



Riverside Review

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This year has been difficult for everyone.

The lack of socialization has been hard for you and the Center. Additionally, the funding that we can count on over the year has been reduced by 90% and the need for meals has grown 58%.

We're asking those members who have not renewed their membership to please do so. Also please fill out the important NAPIS forms. So, again, please come in, stop at the desk, and fill out a NAPIS form and renew your membership. It is greatly appreciated.

Even though we won't be together this year, you will all be in our thoughts with hope that we'll be able to celebrate Christmas together next year. In the meantime, Merry Christmas and stay safe.

**Rainier Senior Center
Board of Directors.**

**Meals Served for October:
Rainier 1029, Clatskanie 234.
Volunteer Hours: 339.50**

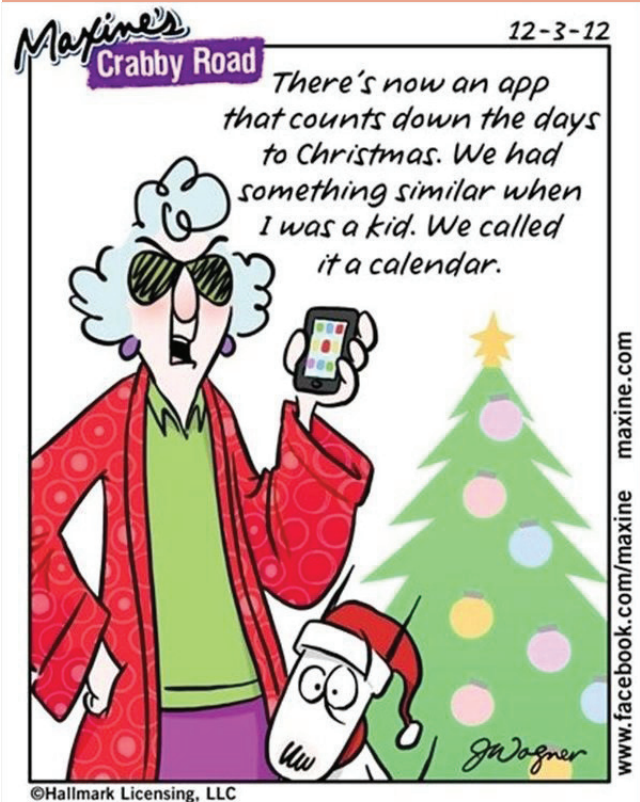
Thank You!

The Center would like to thank everyone who made the Thanksgiving take-out meal a success. 92 delicious turkey meals were served.

Board Members

President: Jan Rich
Vice-President; Debra Elliott
Secretary: Carla Bodenhamer
Treasurer: Rachel Kelley
**At Large: Keith Ekstrom, Sue Beavers
and Joanne Bernard**

Newsletter Editor: Beth Bailey



Hours

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

Plan Ahead to Help Life Support Patients in Emergencies

Do you or someone you know use life support equipment, oxygen equipment, 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.



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DECEMBER 2020 MENU



30 Ravioli & Chicken with a white sauce Bread Sticks Veggies	1 Hamburger Gravy over Mashed Potatoe Veggie Roll	2 Potato Soup Deli Sanwhich	3 Spanish Rice w/ chicken Corn Bread Tossed Salad	4 Lasagna Garlic Bread Salad
7 Baked Fish Baked Potato Veggie lemon & Tartar Sauce	8 Sheperds Pie Salad	9 Swiss Steak Baked Potato Salad	10 Pulled Pork sanwhich Potato Salad	11 Chicken & Rice Casserole Salad
14 Shrimp Alfredo Bread Sticks Salad	15 Clam Chowder Deli Sanwhich	16 Pork Chops Smothered in Mushroom Gravy Mashed Potatoes Veggie	17 Terriyaki Meatballs Rice & Veggies	18 Spaghetti W/ meat sauce Garlic Bread Salad
21 Chicken Fried Steak Mashed Potatoes Veggies	22 Fried Chicken Tater Tots Macaroni salad	23 Mexican Tater Tot Casserole Chips Salsa, Sour Creamm	24 Ham Mashed Potatoes Corn	25 Closed
28 Meat Loaf Potato Augratin Veggie & a Roll	29 Chicken & Dumplings Salad	30 Open face Hot Beef sanwhich Mashed Potato Salad	31 Broccoli Soup Corn Bread	1 Closed

Rainier Senior Center Lunch Menu

503-556-3889

www.RainierSeniors.com

All to go meal orders need to be in no later than 9:00 am.

Menu is subject to change without notice. \$5 for over 60 and \$7 for under 60.

Holiday Ideas

Looking for unique gifts for Christmas? The Senior Center gift shop will be open for shopping on December 1st until December 24th 9:30-12:30 Monday thru Friday.

Holiday Dinner Deal

The Center will be offering a scrumptious Ham Holiday take-out dinner on December 19th.

\$12 per meal

Paid Reservations due December 17th

See insert for details.

Due to COVID Restrictions

There will be NO Home Instead gift bags or Cookie Exchange.

Are you sad or lonely? CALL
503-200-1633, 800-282-7035 or
SeniorLonelinessLine.org



Rachel working
in the kitchen

Helpers
prep for baking



Senior Center Fundraiser

The center is raising money by selling a variety of fresh baked zucchini bread. Plain or with chocolate chips, blueberries, pineapple or walnuts.

A regular sized loaf is \$5.00

A half loaf is \$3.00

Call 503-556-3889 to place an order



P O Box 216, Clatskanie, OR 97016

503-728-2163

Open Monday through Thursday

7 am-5:30 pm



Practical New Year's Resolutions

"The secret of getting ahead is getting started" -Mark Twain

1. Adhere to a productive morning and night routine
2. Read 1 book a month
3. Eat a healthier diet
4. Drink at least 1 liter of water a day
5. Get at least 8 hours of sleep a day
6. . Be more compassionate and empathetic
7. Go on a solo trip and discover yourself
8. Make intentional purchases and less impulsive ones
9. Be a better friend, lover, sibling, parent, son/daughter, etc.
10. Listen more to those around you
11. Surround yourself with more positive people
12. Watch less TV
13. Declutter, getting rid of belongings you don't need
14. . Create an organization system
15. Create a cleaning schedule
16. Let go of the past
17. Surround yourself with more positive people

Rainier Senior Center Supporters

**B Street Coffee
Canterbury Inn
Canterbury Gardens
Columbia River PUD
Columbia Carpet One
Costco
Country Financial
Dutch Bros
El Tapatio
Hometown Pizza
Kaiser Permanente
Kerby's Fish & Chips
Means Nursery
Ol' Pastime Tavern
Outpost 30
Rainier Chevron Food Mart
Rainier True Value
Red Lobster
Sound Authority
Teri's Restaurant
The Cornerstone Cafe
Triangle Bowl**

**Cap "N' Yoby
City of Rainier
Columbia Food Bank
Deer Island Grange
Delaware Plaza
Eagles
Foster Farms
Fred Meyer
Guadalajara
InRoads
Miracle Ear
Monarca mexican
Nys Tree Farm
Napa Auto
Rainier Hstorical Museum
Rainier Liquor Store
Rainier Subway
The Dog Zone
United Way
US Gypsum
Vernie's Pizza**



"A Great Place...For Great People"

***Rainier Senior Center
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