



Riverside Review

Volume 2024 Issue 12 December 2024

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

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

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 cam-
eras for potential 2025 Christmas Card
images.



Board Members

President: *Jan Rich*
Vice-President: *Keith Ekstrom*
Secretary: *Susan Arrington*
Treasurer: *Rachel Kelley*
At Large: *Marilyn 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 instrumen-
tal 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.

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 at www.crpud.net/heating.



COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY

December 2024

2 Chicken Fried St Country Gravy Mashed Potatoes Normandy Veggie Apple Sauce	3 Meatball Subs Capri Vegetable Blend Garden Salad Cottage cheese w/ Fruit	4 Sweet & Sour Chicken w/pineapple Bok Choy w / oriental Veggies Brown Rice	5 Vegetarian Chili Baked Potato w/ Broccoli & Cheddar Peaches Corn Bread	6 Spaghetti w/ Meat sauce Green Beans Garden Salad Bread
9 Meatloaf Mushroom Gravy Mashed Potatoes Green Peas Pears	10 Broccoli Beef Fried Rice Chop Suey Veggies Winter Fruit Salad	11 Vegetable Beef Soup Grilled Cheese Sandwiches Whole Grain Bread Spinach Salad W/ Strawberries	12 Chicken Cacciatore Egg Noodles Broccoli & Cauliflower Raspberry Jello Pears	13 Patty Melt on Rye Herb Oven Fries Green Beans 3 bean Salad Mandarins
16 Baked Chicken Mixed Vegetables Cole Slaw Rolls	17 Blood Drive Ham & Egg Breakfast Sandwiches Summer Squash Fruit English Muffin	18 Roast Beef w/ Mushroom Gravy Pacific Blend Veggies Waldorf Salad Roll	19 Turkey Deli Sandwich On Whole Grain Bread Winter Veggie Soup Banana Crackers	20 Turkey Ali King Corn Mixed Green Salad Pineapple & Cottage Cheese
23 Lasagna Pacific Blend Veggie Melon Fruit Salad Garlic Bread	24 Oven Fried chicken Yams Broccoli w/cheese Broccoli Salad	Merry Christmas CLOSED	26 Cheese Burgers All the fixings Mexicali Corn Cucumber Tomato Salad	27 Pork Chops Mashed Potatoes Baked apples & onions w/ Beets
30 Potato Soup Side Salad Fruit Roll	31 Grilled Tuna Melt Whole wheat Winter Veggie Blend Carrot Raisin Salad	HAPPY NEW YEAR CLOSED	2 Turkey Kielbasa & Cabbage Sauteed Squash warmed Spiced Beets Fruit salad	3 Birthday Friday 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 1 pm	3 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	4	5	6  Music by Guy & Mary 7 RES Book & Bake Sale 10 am to 3 pm
9  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 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	13  Music by Boursaw Bros
16  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Cookies & More 10 am - 3 pm BINGO- 2PM	17 Breakfast 8:30-9:45 am Blood Drive 12:30-5:30 pm Overcomers Outreach 6:00-7:30 pm	18 Breakfast 8:30-9:45 am Board & Membership Meeting 1PM	19 Card Games 1:00pm	20  Music by Guy & Mary CRMM Presentation Ferries-1 PM 21 Christmas Dinner 2 PM
23  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	24 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 Games 1:00pm	27  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 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

www.UnderstandingMyMedicare.com

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
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



"A Great Place...For Great People"

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