



## ***Riverside Review***

*Volume 2019*

*Issue 11*

*November 2019*

**48 W 7th Street, Rainier, OR 97048**  
**E-mail: [RainierSeniorC@gmail.com](mailto:RainierSeniorC@gmail.com)**

**Phone: 503-556-3889**  
**Web: [RainierSeniors.com](http://RainierSeniors.com)**

The Center will be collecting items for Monica with RSVP at the Center for Rainier homeless students or students in need.

**There will be a list at the Center and all items must be NEW.**

Thank you in advance.

### **Kaiser Insurance**

will be available for questions  
and information at the center

**November 15, 9:00 am to 12:30 pm**

Stop by and check it out!

### **"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

## Keep your Heating Costs Down This Winter

When the weather turns colder, your heating system has to work harder. That can lead to increased electric bills in the winter months.

These simple, low-cost tips from Columbia River PUD can help you save some money on your heating costs this winter.

- **Lower the temperature** on your thermostat a couple of degrees when you are away or asleep.
- **Keep windows and doors closed** to keep the heat from escaping
- **Clean or replace your furnace filters** on a regular basis and service your heating system annually.

Find more ways to save money on your winter bills at [www.crpud.net/heating](http://www.crpud.net/heating).



# 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.

### Membership

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

**Daniel Garrison, CPA,**  
2114 Columbia Blvd,  
St Helens, OR 97051  
Email: [dan@drgtax.com](mailto: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

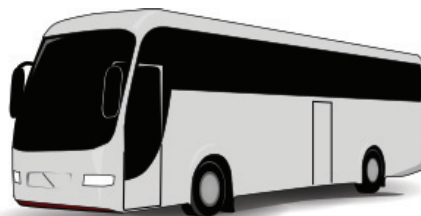
Cell: 503.422.3945

[Michelle@ColumbiaCityBenefitsGroup.com](mailto:Michelle@ColumbiaCityBenefitsGroup.com)  
[www.ColumbiaCityBenefitsGroup.com](http://www.ColumbiaCityBenefitsGroup.com)

Mailing: 240 Spinnaker Way - Columbia City OR 97018

ColumbiaCityBenefitsGroup

 **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

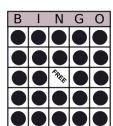


### Music by

**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 at 10 am**



### 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 at 10am**

## 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



**Thanksgiving Dinner  
2 p.m. Sat. Nov 23**

Tickets 12.00 ea.

Reserve your spot early



**RAFFLE at  
2:30 pm**

**Holiday  
Bazaar  
November 2  
9 am - 3 pm**

\$5.00 Homemade Stew Meal :  
Stew- Roll-dessert-drink.  
11 to 2 p.m.

\$1.00 - Pop, water, coffee  
\$.50 pastries  
\$ 1.00 - Popcorn



## 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.*

11/4 Barbara Hendricks  
11/6 Rosalie Herstrom  
11/8 Cynthia Scott  
11/8 Billy Redding  
11/11 Dieter Oetmann  
11/15 Ernesto Rivas  
11/17 Evelyn Kellar  
11/17 Sue Beavers  
11/18 Judy Nys

11/19 Donald Wallin  
11/22 Verna Gilbert  
11/24 Michael Clark  
11/26 Harold Tipton  
11/29 Shirley Greer  
11/29 Eric Perrill  
11/29 Ruth Sterling  
11/29 Mary Stupfel  
11/29 Alice Todd

**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 \$79.81 for  
2nd Quarter from 52 familie  
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 November: Jim Gaston

Jim has been delivering Meals-on-Wheels for 11 years. He has also donated his  
time coaching sports in the community for the past 40 years. His love for family  
and friends is most important to him.

