



## *Riverside Review*

*Volume 2022      Issue 12      December 2022*

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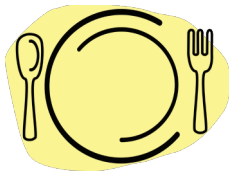
**Phone: 503-556-3889**  
**Web: [RainierSeniors.com](http://RainierSeniors.com)**



### ***Day Trips:***

It's time for another outing!! On **December 13th** we are going to look at Christmas lights around town. The bus, provided by the Community Church of God and driven by Ray Johnson, will leave the center at 4:30 and return between 5:30 and 6:00. There is no charge as the center will offer this as its Christmas gift to you. There are only 14 seats so it's on a first come first served basis. The Reserve A Seat sign up sheet will be at the front desk.

**Weather Permitting**



**DECEMBER 17th**

Save this date to enjoy an afternoon with us and have a delicious **Prime Rib Dinner \$20 per person** but remember you can get a chance to win two meals if you buy a raffle ticket for \$10. The festivities start at 2:00.

**Meals Served for October: 1371**  
**Volunteer Hours: 553**

### ***Board Members***

**President: Jan Rich**  
**Vice-President: Debra Elliott**  
**Secretary: Darnell Willis**  
**Treasurer: Rachel Kelley**  
**At Large: Joanne Bernard, Scott Cooper and Clint Kelley**  
**Newsletter Editor: Beth Bailey**



### ***It's Cookie Time!***

We are having a Christmas Cookie Exchange on **December 21st at 1:00.**

If you have any questions, please call the center.

*Seasons Greetings*

**Rainier Senior Center Hours**  
**9:30 am to 2:00 pm**  
**Monday through Friday**  
**Gift Shop 10:00 am-2:00 pm**

## Keep Your Heating Costs Down this Winter

If you heat your home with electricity, cold weather means higher bills. When it's colder outside, it takes more energy to heat your home – even if you don't adjust your thermostat.

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. That includes doors to garages or unheated basements.

**Clean or replace your furnace filters** on a regular basis and service your heating system annually.

**If you have zonal heat**, only heat the rooms you use regularly.

**If you have central heating**, use a space heater in the room you occupy most and lower the temperature in the rest of your home by a few degrees.



# COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY

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



- Retirement Income Planning
  - Wealth Management
  - Tax & Estate Planning
- Medicare/Health Insurance

Visit our website or call to schedule your complimentary consultation.

[www.Schultzfs.com](http://www.Schultzfs.com)

503-543-3844

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# December 2022

28	29	30	1	2
Spanish rice w/Chicken Green Salad  The Three of Us	Potato Soup Egg Salad Sandwich	Hamburger Gravy Mashed Potatoes Vegetables Fruit	Western Beef Stew Cornbread German Coleslaw  Gary Fredsall	Macaroni & Cheese w/ chicken Vegetables Roll Bo Obney
5	6	7	8	9
Meatloaf Mashed Potatoes/ Gravy Vegetables Rolls	Pork sausage and potato scramble Fruit English Muffin	Turkey Ala King Mashed Potatoes Cranberry Sauce Vegetables Bo Obney	Grilled Tuna Sandwich w/cheese Small Salad Fruit	Baked Chicken Macaroni Salad Corn Salad Guy & Mary
12	13	14	15	16
Baked Ham Potatoes Au gratin Vegetables  The Three of Us	Chicken & Rice Casserole Fruit Bread	Pork Roast Potatoes & carrots Vegetables  Your 50's Band	Tater Tot Casserole Salad  Jim Meyer	Goulash Garlic Bread Salad
19	20	21	22	23
Taco Soup Chips Salad The Three of Us	Chicken Fried Steak Mashed Potatoes Country Gravy Vegetables	Cream of Broccoli Soup Ham Sandwich Salad Bo Obney	Sausage/Egg Burrito Hashbrowns Fruit	Baked Fish Baked Potato Vegetables Tartar Sauce Guy & Mary Guy & Mary
26	27	28	29	30
<b>CLOSED</b>	Spaghetti w/meatsauce Garlic Bread salad	Hamburger on a Bun Lettuce, Tomato, onion, pickles Potato Salad	Chicken & Dumplings Vegetables Fruit Boursaw Brothers	Tunaloaf Potatoes Au gratin Fruit Bo Obney

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.

