



Riverside Review

Volume 2020

Issue 1

January 2020

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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

DECEMBER EVENTS RECAP

One of the activities for December included the cookie exchange. There were 20 folks that brought cookies. Buckets were filled for the MOW folks then it was a free for all! Such a wonderful variety of yummy cookies.

Home Instead did their annual BASTAS (Be a Santa to a Senior) program. They collected 60 presents for our Rainier seniors who have no family around or are otherwise isolated. Thank you so much to the folks who work so hard to make this happen.

Our Christmas dinner was filled with wonderful food. The prime rib melted in your mouth and Wendy topped it off with a delectable eggnog pana cota topped with cranberry sauce and sugared cranberries.

Effective January 1, 2020, the Under 60 meal charge will change to \$7 per person.

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

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.

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

Electric Bills will have New Look Starting in February

When you open your February bill from Columbia River PUD, you will notice a new look. The PUD is changing its billing and software system, which includes changing the way the bill looks. Your electric service will continue as it always has while the billing statement gets a makeover. There are two changes that may require your attention once the PUD's system goes live on February 3:

- If you currently pay your bill automatically each month with a debit or credit card, you will need to re-enroll in the PUD's Auto Pay program.
- If you make recurring donations to GLOW, you will need to re-establish that donation.

To convert all of its data to the new system, the PUD needs a "Dead Week." The PUD will not be able to process payments from January 27-31. Payments made during this time will be applied beginning February 3.

You also might notice a new line item on your bill called "Demand Charge." There is no charge associated with this line item at this time. The Demand Charge will be explained in greater detail in coming months.



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

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ColumbiaCityBenefitsGroup

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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.

Hello
January



Senior Center Activities

MONDAY

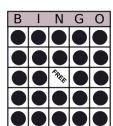


Music by

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

EXERCISE CLASS

starting January 7th

10:30 am

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



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 starts January 9- 10:30

FRIDAY



**First Friday
Birthday Cake**

Special Events

**Gentle Exercise
starts**

**Tuesday, January 7
at 10:30 am**

Then

**Every Tuesday and Thursday
at 10:30 through January**





Happy Birthday to our January Birthday Members

Birthday Flower: Snowdrop Birthstone: Garnet

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

1/4	Martha Cramer	1/18	John Cannell
1/6	Mary Keith	1/18	May Ritenour
1/7	Carl Pellham	1/25	David Hoyle
1/8	Melva Reed	1/26	Charlene Wells
1/10	Duane Bernard	1/26	Leonard (Ray) Sterling
1/10	Barbara Huntington	1/26	Roger Gifford
1/13	Dennis Narvaez	1/29	Audrey Stienmetz
1/14	Elaine Lipton	1/30	Tanya Fadden
1/16	Irene Gibson	1/30	Jan Hook
1/18	Bob Carey	1/30	Donna Massey

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 for Fred Meyer by anyone who shops there and 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 January 2020: Sandy Kohlburn

Sandy has volunteered at the center as a MOW driver for six months. Additionally she drives the bus for Canterbury Inn Senior Living in Longview. Sandy moved here from Pennsylvania three years ago where she also volunteered as a MOW driver. She says she loves elderly people and helping them. She also enjoys gardening, woodworking, reading, her animals and her husband.



JANUARY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>November Meals Served: 1006 November Volunteer Hours: 500.25</p>		<p>1</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>2</p> <p> Music by Bo Obney Pinochle 1:00 pm</p>	<p>3</p> <p> Music with Ted Boursaw Birthday Cake</p>
<p>6</p> <p> 3 of Us</p> <p>Hooks & Needles Bingo -6pm</p>	<p>7</p> <p>Exercise Class 10:30 am</p> <p>Men's VFW 1:00 pm</p>	<p>8</p> <p> Music by Tom Lavelle</p> <p>Karaoke 1-4 PM</p>	<p>9</p> <p> Music by Inez Glaze</p> <p>Exercise Class 10:30 am Hand and Foot Cards 1 pm</p>	<p>10</p> <p> Music by Jim Meyer</p>
<p>13</p> <p> 3 of Us 11 am</p> <p>Hooks & Needles 1pm Bingo -6pm</p>	<p>14</p> <p>Exercise Class 10:30 am</p>	<p>15</p> <p>WIC 9:30am-1pm Board Meeting 1 PM</p>	<p>16</p> <p> Music by Judy Failkner</p> <p>Exercise Class 10:30 am Pinochle 1:00 pm</p>	<p>17</p> <p> Music by Bo Obney</p> <p>Mandatory Desk Staff and Servers Training 1 PM</p>
<p>20</p> <p> 3 of Us</p> <p>Hooks & Needles 1pm Bingo -6pm</p>	<p>21</p> <p>Exercise Class 10:30 am</p>	<p>22</p> <p> Music by Tom Lavelle</p>	<p>23</p> <p> Music by Bo Obney</p> <p>Exercise Class 10:30 am Hand and Foot Cards 1 pm</p>	<p>24</p> <p> Music with Vern Kennedy</p> <p>Susannah's Supper 6pm Rainier Methodist Church</p>
<p>27</p> <p> 3 of Us</p> <p>Hooks & Needles 1pm Bingo -6pm</p>	<p>28</p> <p>Exercise Class 10:30 am</p>	<p>29</p>	<p>30</p> <p> Music by Bo Obney</p> <p>Exercise Class 10:30 am</p>	<p>31</p> <p> Music by Ted Boursaw</p>

January 2020 Rainier Senior Center Activities - www.RainierSeniors.com
Events are subject to change without notice. NO Breakfast deliveries.

January Menu 2020

Monday	Tuesday	Wednesday	Thursday	Friday
30 Baked chicken Roasted Reds Veggies Bread Sticks	31 Beef Vegetable Soup Ham Sandwich	1 Closed Happy New Year	2 Chicken & Dumplings Salad	3 Fish Sandwich Chips Coleslaw Mandarin Oranges Birthday Cake
6 Roast Beef Potatoes & carrots Salad	7 Tamale Pie Tortilla Chips Fruit	8 Swiss Steak Baked Potato Veggies	9 Fried Chicken Mashed Potatoes Country Gravy Corn Fruit	10 Chili Grilled Cheese Sandwich
13 Spaghetti w/meat sauce Salad Bread	14 Patti Melt Chips Potato Salad	15 Chicken Fried Steak Mashed Potatoes Country Gravy Vegetables Fruit	16 Split Pea & ham Soup Deli Sandwich	17 Taco Salad Pears Corn Chips
20 Baked Ham Potatoes Au gratin Applesauce Veggies Bread	21 Tater Tot Casserole Veggies Coleslaw	22 Meatloaf Mashed Potatoes Gravy Veggies Bread	23 Meat Pizza Salad Fruit	24 Hot Turkey sandwich Mashed Potatoes Stuffing
27 Beef Stew Salad Biscuit or Roll	28 Crispy Chicken Salad Fruit Bread	29 Shepherds Pie Salad Fruit	30 Cheese Burgers Macaroni Salad Tater Tots	31 Pork Loin Mashed Potatoes Mushroom Gravy Veggie Bread

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
\$5 for over 60 and \$7(effective 1/01/2020 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



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.

***'What we do for ourselves dies with us.
What we do for others and the world,
remains and is immortal.'***

- Albert Pike

***"Whether you think you can
or think you can't,
you're right."***

- Henry Ford



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***