December: Al and Dodie

Al Koenig and Dodie Burton have been helping regularly to put the newsletter together as well as bringing in bags of cans donated by their church members. They are very involved in their church. They are retired mill workers.

Thanks, Al and Dodie, for all you do!



DECEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
2  3 of Us 	3 	4  Music by Tom Lavelle 	5  Music by Bo Obney Pinochle 1:00 pm Debra Kranyak Kaiser Insurance 9 am - noon 	6  Music with Inez Glaze Birthday Cake
9  3 of Us Hooks & Needles Bingo -6pm 	10 Men's VFW 1:00 pm 	11  Music by Janice Youra WIC 9:30am-1pm 	12  Music by Al Barr Hand and Foot Cards 1 pm 	13  Music by Dick Karman
16  3 of Us 11 am Hooks & Needles 1pm Bingo -6pm 	17  Music by Bo Obney 	18  Music by Tom Lavelle Board Meeting 10:30 am Membership 1pm 	19  Music by Judy Failkner Pinochle 1:00 pm 	20 Kaiser Insurance 9 am to 12:30 pm
23  3 of Us Hooks & Needles 1pm Bingo -6pm 	24 	25 CLOSED FOR THE HOLIDAY 	26  Music by Bo Obney Hand and Foot Cards 1 pm 	27  Music with Vern Kennedy Susannah's Supper 6pm Rainier Methodist Church
30  3 of Us Hooks & Needles 1pm Bingo -6pm 	31 No Casino Trip 	1 CLOSED FOR THE HOLIDAY 	2 	3

December 2019 Rainier Senior Center Activities - www.RainierSeniors.com
Events are subject to change without notice. NO Breakfast deliveries.

December Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Fried Steak Mashed Potatoes & Gravy Veggies Biscuit	3 Hot Roast Beef Sandwich Mashed Potatoes Veggie	4 Baked Salsa Chicken over rice Confetti Chips Salad	5 Chicken Burgers Chips Potato salad	6 Clam Chowder Tuna Salad Sandwich Pears Birthday Cake
9 Lasagna Mixed Veggies Garlic Bread Green Salad	10 Tuna Loaf Veggies Coleslaw	11 Turkey Noodle Soup Grilled Cheese Sandwich	12 Baked Ham Side of Macaroni and cheese Mixed Veggies Bread sticks	13 Meat Loaf Baked Potatoes Mixed Vegetables Green Salad
16 Pork Loin in Mushroom Gravy Mashed Potatoes Vegetables Roll	17 Salisbury Steak Mashed Potatoes Coleslaw Rolls	18 Chicken and Rice Casserole Salad	19 Taco Salad Chips Peaches	20 Ham in Scalloped Potatoes Veggies Bread
23 Chicken Cordon Bleau Casserole Veggies Bread	24 Pork Roast Carrots & Potatoes Hot Applesauce Roll	25 Merry Christmas Closed	26 Hamburger Stroganoff over Buttered Noodles Bread	27 Corn Chowder Deli sandwich
30 Baked Chicken Roasted Reds Veggies BreadSticks	31 Beef Vegetables Soup Ham sandwich	1 Happy New Year Closed	2 Chicken & Dumplings Salad	3 Fish Sandwich Chips Coleslaw Mandarin Oranges

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



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

Open Monday through Friday 8 am-5 pm



Rainier Senior Center recognized by the Chamber of Commerce

President, Jan Rich, and Vice President, Carla Bidenhamer are displaying the plaque received by the Rainier Chamber of Commerce for business of the month.

Holiday Bazaar Winner

Bernice Bailey was the winner of the raffle for the donated items from all the vendors at the Christmas Bazaar worth \$150. Congratulations, Bernice!

Digital Literacy Program

Need a low-cost internet or mobile phone plan?

You can receive a step-by-step guide to helping seniors get set up with low-cost internet and mobile plans, including resources that can help seniors improve their digital literacy.

<https://www.inmyarea.com/resources/guide-internet-for-seniors>

If you have any further questions, contact Jessica Gandhi at 949-409-8409.



October Meals
Served: 1184
October
Volunteer
Hours: 450

Become a Member of Rainier Senior Center



Want to get in on the fun? Want to meet other seniors? Join us for the events, activities, and just plain conversation.

ONLY \$15 per year

Sign up today and begin receiving our newsletter so you can plan to join us..



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

We Serve
Meals On Wheels
so no senior goes hungry.

Volunteer to be a Meals-on-Wheels Driver
Ask at the Desk how to apply



Rainier Senior Center Supporters

**B Street Coffee
Canterbury Inn
Canterbury Gardens
Columbia River PUD
Country Financial
Dutch Bros
El Tapatio
Grocery Outlet
Hometown Pizza
Michelle Moore-Insurance
Means Nursery
Mo's - Astoria
Ol' Pastime Tavern
Outpost 30
Rainier Chevron Food Mart
Rainier True Value
The Cornerstone Cafe
Triangle Bowl**

**Bell Studios
City of Rainier
Columbia Food Bank
Deer Island Grange
Delaware Plaza
Eagles
Foster Farms
Fred Meyer
Head Hunter
InRoads
Miracle Ear
Nys Tree Farm
Napa Auto
Safeway
Rainier Liquor Store
The Dog Zone
United Way
US Gypsum
Vernie's Pizza**



"A Great Place...For Great People"

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