



## *Riverside Review*

Volume 2023

Issue 11 November 2023

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**Holiday Ornament Class**  
You've heard the phrase:  
Home is where the Heart is?  
Well, this Christmas it's 'Gnome' is  
where the Heart is!



**Sign up for the  
'Gnome' class  
November 29th at 1pm**  
You will no longer be 'gnome-  
less'! We will supply the  
felt, pinecones, some glitter  
and trinkets, but bring your  
Aileen's tacky glue or glue  
gun and any trinkets you  
might like to personalize your  
gnome with and your imagi-  
nation.

**Sign up at Front Desk.  
Cost \$5 Room for 20**

## **Insurance Questions?**

Anyone interested in learning alternate  
insurance coverage, there will be three  
presentations in November:

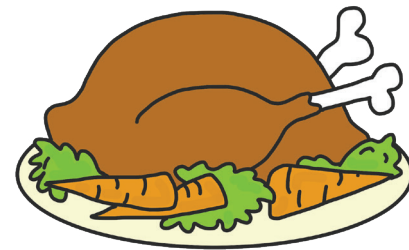
- (1) **Nov 7, from 10-11am** and
- (2) **Nov.21 from 10-11am**, Michael Leipzig with  
Schultz Financial; and
- (3). On **Nov. 9, from 10-12:30** Jody Meyer  
with Kaiser will be at the Center.

**Meals Served for September: 1404**  
**Volunteer Hours: 679**

## *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*

**Thanksgiving Dinner**  
**Saturday, November 18**  
**at Rainier Senior Center**



**at 2 pm**  
**\$17/person**  
**Reservations Required**

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

## Warming Tree Donations Being Accepted

Columbia River PUD will continue its holiday tradition of collecting warm hats, gloves, scarves, and blankets to donate to members of the community once again this year.

Donations are currently being accepted for the PUD's Warming Tree. PUD employees, Board Members, and customers are invited to donate items. Last year, the PUD collected 1,055 warming items for the Amani Center and Community Action Team to distribute among members of our community.

"We hope we can increase the number of items we collect this year," said PUD Customer Accounts and Billing Manager Kristen Dean. "It has been an enormous success the last five years."

The PUD asks that donations be turned in by December 7, so they can be delivered in time for Christmas. Items may be new, handmade, or gently used. All items will be distributed to families in Columbia County.

Items will be collected at the PUD's office in Deer Island during regular business hours.



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503-543-3844

**Daniel Garrison, CPA,**  
**2114 Columbia Blvd,**  
**St Helens, OR 97051**  
**Email: [dan@drgtax.com](mailto:dan@drgtax.com)**  
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# November Menu 2023

		1 Oven Fried Chicken Mashed Potatoes Tuscan Veg. Mix Coleslaw	2 Baked Ham Scalloped Potatoes Green Beans & Onions Cantaloupe	3 Swedish Meatballs w/gravy Noodles & Cabbage Butternut Squash Apricots
6 Chicken Fried Steak/ Gravy Roasted Red Potatoes Snap Pea Veg. Mix Banana	7 French Dip w/Au Jus French Roll Winter Mix Veggies Green Salad Pineapple	8 Tuna casserole Egg Noodles Steamed Broccoli Apple&Peach Salad	9 Beef Stew W/ Potato /Turnips/ Carrots MeadowVeg. Mix Yogurt w/ Blueberries. Biscuit	10 Swiss Steak (Tom.&Mushrooms) Rice Pilaf Sauteed Squash Mandarins Garlic Bread
13 Chicken Portofino Antigua Veg, Mix Penne Pasta Spinach Salad w/ Cranberries	14 Tuna Salad on Mixed Greens Tomato Basil Soup Pears Wheat Thins	15 Baked Chicken Gravy& Stuffing Tuscan Veggies Jell-O w/ Cranberries	16 Grilled Ham & Cheese Whole Grain Bread Coleslaw Fresh fruit Salad	17 Chicken & Dumpling Casserole Green Beans Peaches
20 Roast Beef Mashed Potatoes Gravy Parslied Carrots Spinach Salad w/ Cranberries	21 Chef Salad w/ all the fixins Minted Melon Salad Bread Sticks	22 Hungarian Goulash Macaroni Green Beans w/Bacon Broccoli salad w/ Cranberries	23 <b>CLOSED</b> Happy Thanksgiving	24 <b>CLOSED</b>
27 <b>Chefs Choice</b>  Meatloaf Mashed Potatoes Carrots Rolls Fruit	28 Macaroni & Cheese Capri Veggies Lime Jell-Ow/Pears 	29 Egg Salad Sandwich WW Bread Mixed Greens Cucumber/Tomato Salad Apple Slices	30 Kielbasa Stir fry Steamed Broccoli Macaroni Salad Mandarins	1 Baked Cod Ole' Spanish Rice Roasted Zucchini Spears Spinach salad w/Cranberries

Vegetarien



Rainier Senior Center Lunch Menu

503-556-3889












[www.RainierSeniors.com](http://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.**

