

Riverside Review

Volume 2024

Issue 1

January 2024

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President's Message

On behalf of the Noard of Directors, we would like to thank our community for the support and kindness shown to the Rainier Senior Center. Your generosity has not only been given during the holiday season but throughout the year.

We are so thnakful for our amazing members, volunteers (of which the center could not function!) and staff. 2-24 will bring some new ideas and some old traditions.

We hope to see all of you this year!

LAST FRIDAY FILMS

Rainier City Library will be connecting with the
Rainier Senior Center to sponsor,

'Last Friday Films'

movie entertainment for the family.

'Last Friday Films' starts January 26th

at 6pm

at Rainier Senior Center

Popcorn is free and soft drinks will be available for purchase.

Film to be shown is "Rebel Without a Cause"

Meals Served for November: 1264 Volunteer Hours: 700

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



We wish to thank all who donated their time and 'goodies' to the Christmas Sweets Bar and those who purchased and supported the Rainier Senior Center. It was a fun and successful event. The fundraiser brought in \$262.

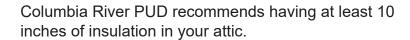
Our Christmas Prime Rib Dinner was served to 70 diners who enjoyed the Holiday Spirit and dinner prepared and served by our first-class cooks and attendants. We wish to Thank FairReen and Jim Bardonsky and Fibre Federal for their generous donations contributing to the success of our Christmas event.

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.





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 vou 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 2024 Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| Closed | 2 Chicken Broccoli Bake Corn Apricots Rolls | 3 Breakfast Sausage Biscuits & Gravy Green Beans Mixed Fruit | 4 Grilled Chicken Salad Split Pea Soup Cottage cheese w/ Tomato Roll | Hamburger on a Bun Baked French Fries SpinachSalad Peaches Tomatoes,onion, Pickle |
| 8 Pinto Bean Soup Mixed Garden Salad Mix Fruit Salad Crackers | 9 Spaghetti w/meat Sauce Spaghetti Noodles California Mix Veg Green Salad Strawberries | 10 Baked Salmon Green Beans Scalloped Cauliflower Fruity Slaw | 11 Pulled Pork Sandwich Kaiser Roll Capri Veg. German Potato Salad Mixed Fruit | 12 Taco Soup Tortilla Chips Spinach Salad Fruit |
| 15 Broccoli -Cheddar Soup Chicken Salad San. 3-Bean Salad Cantaloupe | 16 Teriyaki Pork Stir Fry Oriental Veggies Brown Rice Mandarin Orange Fortune Cookie | 17 Meat Loaf Mashed Potatoes Garden Salad Yogurt w/Blueberries | 18 Hot Roast Beef on W/W Bread Pacific Blend Veggies Oven Roasted Potatoes Fruit Cocktail | 19 Baked Fish Amandine Wild Rice Pilaf Normandy Mixed Veg Spinach Salad Melon Melon |
| Alice Springs Chicken Stuffing Steamed Broccoli Cole Slaw ½ Banana | Chili Con Carne w/beans Dinner Salad w/Beets Peach Slices Corn bread | 24 Corned Beef & Cabbage, Potatoes, Carrots Pea salad Cottage Cheese w/Pineapple | 25 Minestrone Soup Turkey Sandwich 3 Bean SaladJelloPeaches Waldorf Salad | 26 Oven Fried Chicken Mashed Potatoes & Gravy Pacific Blend Veggies Cucumber /Tomato Salad |
| 29 Baked Ham Yams Mixed Green Salad Jello W/Berries | Chefs Choice Beef Pasties Veggies Green Salad Fruit | 31 Chicken Fried Steak Mashed Potatoes Corn Carrots | | |

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. Donation: \$6 for over 60 and \$8 for under 60.

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

January Events

| 1 | 2 | 3 | 4 | 5 |
|--|-------------------|-----|---|---------------------------|
| | | | | Music by Guy & Mary |
| CLOSED | | | | |
| | | | | |
| | | | | |
| 8 3 of Us | 9 | 10 | 11 Music by | 12 Music by |
| 11 am | Breakfast 9-10 am | | Nehemiah Brown | |
| Blood Pressure 11 am to Noon | | | Breakfast 9-10 am | |
| Computer Class 1 pm Hooks & Needles | | | Balance & Stability 1:00 pm Card Games 1 pm | |
| 1pm-2:30 pm | | | Card Games 1 pm | |
| Bingo -2:30 pm 15 | 16 | 17 | 18 | 19 |
| 3 of Us 11 am | | 1 / | 10 | 19 |
| Blood Pressure | Breakfast 9-10 am | | | |
| 11 am to Noon Hooks & Needles | | | Breakfast 9-10 am | |
| 1pm-2:30 pm | | | Balance & Stability | Susannah's Supper |
| Bingo - 2:30 pm | | | 1:00 pm Card Games1:00pm | Methodist Church 6 pm |
| 22 3 of Us | 23 | 24 | 25 | 26 |
| 11 am | Breakfast 9-10 am | | Music by Boursaw Bros | Music by Guy & Mary |
| Blood Pressure 11 am to Noon | | | | |
| Hooks & Needles | | | | NEW! |
| 1pm-2:30 pm Bingo -2:30 pm | | | | Last Friday Films 6 pm |
| 29 | 30 | 31 | | |
| 3 of Us 11 am | | | | |
| | | | | |
| | | | | |
| | | | | |