**Arrival time for congregate meal needs to be 11:45 or earlier.**

# DECEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b>  3 of Us 11 am Blood Pressure 11 AM Bingo - 2 pm <b>Hooks &amp; Needles</b> 1pm-2:30 pm	<b>29</b> Breakfast 9-10 am	<b>30</b>	<b>1</b>  Music by Gary Fredssall Breakfast 9-10 am Balance & Stability 1:00 pm <b>Card Games 1 pm</b>	<b>2</b>  Music by Bo Obney
<b>5</b>  3 of Us Blood Pressure 11 AM  Beth Moffett 10 am - 12 pm <b>Hooks &amp; Needles</b> 1pm-2:30 pm Bingo - 2 pm	<b>6</b> Breakfast 9-10 am	<b>7</b>  Music by Bo Obney	<b>8</b> Breakfast 9-10 am Balance & Stability 1:00 pm <b>Card Games 1 pm</b>	<b>9</b>  Music by Guy & Mary
<b>12</b>  3 of Us 11 am Blood Pressure 11 AM <b>Hooks &amp; Needles</b> 1pm-2:30 pm Bingo - 2 pm	<b>13</b> Breakfast 9-10 am	<b>14</b>  Music by Your 50s Band	<b>15</b>  Music by Jim Meyer Balance & Stability 1:00 pm <b>Breakfast 9-10 am</b> <b>Card Games 1:00pm</b>	<b>16</b>  Music by Boursaw Brothers
<b>19</b>  3 of Us Blood Pressure 11 AM  Beth Moffett <b>Hooks &amp; Needles</b> 1pm-2:30 pm Beth Moffett 10 am -12 pm Bingo -2pm	<b>20</b> Breakfast 9-10 am	<b>21</b>  Music by Bo Obney Cookie Exchange 1:00 pm	<b>22</b> Breakfast 9-10 am Balance & Stability 1:00 pm <b>Card Games 1 pm</b>	<b>23</b>  Music by Guy & Mary <b>Susannah's Supper</b> <b>Methodist Church</b> 6 pm
<b>26</b> <b>CLOSED</b>	<b>27</b> Breakfast 9-10 am	<b>28</b>	<b>29</b>  Music by Boursaw Brothers Breakfast 9-10 am Balance & Stability 1:00 pm <b>Card Games 1 pm</b>	<b>30</b>  Music by Bo Obney



## 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	12/16 Debra Elliot
12/5 Lyn West	12/17 FairReen Bardonski
12/7 Linda Symonds	12/17 Fran DaShiell
12/9 Shirley Emerick	12/17 Rachel Kelley
12/9 Beth Moffett	12/17 Darlene Mason
12/9 Douglas Starr	12/19 Judy Brown
12/10 Sam Patching	12/19 Terry Burns
12/12 Richard Housholder	12/19 Don Carnahan
12/13 Carol Anderson	12/21 John Wallace
12/15 Eunice Chase	12/22 Patsy Roemer
	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 \$59.04 for  
the Quarter from 42 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\*\*\*\***.

Go to [fredmeyer.com/communityrewards](http://fredmeyer.com/communityrewards)

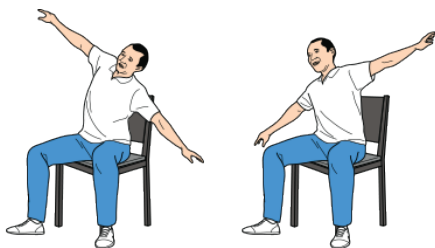
**You still get your reward points, fuel  
points and rebates just the same!**

## *Many Thanks to our fine Musicians*

Lunch times are even more enjoyable with the wonderful music  
provided by local musicians. From Country Western to Classical  
we appreciate it all. THANK YOU!

*Thank You!*





### **FREE Balance and Stability Class put on by Rebecca Leone**

All are welcome, no experience necessary and all exercises can be performed seated. Wear comfortable clothes.

Become more sure footed. Be able to safely perform daily functional tasks like sit, stand, push, pull, carry and improve strength and endurance in the process. Classes are appropriate for everyone. Taught by Rainier resident Rebecca Leone who has taught for over 22 years in 11 countries, 17 states and medical school cadaver labs. Classes are every Thursday at 1:00.

**Every Thursday  
11 am to 12 pm**

**Happy  
New Year!**

**There will be a Giving Tree in the lobby sponsored by the Non-Profit Giving Tree through December 5th.**

You can drop off items at the 3 Rivers Mall by the dance studio or here at the center. I was told this non-profit could especially use jackets of all sizes and shoes of all sizes.

### **PLEASE DONATE**

**Pick up Date: Friday December 9**

There will be a barrel also located at the center for collection of items for **United Way**. These items will be used for displaced students attending Rainier High School. There will be a list of items at the front desk.



### **Special Events**

**Christmas Dinner  
December 17 at 2 pm  
\$20/ea**



**Zucchini Bread  
for Sale  
Blueberry and Plain  
\$6 per loaf**

**Great gift or for entertaining  
this holiday  
Check with the Desk**



P O Box 216, Clatskanie, OR 97016  
503-728-2163  
Open Monday through Thursday  
7 am-5:30 pm

## Senior Center T-shirts Great Christmas Gift!



**S-M-L-XLrg**  
**\$15/ea**

**2X and 3X**  
**\$20/ea**

See the front desk for details.



## 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..



**Buy a raffle ticket for \$10  
for chance to win  
2 Prime Rib dinners!**

## **DRIVERS NEEDED!**

**Check with the Desk for more details**

We Serve  
**Meals On Wheels**  
So no senior goes hungry.



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



