

E-mail: RainierSeniorC@gmail.com

Riverside Review

Volume 2024

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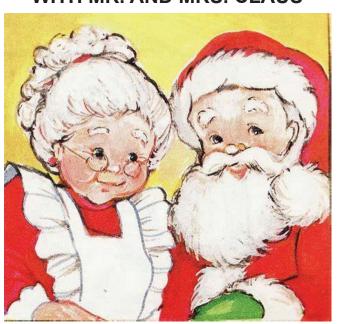
Rainier Senior Center Hours: 9:30 am to 2:00 pm Gift Shoppe Hours: 10:00 am-2:00 pm

Monday through Friday

Phone: 503-556-3889

Web: RainierSeniors.com

CHRISTMAS COUNTRY DINNER WITH MR. AND MRS. CLAUS



at Rainier Riverfront Center (Rainier Senior Center) Saturday, December 21, 2pm \$25 Reserve Early 503-556-3889

BBQ Ribs, Baked Beans, Coleslaw, Corn, Twice Baked Potatos, Dessert and sparkling cider. Be sure to bring your cameras for potential 2025 Christmas Card images.



Board Members

President: Jan Rich
Vice-President: Keith Ekstrom
Secretary: Susan Arrington
Treasurer: Rachel Kelley
At Large: Marily Tift, Clint Kelley
and Joanne Bernard
Multi-Media: Denise Watson
Newsletter Editor: Beth Bailey
Newsletter Associate: Dorothy Gillhoover

COOKIES AND MORE! Monday Dec. 16, 10am to 3pm.

Plan on doing your Christmas cookie shopping at the Center. There will be a variety of delectables to fill your Christmas entertaining needs and more for the freezer, all donated and homemade by local busy Christmas Elves!

WANTED – GRANT WRITER

Rainier Riverfront Center (dba Rainier Senior Center) is in need of a Grant writer. If you have experience in this process or know of someone who can do this, please contact Jan at 503-556-3889 or RainierSeniorsC@gmail.com

Grants are very important and instrumental in maintaining the viability of non-profit entities like Rainier Riverfront Center.

OVERCOMERS OUTREACH

will be holding meetings at the Rainier Riverfront Center, (dba Rainier Senior Center), every, **Tuesday from 6pm to 7:30.** They offer a recovery program for those struggling with the disease of substance abuse and hopelessness as well as for those who support them. They offer a 12-step Christian-based program to help provide solutions. They also have meetings in Scappoose and Deer Island.

Ralph Fawcett 360-606-2211 or Tom Hagstrom 360-431-0361 www.overcomersoutreach.org. Everyone welcome!

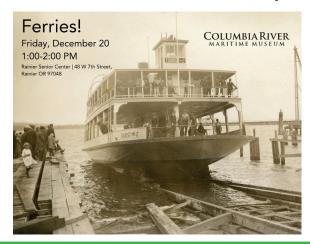
Senior Friendship & Loneliness Line

503-200-1633 800-971-0016 800-282-7035 SeniorLonelinessLine.org

Columbia River Maritime Museum Presentations at Rainier Senior Center

The Center is thrilled to be able to offer on the 4th Friday of each month, a presentation by Columbia River Maritime Museum (CRMM) from Astoria. The presentations will be at 1pm following lunch. The presentation is FREE.

Presentation: December 20, 1pm



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.



COLUMBIA RIVER

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.

Find more ways to save money on your winter bills A COMMUNITY-OWNED UTILITY at www.crpud.net/heating.

