



Riverside Review

Volume 2023

Issue 12 December 2023

48 W 7th Street, Rainier, OR 97048
E-mail: RainierSeniorC@gmail.com

Phone: 503-556-3889
Web: RainierSeniors.com

Christmas Sweets Bar
December 11th 10:30
30¢ ea. -or- \$4 Dozen
'Includes Holiday Gift Bag'



Holiday Movie & Popcorn
How the Grinch Stole Christmas

December 19, 1:30pm

'Grinch Fans – A movie and a Raffle to Warm your Heart!'

Coffee and Cocoa
for Two. Or give as
a GIFT.

Family Welcome.

Movie & Raffle

\$1.50

Individual Raffle

\$1



Board Members

President: Jan Rich

Vice-President; Debra Elliott

Secretary: Marily Tift

Treasurer: Rachel Kelley

*At Large: Joanne Bernard, Scott Cooper
and Clint Kelley*

Newsletter Editor: Beth Bailey

Christmas Prime Rib Dinner
Saturday December 16th
2PM

Reservations: 503-556-3889

\$25



Meals Served for October: 1397
Volunteer Hours: 646

Rainier Senior Center Hours

9:30 am to 2:00 pm

Monday through Friday

Gift Shop 10:00 am-2:00 pm

Free Ways to Cut Heating Waste

Cold weather forces your heating system to work more, even if you don't adjust the temperature inside your home. That can increase your power bill.

Here are a few suggestions from Columbia River PUD that can help you keep your bill lower during the cold winter months:

■ **Keep your windows and doors closed** to keep the heat in. This includes interior doors to garages and unheated basements.

■ **Open blinds and shades** on windows that are facing the sun. This allows the sun to warm your home.

■ **Close blinds and drapes** on windows that don't get direct sunlight. This will help keep heat from escaping.

■ **Help the warm air flow** by keeping decorations, appliances, furniture, and other items from blocking your heating registers.

■ **Clean or replace your furnace filters** on a regular basis.

Clogged filters make furnaces work harder to distribute heat, which increases costs and shortens the life of your equipment.



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2114 Columbia Blvd,
St Helens, OR 97051
Email: dan@drgtax.com
503-366-0994

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P.O. Box 859

Scappoose, OR 97056

beth@understandingmymedicare.com

www.UnderstandingMyMedicare.com

December 2023

				1 Vegetarian Chili Baked Potato Broccoli & Cheddar Peaches Cornbread
4 Chicken Fried Steak Mashed Potatoes & Gravy Normandy Veg. Apple Slices	5 LS Ham Slice Scrambled Eggs Summer Squash Fruit Bowl Biscuits	6 Broccoli Beef Fried rice Chop Suey Veggies Winter Fruit Salad	7 Vegetable Beef Soup Grilled Cheese San. Whole Grain Bread Spinach Salad W/ Strawberries	8 Chicken Cacciatori Egg Noodles Broccoli & Cauliflower Raspberry Jello W/ pears
11 Baked Chicken Riviera Blend Creamy Coleslaw Rolls	12 Patty Melts On Rye Bread Herbed Oven Fries 3Bean Salad Mandarins	13 Roast Beef w/mushroom Gravy Crackers Pacific Blend Waldorf Salad Rolls	14 Deli Sandwich whole Grain Bread Winter Veggie Soup Banana Crackers	15 Turkey Divan Broccoli Brown rice Pilaf Mixed Green Salad w/ pineapple Tidbits
18 Traditional Lasagna Pacific Blend Veggies	19 Oven Fried Chicken Baked Yams Broccoli w/cheese sauce Broccoli Salad w/cranberries	20 Cheese Burgers w/Tomatoes, Lettuce,onions Bun Mexican Corn Cucumber/Tomato Salad	21 Pork Roast Baked Apples Parslied Potatoes Mixed Green Salad w/Beets	22 Potato Soup Chef Salad Summer Fruit Salad Whole Grain Roll
25 Closed	26 Meatball Subs Capri Vegetables Garden Salad Cottage Cheese w/Fruit	27 Sweet &Sour Chicken w/ pineapple Bok Choy w/oriental Veggies Brown rice	28 Spaghetti w/meat sauce Green Beans Garden Salad Garlic Bread	29 Chefs choice Chicken & Dumpling Casserole Green Beans Fruit

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. Donation: \$6 for over 60 and \$8 for under 60.

