



## *Riverside Review*

Volume 2023

Issue 10 October 2023

48 W 7th Street, Rainier, OR 97048  
E-mail: [RainierSeniorC@gmail.com](mailto:RainierSeniorC@gmail.com)

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



**HOLIDAY WATERCOLOR -  
Doodle Art  
Tuesday, October 24  
1 pm  
Class Size Limited to 10  
FREE**

Call 503-556-3889 with questions

### **COVID TESTS**

If you would like to order COVID test kits,  
the Government has approved  
4 kits per household as of 9-25-23.  
Here is the link:  
<https://special.usps.com/testkits>

**Meals Served for August: 1561  
Volunteer Hours: 621**

### *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*

### **Things In the Works for 2024**

**-Saturday Matinee  
for kids and family**

**-A bi-monthly Art Group  
for would-be artists to share and  
create in their medium of choice**

**-Assembling a choral group  
of would-be singers to enjoy  
the comradery of other music lovers.**

**Please express your interest at the  
Front Desk when you come for lunch  
or call 503-556-3889**

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

## Get Ready for Winter Weather

We have officially entered fall, which means cold weather isn't far away.

Columbia River PUD has some tips to maximize your home's energy savings before winter arrives:

- Use a programmable thermostat to turn down the heat a few degrees when you're away.
- Check your home's insulation, especially in the attic. At least 6 inches of insulation is recommended in your attic.
- Service your heating system annually and change your furnace filter regularly.
- Fix loose or disconnected ductwork to help heat your home more effectively.
- Seal leaks around windows and doors by using weatherstripping, caulking, or door sweeps to keep warm air inside your home.



More weatherization tips can be found online at [www.crpud.net/tips](http://www.crpud.net/tips). rate schedules at [www.crpud.net/2023rates](http://www.crpud.net/2023rates).



- 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

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



**UNDERSTANDING  
MY MEDICARE**



**Beth Moffett**  
*Licensed Broker*

Phone: 503.987.1113  
Toll-Free: 1.800.424.1199  
Fax: 503.987.1769  
P.O. Box 859  
Scappoose, OR 97056  
[beth@understandingmymedicare.com](mailto:beth@understandingmymedicare.com)

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

# October Menu 2023

<b>2</b> Spaghetti & Meatballs Squash Mixed Green Salad	<b>3</b> Turkey Ala King California Mix Vegetables Cucumber / Tomato Salad	<b>4</b> Salisbury Steak Egg Noodles and Cabbage Green Beans Cantaloupe	<b>5</b> Minestrone Soup Chicken Salad Croissant Fruit	<b>6</b> Meat Loaf Mashed Potatoes Country Vegetables Pea Salad Orange Slices
<b>9</b> Baked Fish Green Beans Capri Vegetables Nectarine & Apple Salad	<b>10</b> Baked Pork Roast Red Cabbage & Apples	<b>11</b> Malibu Chicken Savory Rice Pilaf Mediterranean Vegetables Apricots	<b>12</b> Grilled Chicken Salad Glazed Orange Carrots Yogurt w/ Berries Crackers	<b>13</b> Roast Beef w/Mushroom Gravy Roasted Red Potatoes Broccoli & Cauliflower Sunshine Salad
<b>16</b> Crustless Zucchini Quiche Ham Slice Pacific Blend Vegetables Peaches	<b>17</b> Sheppard's Pie (green Beans & Potatoes) Sautéed Mixed Greens Garden Salad Strawberries	<b>18</b>  Macaroni & Cheese Broccoli Normandy Waldorf Salad	<b>19</b> Clam Chowder Tuna Sandwich or Tuna on Lettuce Sliced Oranges	<b>20</b> Cordon Bleu Casserole Wild rice Pilaf Spring Vegetable Mix 3-Bean Salad
<b>23</b> Tamale Pie (Corn & Tomatoes) Spiced Apples Steamed Broccoli Garden Salad	<b>24</b> Bratwurst w/Sauerkraut Squash Casserole German Potato Salad Mandarin Salad	<b>25</b> Chicken Enchiladas Country Vegetables Corn Chips/ Salsa Re fried Beans Fruit Cocktail	<b>26</b> Split Pea Soup Crustless Ham Quiche Cucumber & Sour Cream Apricot or Peach	<b>27</b> Baked Turkey Dressing Baked Yams Scandinavian Blend Veg. Cranberry Jello Salad
<b>30</b> Oven Fried Chicken Mashed Potato Green Beans Broccoli Salad	<b>31 Halloween</b> <i>Chefs Choice</i>			