December 2024

2	3	4	5	6
Chicken Fried St Country Gravy Mashed Potatoes Normandy Veggie Apple Sauce	Meatball Subs Capri Vegetable Blend Garden Salad Cottage cheese w/ Fruit	Sweet & Sour Chicken w/pineapple Bok Choy w / oriental Veggies Brown Rice	Vegetarian Chili Baked Potato w/ Broccoli & Cheddar Peaches Corn Bread	Spaghetti w/ Meat sauce Green Beans Garden Salad Bread
9	10	11	12	13
Meatloaf Mushroom Gravy Mashed Potatoes Green Peas Pears	Broccoli Beef Fried Rice Chop Suey Veggies Winter Fruit Salad	Vegetable Beef Soup Grilled Cheese Sandwiches Whole Grain Bread Spinach Salad W/ Strawberries	Chicken Cacciatore Egg Noodles Broccoli & Cauliflower Raspberry Jello Pears	Patty Melt on Rye Herb Oven Fries Green Beans 3 bean Salad Mandarins
16	17 Blood Drive	18	19	20
Baked Chicken Mixed Vegetables Cole Slaw Rolls	Ham & Egg Breakfast Sandwiches Summer Squash Fruit English Muffin	Roast Beef w/ Mushroom Gravy Pacific Blend Veggies Waldorf Salad Roll	Turkey Deli Sandwich On Whole Grain Bread Winter Veggie Soup Banana Crackers	Turkey Ali King Corn Mixed Green Salad Pineapple & Cottage Cheese
23 Lasagna Pacific Blend Veggie Melon Fruit Salad Garlic Bread	Oven Fried chicken Yams Broccoli w/cheese Broccoli Salad	Merry Christmas CLOSED	26 Cheese Burgers All the fixings Mexicali Corn Cucumber Tomato Salad	Pork Chops Mashed Potatoes Baked apples & onions w/ Beets
30	31	1	2	3 Birthday Friday
Potato Soup Side Salad Fruit Roll	Grilled Tuna Melt Whole wheat Winter Veggie Blend Carrot Raisin Salad	HAPPY NEW YEAR CLOSED	Turkey Kielbasa & Cabbage Sauteed Squash warmed Spiced Beets Fruit salad	BBQ Wings Macaroni Salad Veggie Mix Peaches

Homemade Soups

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.

Suggested Donation: \$7 for over 60 and \$10 for under 60.

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

December Events

2 3 of Us Technology Help	Breakfast 8:30-9:45 am Overcomers Outreach	4	5	6 Music by Guy & Mary 7 RES Book & Bake Sale
9 3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	6:00-7:30 pm 10 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	11 Breakfast 8:30-9:45 am	12 Breakfast 8:30-9:45 am Card Games 1 pm Breakfast 8:30-9:45 am	10 am to 3 pm 13 Music by Boursaw Bros
3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Cookies & More 10 am - 3 pm BINGO- 2PM	Breakfast 8:30-9:45 am Blood Drive 12:30-5:30 pm Overcomers Outreach 6:00-7:30 pm	Breakfast 8:30-9:45 am Board & Membership Meeting 1PM	19 Card Games1:00pm	20 Music by Guy & Mary CRMM Presentation Ferries-1 PM 21 Christmas Dinner 2 PM
3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	25 CLOSED	26 Music by String Thoree Ukulele Breakfast 8:30-9:45 am Card Games1:00pm	Music by Boursaw Bros Susannah's Supper Methodist Church 6 pm
30 3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	31 Breakfast 8:30-9:45 am	1 CLOSED	2	3

Meals Served for October: 1256

Volunteer Hours: 783



Happy Birthday to our November 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

12/4 Marla Montgomery

12/6 Diane Newkirk

12/9 Shirley Emerick

12/10 Sam Patching

12/12 Rebecca Bamford

12/13 Carol Anderson



12/16 Debra Elliott

12/17 FairReen Bardonsky

12/17 Rachel Kelley

12/19 Judy Brown

12/19 Betty Stuber

12/21 John Wallace

12/23 Les Roberts

12/27 Patrice Seawright

For December we are honoring Shirley Emerick

Shirley is a long-time member and card player at the Rainier Senior Center. She has served as a Board Member, volunteer co-ordinator, dining room server and helped with special cooking projects in the kitchen. She is grateful for all the many friendships this has brought into her life. As well as volunteering at the Center, she is a long-time member of the Deer Island Grange.

She has lived in Rainier for 30 years relocating here from Portland.



Columbia River Maritime Museum Presentation for December 20, 2024, Ferries!

These presentations are very informative and interesting. Please attend and show the Museum how much we appreciate their efforts in bringing these presentations conveniently to our doorstep. The Museum presents these to many other organizations and we are very lucky to be on their presentation list.

Columbia River Maritime Museum (CRMM) is offering free entrance to the first 10 Rainier senior citizens who would like to visit the museum. Anyone interested will need to sign up at the Rainier Riverfront Center (Rainier Senior Center) and a trip will be scheduled for a visit to Astoria in 2025. The museum has a wonderful collection

of maritime artifacts for viewing. Anyone who has been to a CRMM presentation at the Senior Center will tell you of the depth of their information and items presented for display. Rolf Klep presentation on November 22 had a near full house!

