



## *Riverside Review*

*Volume 2024*

*Issue 1*

*January 2024*

**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)**

### **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.

Columbia River PUD recommends having at least 10 inches of insulation in 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 you 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](http://www.crpud.net/insulation) to learn more.



# COLUMBIA RIVER PUD

A COMMUNITY-OWNED UTILITY



- 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)



# JANUARY 2024 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1  <b>Closed</b>	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 Spinach Salad 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
22 Alice Springs Chicken Stuffing Steamed Broccoli Cole Slaw ½ Banana	23 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 Salad Jello Peaches 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	30 <b>Chefs Choice</b> 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](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.**

# January Events

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





## Happy Birthday to our January Birthday Members

**Birthday Flower: Snowdrop Birthstone: Garnet**  
If 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.



## 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**



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

Bring your laptops, mobile  
phones or tablets to pre-  
pare 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

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.

## Wanted Assistant Director

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

## 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](http://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 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  
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



***"A Great Place...For Great People"***

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