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.**

# OCTOBER EVENTS

<b>2</b>  3 of Us 11 am Computer Info 1st Monday-1 PM Blood Pressure 11 AM- Noon NEW Schedule <b>Hooks &amp; Needles</b> <b>1pm-2:30 pm</b> <b>Bingo -2:30pm</b>	<b>3</b>  <b>Breakfast 9-10 am</b>	<b>4</b>	<b>5</b>  Breakfast 9-10 am Balance & Stability 1:00 pm <b>Card Games 1 pm</b>	<b>6</b>  <b>Music by</b> <b>Gary Fredsall</b>
<b>9</b>  3 of Us 11 am  Blood Pressure 11 am to Noon <b>Hooks &amp; Needles</b> <b>1pm-2:30 pm</b> <b>Bingo -2:30 pm</b>	<b>10</b>  <b>Breakfast 9-10 am</b>	<b>11</b>  <b>Music by</b> <b>Nehmiah Brown</b>  <b>Movies &amp; Popcorn</b> <b>"Young</b> <b>Frankenstein"</b> <b>1 PM</b>	<b>12</b>  <b>Breakfast 9-10 am</b>  Balance & Stability 1:00 pm <b>Card Games 1 pm</b>	<b>13</b>  <b>Music by</b> <b>Guy &amp; Mary</b>
<b>16</b>  3 of Us 11 am  <b>Blood Pressure</b> 11 am to Noon  <b>Hooks &amp; Needles</b> <b>1pm-2:30 pm</b> <b>Bingo - 2:30 pm</b>	<b>17</b>  <b>Breakfast 9-10 am</b>	<b>18</b>	<b>19</b>  <b>Music by</b> <b>Gary Fredsall</b>  <b>Breakfast 9-10 am</b>  Balance & Stability 1:00 pm <b>Card Games 1:00pm</b>	<b>20</b>  <b>Music by</b> <b>Nehmiah Brown</b>
<b>23</b>  3 of Us 11 am  <b>Blood Pressure</b> 11 am to Noon  <b>Hooks &amp; Needles</b> <b>1pm-2:30 pm</b> <b>Bingo -2:30 pm</b>	<b>24</b>  <b>Breakfast 9-10 am</b> <b>Holiday Watercolor</b> <b>1 PM</b> <b>Limit to 10</b> <b>Participants</b>	<b>25</b>	<b>26</b>  Breakfast 9-10 am  Balance & Stability 1:00 pm <b>Card Games 1 pm</b>	<b>27</b>  <b>Music by</b> <b>Guy &amp; Mary</b>  <b>Susannah's Supper</b> <b>Methodist Church</b> <b>6 pm</b>
<b>30</b>  3 of Us 11 am 9-11 am My Medicare with Beth Moffett Blood Pressure 11 am to Noon <b>Hooks &amp; Needles</b> <b>1pm-2:30 pm</b> <b>Bingo - 2:30pm</b>	<b>31</b> <b>Breakfast 9-10 am</b> <b>Halloween</b> <b>Dress Up</b> "Lunching with the Ghouls" Prizes and Fun			



## Happy Birthday to our October Birthday Members

**Birthday Flower: Cosmos Birthstone: Opal**

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

10/2 Robert Cosgrove  
10/3 Laritta Edwards  
10/5 Debra Hurt  
10/6 Charlotte Haughtlen  
10/8 Shirley Heisinger  
10/9 Gail Bonser  
10/10 Judy Colt  
10/10 Shirley Young  
10/12 Marjorie Prosser



10/14 Ann Liga  
10/15 Carla Smith-Castle  
10/18 Melanie Miller  
10/18 Liz Pollack  
10/19 Beverly Oetmann  
10/20 Jim Everman  
10/22 Karen Powell  
10/28 Lillibel Welter

### My Medicare with Beth Moffett

**October 30, 9 am to 11 am**

Walk-in or Apointment.  
503-348-3640 Beth Moffett

### HOLIDAY BAZAAR

at Rainier Senior Center

**November 4**

**9 am to 3 pm**

**Reserve Your Table**

**Check with the Desk**

**or call**

**503-556-3889**



### Volunteers Needed!

**Check with the desk**

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





## 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.

The class has been running for a year so in order to orient newcomers, Rebecca's teaching an Onboarding class on Tuesday, November 14th from 1 to 3pm, 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.



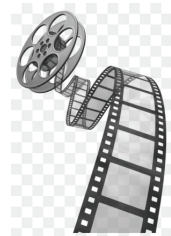
October 6th  
St Helens Senior  
Center Road Trip



**Computer Information with Scott Cooper**  
**1st Monday**  
**October 2**  
**1 PM**  
E-mail, Terminology, Security, Files -  
We can Help!



**NO Armchair Travel**  
**for OCTOBER**  
Due to Technical Issues



**Movies and Popcorn**  
**"Young Frankenstein"**  
**October 11 at 1 PM**

Gene Wilder, Cloris Leachman,  
Madeline Kahn

The grandson of the infamous scientist struggles to prove his grandfather was not as insane as people thought, is invited to Transylvania.



**Harvest Festival**  
**Dinner Show**  
**Saturday**  
**October 14**  
**at 2 pm**

Music and Comedy by  
**Joe Stoddard**

## Upcoming Events



**HOLIDAY BAZAAR**  
**November 4**  
**9 am to 3 pm**

Reserve Your Table  
Check with the Desk  
Or Call 503-556-3889

**We will be closed for Thanksgiving**  
**November 23 & 24**

**Thanksgiving Dinner**



**November 18 at 2 pm**  
**\$17 per person**  
**Reservations Required**



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

Crabby Road

10-30-06



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## Home Care Workers Wanted!

If you are interested in becoming a Home Care worker, contact the **Department of Human Services** at 503-397-5863.

If you are just looking for information,  
you can find it at  
[www.orhcc.org](http://www.orhcc.org)

## 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**



Help our  
Nutritional Program  
by Donating  
Your Recyclable  
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***