**Thanks, Jim, for all you do!**





# NOVEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>September Meals</b> <b>Served: 1028</b> <b>September</b> <b>Volunteer</b> <b>Hours: 497</b>				<b>1</b>  <b>Music with Inez Glaze</b> <b>Birthday Cake</b>
<b>4</b>  <b>3 of Us</b>  <b>Hooks &amp; Needles</b> <b>Bingo -6pm</b>	<b>5</b>  <b>Music by Bo Obney</b>  <b>Gentle Exercise 10am</b> <b>Men's VFW 1:00 pm</b>	<b>6</b>  <b>Music by Tom Lavelle</b>	<b>7</b>  <b>Pinochle 1:00 pm</b> <b>Gentle Exercise 10am</b>	<b>8</b>  <b>Music by Jim Meyer</b>
<b>11</b>  <b>3 of Us 11 am</b> <b>Veteran's Day</b>  <b>Hooks &amp; Needles 1pm</b> <b>Bingo -6pm</b>	<b>12</b>  <b>Gentle Exercise 10am</b>	<b>13</b>  <b>WIC 9:30am-1pm</b>  <b>KARAOKE 1pm-4pm</b>	<b>14</b>  <b>Music by Al Barr</b>  <b>Gentle Exercise 10am</b>  <b>Hand and Foot Cards 1 pm</b>	<b>15</b>  <b>Music by Bo Obney</b>  <b>Kaiser Insurance 9 am to 12:30 pm</b>
<b>18</b>  <b>3 of Us</b>  <b>Hooks &amp; Needles 1pm</b> <b>Bingo -6pm</b>	<b>19</b>  <b>Gentle Exercise 10am</b>	<b>20</b>  <b>Music by Tom Lavelle</b>   <b>Board Meeting 1:00 PM</b>	<b>21</b>  <b>Music by Bo Obney</b>  <b>Gentle Exercise 10am</b>  <b>Pinochle 1:00 pm</b>	<b>22</b>  <b>Music with Vern Kennedy</b>   <b>Susannah's Supper 6pm</b> <b>Rainier Methodist Church</b>
<b>25</b>  <b>3 of Us</b>  <b>Hooks &amp; Needles 1pm</b> <b>Bingo -6pm</b>	<b>26</b> <b>Gentle Exercise 10am</b> <b>Casino Bus Trip 9am -4pm</b> <b>\$15</b> <b>See Marily</b>	<b>27</b>  <b>Music by Judy Faulkner</b>	<b>28</b>  <b>CLOSED FOR THE HOLIDAY</b>	<b>29</b>  <b>CLOSED FOR THE HOLIDAY</b>

November 2019 Rainier Senior Center Activities - [www.RainierSeniors.com](http://www.RainierSeniors.com)  
 Events are subject to change without notice. NO Breakfast deliveries.

# NOVEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken and Rice Casserole Veggie Bread  Birthday Cake
4.  Goulash Veggie Fruit Roll	5.  Pork Roast Potatoes Melva Veggie Applesauce	6.  Potato Soup Deli Sandwich	7  Oven fried Chicken Potato Salad Fruit	8.  Porcupine Meatballs Veggie Bread
11  Taco Soup Chips Tex Mex salad	12.  Patty Melt W/Chips Coleslaw	13.  Pork Chops Applesauce Veggies Au Gratin Potatoes 3 Bean Salad	14.  French Dip Sandwich Jo-Jo's Broccoli Salad	15.  Ravioli in creamy Tomato sauce Garlic Bread Salad
18  Tater Tot Casserole Green Beans Salad	19  Meat Loaf Mashed Potatoes Veggie Roll	20  Grilled Egg Salad Sandwich Tomato Soup	21  Ham Scalloped Potatoes Veggies Jello Salad	22  Sausage Dogs Beans Chips Macaroni Salad
25  Beef Stew Salad Biscuit	26.  Spaghetti W/Meat Sauce Garlic Bread Salad	27  . Roast Beef Potatoes, Carrots Salad Roll	28  Closed	29  Closed

Rainier Senior Center Lunch Menu

503-556-3889

[www.RainierSeniors.com](http://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



### RSVP Gives Rachel Kelley Special Recognition Award

RSVP was able to present a special recognition award to Rachel Kelley who has been volunteering for the Rainier Senior Center for several years. Rachel puts in long hours at the Senior Center to make sure everything runs smoothly. She is there every day before the center opens, till they close, and sometimes longer. She does the decorating, helps the janitor, sets up the Meals on Wheels, serves congregational meals, runs the special garage sales, puts out the bakery donations, and is available on Saturdays to receive the bread delivery. She serves on the board for the Rainier Senior Center and is currently the treasurer, but in the past was also the secretary. She also represented Rainier as the 2014 My Fair Lady Princess. Thank you Rachel for everything you do, they couldn't do it without you!

### 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..



### December Upcoming Events



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

### COOKIE EXCHANGE

December 17  
1 pm

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



**PRIME RIB DINNER**  
**December 21**  
**2 PM**  
Cost: \$18 each  
Purchase your tickets  
at the desk



**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***