Do not miss the December 20th 'Ferries' presentation after lunch.

Book and Bake Sale

Rainier Elementary School students and parents are holding a book and bake sale on December 7, 10am - 3pm here at the Rainier Riverfront Center (Rainier Senior Center). Let's all show our support for the student's efforts and help make it a memorable experience for them.

December EVENTS



Cookies and More!

Dec. 16

Let this bring a 'tug' to your cookie bonnet to start gathering the eggs, butter, sugar and flour should you decide to donate your favorite pan of cookies for the occasion. And, people have asked for recipes, so do prepare for that. THANK YOU!

BLOOD DRIVE December 17

Mark your calendars for the coming December 17 Blood Drive 12:30 to 5:30. Sign up at the Rainier Riverfront Center (Rainier Senior Center) or by email redcrossblood.org

CRMM Presentation

Ferries

December 20, 1 PM

Christmas Country Dinner'

with Mr. and Mrs. Claus

December 21

November 2nd Holiday Bazaar was a success. The Center cleared over **\$1017** in sales and table rental.



First Monday Technology Help

Assistance with: iPads, SmartPhones, Printers, FM Reward Card, Computer Questions. with Scott Cooper Deember 2 1 PM

Rainier Winterfest

is inviting all residents of zip code 97048 to enter the 2024 Holiday Home Decorating Contest. There will be three categories of winning with money prizes. To enter, fill out the Entry Form in your Rainier City Water Bill by 12/18 and drop off at City Hall or email to: christmasinrainier@gmail.com. Or plan on taking a tour around town and just enjoy the Christmas décor.

Christmas Lighted Boat Show

on the Columbia River

scheduled for 6pm on **December 30** for Rainier. For more information you can google - Lighted Ship Schedule Columbia River or contact the Longview Yacht Club, 360-425-9377.

REMEMBER – With the Holiday Season approaching, a wonderful way to remember that special person is with one of our Gift Certificates for a membership, or lunches and also for our Gift Shoppe.



- Retirement Income Planning
 - Wealth Management
 - Tax & Estate Planning
 - Medicare/Health Insurance
 Visit our website or call to schedule
 your complimentary consultation.

www.Schultzfs.com

503-543-3844

January Events

CRMM Presentation January 24, 1pm

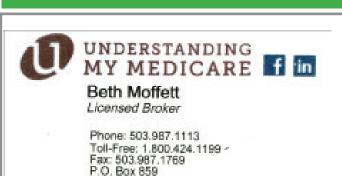
Shipwrecks on the Graveyard of the Pacific



AN IMPORTANT REMINDER: It is important that anyone who shops at Fred Meyer be signed up in their Community Support Program, naming Rainier Senior Center as the sponsor. If you are not, please ask us and we will get you set up in the program. It is a wonderful way for a percentage of your purchase \$ to be returned to Rainier Seniors in a quarterly check to add to our donation funds



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



beth@understandingmymedicare.com

www.UnderstandingMyMedicare.com

Scappoose, OR 97056

An **update on Library services** to our Home Delivered Meals people: Everyone interested has received books or audio books in October. Some books have already been read and returned. Please keep in touch when you need another delivery!

Dorothy 503-556-3889

A memorial remembrance donation to the Rainier Riverfront Center for a passing loved one, would be a thoughtful way celebrate their lives and memories in the Rainier community. These and other donations are very appreciated and ensures community members will be able to continue having needed services available in the future.

Daniel Garrison, CPA, 2114 Columbia Blvd, St Helens, OR 97051 Email: 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.



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..

Canterbury Inn Canterbury Park City of Rainier

Columbia Food Bank
Cornerstone Cafe Rainier

Country Financial Deer Island Grange Delaware Plaza

Deli & Mart Dog Zone Dutch Bro's Eagles

Eagles El Tapatio

Eminence Hair Salon

Flowers & Fluff Fred Meyer Grocery Outlet

InRoads

Samuel L. Johnson Foundation

Kaiser Permanente Kirby's Fish & Chips

Lowe's

Means Nursery Mee Maw's Attic

Miracle Ear Nys Tree Farm Ol' Pastime Tavern

Pie Trio's

Rainier True Value

Red Lobster

Rainier Oregon Historical Museum

Safeway

Sound Authority

Stuffy's Sugar Pearl Triangle Bowl

Tsugawa Garden & Wellness

United Way