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

DECEMBER EVENTS

				1  Music by Boursaw Bros
4  3 of Us 11 am Blood Pressure 11 am to Noon Computer Class 1 pm Hooks & Needles 1pm-2:30 pm Bingo -2:30 pm	5 Breakfast 9-10 am	6	7  Music by Gary Fredsall Pearl Harbor Day Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	8  Music by Guy & Mary
11  3 of Us 11 am Christmas Sweets Bar 10:30 am Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Bingo - 2:30 pm	12 Breakfast 9-10 am	13	14  Music by Nehemiah Brown Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1:00pm	15 <div style="color: green; text-align: right;"> Christmas Dinner 2 pm </div>
18  3 of Us 11 am Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Bingo -2:30 pm	19 Breakfast 9-10 am Movie-"How the Grinch Stole Christmas" 1:30 pm	20	21	22  Music by Nehemiah Brown Christmas & Gospel Susannah's Supper Methodist Church 6 pm
25 CLOSED	26	27 Membership Meeting 1 pm	28  Music by Boursaw Bros Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	29  Music by Guy & Mary Blood Drive 12:30-5:30 pm



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 David Hook
12/2 Terry Simmons
12/6 Janet Nelson
12/7 Linda Symonds
12/9 Shirley Emerick
12/9 Beth Moffett
12/9 Douglas Starr
12/10 Sam Patching
12/12 Rebecca Bafford
12/12 Richard Czmowski
12/12 Richard Housholder



12/13 Carol Anderson
12/16 Debra Elliott
12/17 FairReen Bardonski
12/17 Rachel Kelley
12/19 Judy Brown
12/19 Terry Burns
12/19 Don Carnahan
12/19 Betty Stuber
12/21 John Wallace
12/22 Sharon Denton
12/22 Patsy Roemer
12/27 Patrice Seawright

Who's interested in Yoga?

Please let our Front Desk know so we can prepare for 2024. A Show-of-Interest sheet will be available for your name.



The Holiday Bazaar was a great success. FairReen Bardonski won the raffle box which contained items donated by the many vendors at the Bazaar. Thank you to all who supported our Holiday Bazaar.



**Blood Drive
December 29
12:30-5:30pm**

Gift Certificates Available at the Center

Rainier Senior Center has Gift Certificates which can be used for lunches, Bingo, in our Gift Shop and even Memberships. Our December Christmas Dinner can be a gift to a loved one.

The Gift Shop has a wide variety of items including kitchen, baby, collectibles, books, apparel, seasonal décor, many unique hand-crafted articles and even some exotic air plants.

Volunteers Needed!

Check with the desk

We Serve
Home Delivered Meals
so no senior goes hungry.



Did you know the Center has a large supply of medical equipment available to our members, our community and any with a need?

These items are free to use.

For more details see our website,
RainierSeniors.com
or call 503-556-3889



"Getting the most
out of your email"
with
Scott Cooper
1st Monday
December 4
1 PM

Bring your laptops, mobile
phones or tablets to pre-
pare for 2024 Newsletter
via Email.

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Mark Your Calendars

- Christmas Sweets Bar

Dec 11th

-Christmas Prime Rib Dinner

Dec 16th

-Christmas Movie

Dec. 19th

'How the Grinch Stole Christmas'

- The Center will be closed

December 25th

for Christmas



*Christmas is just plain
weird. What other time
of year do you sit in
front of a dead tree in
the living room and
eat candy out
of your socks.*



Upcoming Events

Prime Rib Christmas Dinner

Saturday

December 16, 2pm

Reservations: 503-556-3889

\$25

December 19th

Movie and Popcorn 1:30 pm

"How the Grinch Stole Christmas"
Family Welcome!

Signing up with Fred Meyer and Amazon Smile can be a little over whelming, but it is a wonderful way to help support the Center with the Community Rewards Program they offer.

In 2024 we plan to assist you in this process.

We will keep you posted of time and place.

Any questions please contact our Front Desk. 503-556-3889



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

FREE Balance and Stability Class Every Thursday 1:00 pm

CONCERNED ABOUT FALLING?

Rebecca Leone's Free Thursday Balance and Stability class will help you understand the importance of muscle strength and better stability.

SPECIAL NOTICE:

The class has been running for a years so in order to orient newcomers, Rebecca is offering her first quarterly onboarding session in 2024 on February 13th from 1 to 3, after which you're welcome to join the regular weekly class on Thursdays. The next quarterly session is anticipated for May 2024.

Wanted Assistant Director

The Rainier Senior Citizen Center has an opening for an Assistant Director to assist with varied responsibilities.

Flexible Hours in a welcoming and friendly environment with community kinship. Position is volunteer and lunch is provided during service hours.

Contact Jan Rich at 503-556-3889
for further 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 \$20 per year

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

Re-introduction to our Website: Have you visited it?

Our website contains helpful information and will continue to offer our community a source of things to come. A refresher session will be offered in 2024 to bring our members up to date and walk them through the process.

Visit - RainierSeniors.com
and give us your thoughts.



**Help our Nutritional Program
by Donating
Your Recycable Cans or Bottles**

Your donations are greatly appreciated

Applebee's
Brim Tractor
Canterbury Inn
Canterbury Park
City of Rainier
Columbia Food Bank
Cornerstone Cafe Rainier
Cornerstone Cafe LV
Country Financial
Deer Island Grange
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Dog Zone
Dutch Bro's
Eagles
El Tapatio
Fred Meyer
Grocery Outlet
InRoads

Kaiser Permanente
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Lowe's
Means Nursery
Miracle Ear
Nys Tree Farm
Ol' Pastime Tavern
Pie Trio's
Rainier Farm & Treats
Rainier True Value
Red Lobster
Rainier Oregon Historical Museum
Sound Authority
Stuffy's
Sugar Pearl
Triangle Bowl
United Way



"A Great Place...For Great People"

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