



# Riverside Review

Volume 2024 Issue 11 November 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

### 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*



**SATURDAY NOVEMBER 2**

**9AM – 3PM**

Beef Stew Lunch \$10

Zucchini Bread \$7

Many tables with a variety of vendors with hand-crafted items for sale for early Christmas shopping. Gift Shoppe will also be open.

The Dinner Auction held on Sept. 28th, provided a wonderful dinner and a fun auction which netted **\$3329** in support for our meal program.

We want to thank all those who participated in making this event a success. It is people like you whose continued support makes it possible for the Rainier Senior Center to continue to provide services for our community.



**DAYLIGHT SAVING**  
**at 2 am Sunday November 3**  
**Set you clocks back 1 hour**



Come and celebrate

### Thanksgiving Dinner

at the Rainier Riverfront Center  
(aka Rainier Senior Center)

**on Saturday November 23, at 2pm.**

Reserve early 503-556-3889

**\$20**

A turkey dinner with all the trimmings.

See flyer for details.

## OVERCOMERS OUTREACH

will be holding meetings at the Rainier River-front 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 503-369-5104 or  
[www.overcomersoutreach.org](http://www.overcomersoutreach.org).  
Everyone welcome!

### Senior Friendship & Loneliness Line

503-200-1633  
800-971-0016  
800-282-7035  
[SeniorLonelinessLine.org](http://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: November 22, 1pm**



## Thank You for Your GLOW Contributions

Thank you to everyone who contributed to the success of Columbia River PUD's recent GLOW fundraisers.

Between the PUD's yard sale, a contribution from United Way of Columbia County, and a partnership night with MOD Pizza in St. Helens, more than \$4,000 was raised for the GLOW Fund. That will help 53 families in the PUD's service area.

GLOW provides emergency bill payment assistance to income-qualified CRPUD customers. It is funded through fundraisers like these, as well as generous contributions from customers.

There are multiple ways to donate:

- By check
- Through Account Online
- Add a donation to your monthly bill

If you are interested in donating or would like to request assistance, please call the PUD at (503) 397-1844 or visit [www.crpud.net/glow](http://www.crpud.net/glow).



**COLUMBIA RIVER**  
**PUD**  
A COMMUNITY-OWNED UTILITY

# November 2024

<b>28</b> Hamburger Steak w/ Gravy Mashed Potatoes Green Beans & onions Fresh Fruit Salad	<b>29</b> Scalloped Potatoes & Ham sliced Tomatoes Carrot Salad w/Yogurt	<b>30</b> Beef Stroganoff Egg Noodles Steamed Cauliflower Pineapple chunks	<b>31</b> Fettuccine Alfredo Blended Veggies Fruit Salad Rolls	<b>1</b> Pork Chops Gravy Roasted Potatoes Stuffing Veggies Apple Sauce
<b>4</b> Beef Stroganoff Egg Noodles w/Cabbage Steamed Cauliflower Pineapple Chunks	<b>5</b> Turkey Lettuce Wraps Blended Vegetables Steamed Rice Strawberry Fluff Salad	<b>6</b> Spaghetti w/ Meat sauce Green Beans Spring Greens w/Blueberries & Walnuts Garlic Bread	<b>7</b> California Chicken Legs Rice Pilaf Normandy Vegetables Cucumber Dill Salad	<b>8</b> Spinach & Fish Rolls Pasta Primavera Berries w/ yogurt
<b>11</b> Chicken Enchilada Corn Tortillas Mixed Greens w/vinaigrette Dressing Sliced Peaches	<b>12</b> Chicken Fried St Gravy Mashed Potato Vegetable Blend Cucumber/tomato Salad	<b>13</b> Polynesian Pork Stir fry Veggies Brown Rice Broccoli Slaw	<b>14</b> Beef Taco Salad Corn Chips Lettuce/Tomato/Onion Mexican Corn Berry Citrus Salad	<b>15</b> Spinach Alfredo Lasagna Green Beans Dessert Fruit Cup Garlic Bread
<b>18</b> Hamburger Steak Mashed Potatoes Green Beans & onions Fruit Salad	<b>19</b> Baked Chicken Baked Yams Meadow Veggies Cranberry Salad	<b>20</b> Meatloaf Potato Au Gratin Steamed Broccoli Fruit Cocktail	<b>21</b> Pork & Apple Stew Sautéed Zucchini Pea Salad Biscuits	<b>22</b> Tuna Salad Pitas Vegetables Soup Strawberries w/yogurt
<b>25</b> BBQ Chicken Baked Beans Vegetable Blend Fruit Salad	<b>26</b> Baked Fish Country Vegetable Blend Cabbage/Broccoli Slaw	<b>27</b> Scalloped Cauliflower Ham Fresh Sliced Tomatoes Carrot Salad w/yogurt	<b>28</b> Have a Happy Thanksgiving <b>Closed</b>	<b>29</b> <b>Closed</b>

## Homemade Soups

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.