Happy Birthday to our January Birthday Members

Birthday Flower: Snowdrop Birthstone: GarnetIf your birthday is not listed or wrong, please contact the reception desk

- 1/3 Sharon Parks
- 1/4 Lassie Anderson
- 1/6 Mary Keith
- 1/8 Melva Reed
- 1/9 Deanna Fosterling
- 1/10 Duane Bernard



- 1/12 Barbara Huntington
- 1/14 Elaine Lipton
- 1/16 Michelle Taaffe
- 1/17 Luella Hackenberg
- 1/19 Marc Cooper
- 1/27 Pam Russell



How do you want to receive your newsletter?

- Pick-up
- Email
- USPS Delivery

We would like all members to let us know

by January 15

their newsletter delivery choice.
Please contact the Senior Center at 503-556-3889 or Sue Beavers at 360-442-9134.



Gift Certificates Available at the Center

Rainier Senior Center has Gift Certificates which can be used for lunches, Bingo, in our Gift Shop and even Memberships.

The Gift Shop has a wide variety of items including kitchen, baby, collectibles, books, apparel, décor, many unique hand-crafted articles and even some exotic air plants.

Volunteers
Needed!
Check with the desk

We Serve

Home Delivered Meals so no senior goes hungry.



Did you know the Center has a large supply of medical equipment available to our members, our community and any with a need?

These items are free to use.

For more details see our website, RainierSeniors.com or call 503-556-3889

HAS ANYONE NOTICED

the alterations to the patio area facing the river?

The Center is doing a little remodel which will increase inside space to use for events. Look forward to its completion in early 2024. Pass the word to any family members or friends who are looking for a place to hold an event this summer.

We still have the **SUGGESTION BOX** for your ideas for a new name and sign for the Center. Please put your 'thinking caps' on and give us your ideas.

QUESTION: Should we bring back the '50/50 Lucky Member' weekly drawing to one of our lunch days? Let us know at Front Desk.



"Getting the most out of your email" with Scott Cooper 1st Monday January 8 1 PM

Bring your laptops, mobile phones or tablets to prepare for 2024 Newsletter

via Email.



Starting February 13th at 1pm, and every second Tuesday of the month thereafter, mini-watercolor phone-art classes will be held. Learning as you go, you will create and transfer your created miniature watercolor art to your phone and use them as a screen saver. Seasonal themes - beginning with Valentine for February.

Please sign up at the front desk.

Class is Free.

Upcoming Events

Special Event

Valentine Sweetheart Cookie and Cupcake Caper

Feb 9th 10:30 with Lunch to Remember

Balance and Stability Onboarding Session February 13, 1-3pm Signing up with Fred Meyer and Amazon Smile can be a little over whelming, but it is a wonderful way to help support the Center with the Community Rewards Program they offer.

In 2024 we plan to assist you in this process. We will keep you posted of time and place. Any questions please contact our Front Desk. 503-556-3889



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 years so in order to orient newcomers, Rebecca is offering her first quarterly onboarding session in 2024 on February 13th from 1 to 3, after which you're welcome to join the regular weekly class on Thursdays. The next quarterly session is anticipated for May 2024.

<u>Wanted</u> Assistant Director

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

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..

Re-introduction to our Website: Have you visited it?

Our website contains helpful information and will continue to offer our community a source of things to come. A refresher session will be offered in 2024 to bring our members up to date and walk them through the process.

Our Website will be offering a link to Pay Pal for those who would find it convenient to use for donations to the Center.

Visit - RainierSeniors.com and give us your thoughts.

Tax Time is Coming! AARP will again be offering assistance at the Rainier Senior Center. The dates will be March 1, March 25 and April 5.

Times to be determined.

First Monday Computer group with Scott Cooper will be on January 8, due to New Years falling on Monday January Scott will continue with Email help and viewing the Newsletter via your Email.



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

Grocery Outlet

InRoads

Kaiser Permanente Kirby's Fish & Chips

Lowe's

Means Nursery Miracle Ear Nys Tree Farm Ol' Pastime Tavern

Pie Trio's

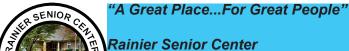
Rainier Farm & Treats Rainier True Value

Red Lobster

Rainier Oregon Historical Museum

Sound Authority

Stuffy's Sugar Pearl Triangle Bowl United Way



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