



Riverside Review

Volume 2023

Issue 1

January 2023

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We hope you had a good holiday and put out the welcome mat for 2023!

As we begin a brand new year, we will also be seeing some changes. Beginning in **February** we will need to increase some prices and donations.

Our annual dues will increase from \$15 per person to **\$20 per person** and **\$35 for a couple**. Lunch donation will then be **\$6** for seniors 60 and over and **\$8** for those kids under 60.

If you have any questions about these changes, feel free to talk to anyone on the Board. We regret having to make them but with the increases from stamps to food, we find it necessary. Fortunately, the last time an increase was seen was in 2014.

***The Walk-In Freezer
has been ordered!
It should be up and
running by February***



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



Happy New Year!

**Meals Served for November: 1290
Volunteer Hours: 658**

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

Proper Insulation Can Help Your Power Bill

Insulation is one of the most important elements of an efficient home. Making sure you have enough insulation – and that it's properly installed – will help you minimize energy waste and heating and cooling costs.

One way you can quickly identify whether you have the proper amount of insulation in your attic is to go outside on a cold day. Look at your roof. If it's solidly frosty, that's good! If some parts are melted and you can see the rafter outlines on your house and a neighbor's roof is frosty, you should insulate your attic.

Columbia River PUD recommends having at least 10 inches of insulation in your attic.

You also want to have the proper level of insulation in your crawlspace and in exterior and basement walls.

The insulation under your floors only works when it is in contact with your house. If you notice the floors insulation is falling, re-secure it with twine, wire, or lath.

CRPUD offers rebates for upgrading insulation in homes that are heated with electricity.

Visit www.crpud.net/insulation to learn more.



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January 2023

2 Closed	3 Oven Baked Ham Mashed Potatoes Gravy Vegetable Roll	4 Oven Fried Chicken Macaroni Salad Fruit	5 Meatballs & Gravy Potatoes Salad Jim Meyer	6 Beef Stew Potatoes/carrots Corn Bread Broccoli Slaw Bo Obney
9 Macaroni & Cheese Vegetables Rolls	10 Vegetable Soup Ham Sandwich Fruit	11 Cabbage Roll Casserole Bread Bo Obney	12 Chicken & Rice Bake Vegetables Salad Fred Fredsall	13 Tater Tot Casserole Salad Guy & Mary
16 Chicken Fried Steak mashed Potatoes & Gravy Vegetables 3 of Us	17 Beef Tamale Pie Green Salad Chips Salsa & Sour cream	18 Tomato Soup Tuna Sandwich Bo Obney	19 BBQ Meatballs Rice Vegetables Fruit Jim Meyer	20 Chili Corn Bread Salad
23 Meatloaf Gravy Mashed Potatoes Vegetables 3 of Us	24 Chef Salad Cheese, Egg, Onion Meat Fruit Bread	25 Creamy Ham in Potatoes AuGratin Vegetables Bo Obney	26 Patty Melt Chips 3 Bean Salad Gary Fredsall	27 Baked Fish Baked Potato Vegetables Tartar Sauce Guy & Mary
30 Lasagna Garlic Bread Salad 3 of Us	31 Creamy Baked Chicken & Noodles Salad Roll	1 Potato Soup Salad Roll	2 Pork Loin Mashed Potatoes Vegetables Fruit	3 Pot Roast Gravy Potatoes/ Carrots Vegetable Pasta Salad

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. Starting 2/1
\$6 for over 60; \$8 for under 60.

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

JANUARY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED	3 Breakfast 9-10 am	4	5  Music by Jim Meyer Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	6  Music by Bo Obney
9  3 of Us Blood Pressure 11 AM  Hooks & Needles 1pm-2:30 pm Bingo - 2 pm	10 Breakfast 9-10 am	11  Music by Bo Obney	12 Breakfast 9-10 am  Music by Gary Fredsall Balance & Stability 1:00 pm Card Games 1 pm	13  Music by Guy & Mary
16  3 of Us 11 am Blood Pressure 11 AM Hooks & Needles 1pm-2:30 pm Bingo - 2 pm	17 Breakfast 9-10 am	18  Music by Bo Obney	19  Music by Jim Meyer Balance & Stability 1:00 pm Card Games 1:00pm	20  Music by Boursaw Brothers
23  3 of Us Blood Pressure 11 AM  Hooks & Needles 1pm-2:30 pm Bingo -2pm	24 Breakfast 9-10 am	25  Music by Bo Obney	26 Breakfast 9-10 am Balance & Stability 1:00 pm  Music by Gary Fredsall Card Games 1 pm	27  Music by Guy & Mary Susannah's Supper Methodist Church 6 pm
30  3 of Us Blood Pressure 11 AM  Hooks & Needles 1pm-2:30 pm	31 Breakfast 9-10 am			



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
1/6 Mary Keith
1/8 Melva Reed
1/10 Duane Bernard
1/12 Barbara Huntington
1/14 Elaine Lipton

1/16 Irene Gibson
1/18 John Cannell
1/18 Elaine Carey
1/30 Jacque Adams
1/30 Tanya Fadden
1/30 Jan Hook

**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******.

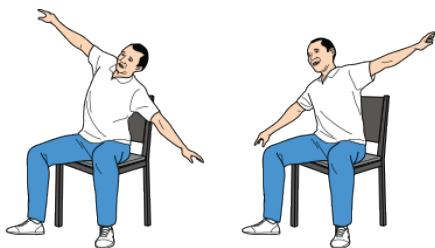
Go to fredmeyer.com/communityrewards

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

Many Thanks to All Our Volunteers and Supporters

We would like to thank all of our volunteers and supporters of the
center. This year we've seen some new faces volunteering as well as
dining. We appreciate all of you as the center wouldn't grow without
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
1:00 pm**



**Cathy Wood was the winner of the beautiful quilt donated as a fundraiser.
Congratulations, Cathy!**

Special Events



**FREE
tax preparation
at St. Helens
and possibly Rainier**





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

\$20 per year starting 2/1/2023

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

*I think I made too many
New Year's resolutions
this year. It took me
almost a full day
to break them all.*



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*