# NOVEMBER EVENTS

		1	2	3  Music by Gary Fredsall Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm 4 9 am to 3 pm
6  3 of Us 11 am Computer Class 1 pm Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Bingo -2:30 pm	7 Breakfast 9-10 am Schultz Financial 10-11am Insurance	8  Music by Boursaw Bros	9  Music by Nehemiah Brown Kaiser 10 am - 12:30 pm Insurance Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	10
13  3 of Us 11 am Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Bingo - 2:30 pm	14 Breakfast 9-10 am	15 Board Meeting 1pm	16  Music by Boursaw Bros Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1:00pm	17  Music by Guy & Mary 18 Thanksgiving Dinner 2 pm
20  3 of Us 11 am Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Bingo -2:30 pm	21 Breakfast 9-10 am Schultz Financial 10-11am Insurance	22  Music by Nehemiah Brown	23 CLOSED	24 CLOSED Susannah's Supper Methodist Church 6 pm
27  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Bingo - 2:30pm	28	29  Music by Boursaw Bros Christmas Gnome Class	30 Breakfast 9-10 am Balance & Stability 1:00 pm Card Games 1 pm	





## Happy Birthday to our November Birthday Members

**Birthday Flower: Chrysanthemum Birthstone: Topaz**  
If your birthday is not listed or wrong, please contact the reception desk

11/4 Sharon Jump  
11/6 Rosalie Herstrom  
11/7 Rhonda Goldsmith  
11/8 Teresa Bentley  
11/8 Billy Redding  
11/8 Cynthia Scott  
11/11 Dieter Oetmann  
11/13 Rae Wardle



11/17 Sue Beavers  
11/18 Judy Nys  
11/19 Donald Wallin  
11/20 Val Haley  
11/24 Michael Clark  
11/26 Harold Tipton  
11/27 Richard Gillhoover  
11/29 Shirley M. Greer  
11/29 Mary Stupfel

### Odds n Ends

A recent survey for some possible interests indicated a singing group may be in the works!

The October Harvest Festival Dinner had 63 diners and listeners. Laughter and the 'best lasagna dinner ever' was enjoyed by everyone.

The Center is contemplating a new coat of paint for the building along with a new sign design and possible new name. We encourage you to drop your ideas and thoughts in the suggestion box in the lobby.

For those interested in Yoga, coming in 2024 our Website ([RainierSeniors.com](http://RainierSeniors.com)) will have a link to Chair Yoga for you to use in the convenience of your home. It is formatted for anyone with limited mobility.



**Volunteers  
Needed!**

**Check with the desk**

*We Serve*  
**Home Delivered Meals**  
*so no senior goes hungry.*





**HOLIDAY BAZAAR**  
at Rainier Senior Center  
**Saturday, November 4th**  
**9 to 3pm**  
**Homemade Beef Stew Lunch**  
**\$8**  
**Stew, Biscuit, Drink and**  
**Dessert**  
**12 amazing vendors**  
**under one roof.**  
**Zucchini Bread \$6**  
**Everyone Welcome!**

**Gift Certificates**  
**Available at the Center:**

Rainier Senior Center has Gift Certificates available. With Christmas just around the corner here is a thoughtful gift for that special senior, or soon to be senior, on your Christmas shopping list. Treat them to lunches, Bingo games, shopping the Gift Shop or even an Annual Membership. Coming soon is Thanksgiving Dinner on November 18th and Prime Rib Christmas Dinner on December 16th.

**BRING YOUR CHRISTMAS SHOPPING LIST**  
**to the Center's Gift Shop.**

We have a wide variety of items to choose from; home décor, antiques, easy-care air plants, jewelry, children's books, adult & children's bibs, blankets, aprons, Christmas decor, and a wide variety of hand-crafted items.  
You can't beat the price!



**Computer**  
**Information with**  
**Scott Cooper**  
**1st Monday**  
**November 6**  
**1 PM**  
E-mail, Terminology,  
Security, Files -  
We can Help!



**Exercise Equipment**  
**for sale**  
**Elliptical and**  
**Upright Bike**  
**\$20 each**

The Center will no longer have the exercise equipment in the library area for your use.

**ZUCCHINI BREAD, ZUCCHINI BREAD,**  
**At the Bazaar or buy ahead,**

**\$6 a loaf** in 6 mouth-watering savors,  
blueberry, walnut, lemon zest, plain,  
blueberry-walnut, & chocolate chip flavors.  
Hand baked with love in our gourmet kitchen,  
ready and waiting on your next trip in!

**St. Helen's Senior Center's**  
**"Serve it Up for Seniors"**

biggest fundraising event of the year, takes place on  
November 18th at Buccini Hall in St. Helens.  
Registration for the Formal Dinner and Auction  
starts at 5:30pm. Tickets available at St. Helens  
Senior Center. \$30ea.

**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!**



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 year so in order to orient newcomers, Rebeca's teaching an Onboarding class on Tuesday, November 14th from 1 to 3 pm, after which you're welcome to join the regular weekly class on Thursday.

Going forward the  
**first quarterly**  
**Onboarding session in 2024**  
**is scheduled for**  
**February 13th.**

## Wanted: Assistant Director:

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

## Blood Pressure Check has changed to Mondays

11 am to Noon

Bingo has changed  
to 2:30 pm



**Veteran's Display at the Rainier  
Historical Museum on Nov. 11th**



**Daylight Savings Time Change  
Reminder Nov 5th**



**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  
Deli & Mart  
Dog Zone  
Dutch Bro's  
Eagles  
El Tapatio  
Fred Meyer  
InRoads

Kaiser Permanente  
Kirby's Fish & Chips  
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***