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

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

# November Events

				<b>1</b>  Music by Guy & Mary
<b>4</b>  <b>3 of Us</b> Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Technology Help 1 pm BINGO- 2 PM	<b>5</b> Breakfast 8:30-9:45 am	<b>6</b> Breakfast 8:30-9:45 am	<b>7</b> Breakfast 8:30-9:45 am  Card Games 1 pm	<b>8</b>  Music by Guy & Mary
<b>11</b>  <b>3 of Us</b> Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm <b>Veterans' Day</b> Free Meal for Veterans Kaiser 9-12:30 BINGO- 2PM	<b>12</b> Breakfast 8:30-9:45 am	<b>13</b> Breakfast 8:30-9:45 am	<b>14</b> Breakfast 8:30-9:45 am Schultz Retirement 10-11 am  Card Games 1:00pm	<b>15</b>
<b>18</b>  <b>3 of Us</b> Blood Pressure 11 am to Noon  Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	<b>19</b> Breakfast 8:30-9:45 am	<b>20</b> Breakfast 8:30-9:45 am  <b>Board &amp; Membership Meeting 1PM</b>	<b>21</b>  Music by String Thoree Ukulele Breakfast 8:30-9:45 am Card Games 1:00pm	<b>22</b> CRMM Presentation Rolf Klep Founder CRMM 1 PM Susannah's Supper Methodist Church 6 pm  <b>23</b> Thanksgiving Dinner 2 PM
<b>25</b>  <b>3 of Us</b> Blood Pressure 11 am to Noon  Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	<b>26</b> Breakfast 8:30-9:45 am	<b>27</b> Breakfast 8:30-9:45 am	<b>28</b>   <b>CLOSED</b>	<b>29</b>

Meals Served for September: 1104

Volunteer Hours: 674



**Happy Birthday to our  
November Birthday Members**  
**Birthday Flower: Chrysanthemum Birthstone: Topaz**  
 If your birthday is not listed or wrong, please contact the reception desk

- 11/4 Stephen Bruce
- 11/4 Sharon Jump
- 11/6 Rosalie Herstrom
- 11/8 Teresa Bentley
- 11/10 Mary Therman
- 11/11 Dieter Otemann
- 11/12 Orville Tomasli
- 11/13 Rae Wardle



- 11/16 James Sterling
- 11/17 Sue Beavers
- 11/19 Donald Wallin
- 11/21 Brandon Mahoney
- 11/23 Kathryn Parks-Welter
- 11/24 Michael Clark
- 11/26 Harold Tipton
- 11/29 Kelly Beaver
- 11/29 Mary Stupfel

**For November  
we are honoring  
Suzy Gilman**

Suzy started volunteering at the Rainier Senior Center shortly after the COVID pandemic. Suzy volunteers in the office, dining room and at special dinners.

To quote Suzy, "My greatest enjoyment in life was when I started volunteering at the Sr. Center and meeting all the wonderful friends I've met, and playing Hand and Foot." She is a great-grandmother, a Rainier Eagles member and a Sea Hawks fan!



**Veterans Day Monday November 11. All MEMBERS who are VETERANS are entitled to a free meal on that day.**

It has been brought to our attention that the St Helens Senior Center will be limiting their lunch program to Fridays only. Due to cost increases and nonavailability of funds and volunteers, services other than Friday meals and Home Delivered Meals, they will be unable to continue offering services.

It is sad to see the services they have provided in the past not being available to our community. We only hope that this is not a trend and please, with your and continued community support and donations, the Rainier Riverfront Center (aka Rainier Senior Center) will see its way successfully through these difficult economic times.

## November EVENTS



### Holiday Bazaar

November 2

9 am - 3 pm

See Flyer for Details

### CRMM Presentation

November 22, 1:00-2:00 pm

Rolf Klep, Founder of the Columbia  
River Maritime Museum

### Thanksgiving Dinner

Saturday, November 23 at 2 PM

\$20 Reserve Early

Limited Space

### HAVE SOME FUN IN NOVEMBER!

Check the dining room tables for a Turkey  
Word Search puzzle. Everyone encouraged to  
take a look and see what words you can find.


It is the time of the year again to consider  
updating your medical insurance coverage.

**Kaiser Permanente** (11/5, 9-12:30) and

**Schultz Retirement** (11/14, 10-11)

Solutions will be holding free information  
seminars at the Rainier Riverfront Center  
(dba Rainier Senior Center:)

You can also contact **Beth Dennis (Moffett)**  
of Understanding Medicare & your health care  
coverage. 503-987-1113 See her ad in the  
Newsletter.



### First Monday Technology Help

Assistance with: iPads,  
SmartPhones, Printers,  
FM Reward Card,  
Computer Questions.  
**with Scott Cooper**  
**November 4**  
**1 PM**

### Board and Member Meetings Notice

From now on, every 3rd Wednesday,  
there will be a combined Board and Mem-  
bership Meeting at 1 PM.

We hope to see you there!

#### ATM

We now have an ATM in  
the lobby for those days  
you need cash thanks to  
Sloan Nelson at Pastime.  
Members and Non-mem-  
bers welcome.

So convenient.  
Happy shopping.



REMEMBER – With the Holiday  
Season approaching, a wonderful  
way to remember that special  
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503-543-3844

## December Events

Cookies and More!

**Dec. 16**

CRMM Presentation  
Ferries

Christmas Country Dinner'  
with Mr. and Mrs. Claus

**December 21**

If you noticed the coming events for December, you will see a 'Cookies and More' fundraiser on December 16th! 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 29**

Mark your calendars for the coming December 29 Blood Drive 12:30 to 5:30. Sign up at the Rainier Riverfront Center (Rainier Senior Center) or by email [redcrossblood.org](http://redcrossblood.org)



P O Box 216, Clatskanie, OR 97016

503-728-2163

Open Monday through Thursday

7 am-5:30 pm



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[beth@understandingmymedicare.com](mailto:beth@understandingmymedicare.com)

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

## 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](mailto:RainierSeniorsC@gmail.com)

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

**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.

**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.

## 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

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***