

Riverside Review

Volume 2024

Issue 11

November 2024

Phone: 503-556-3889

Web: RainierSeniors.com

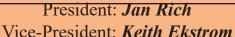
Rainier Senior Center Hours: 9:30 am to 2:00 pm Gift Shoppe Hours: 10:00 am-2:00 pm

Monday through Friday

48 W 7th Street, Rainier, OR 97048

E-mail: RainierSeniorC@gmail.com





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



SATURDAY NOVEMBER 2 9AM – 3PM

Beef Stew Lunch \$10 Zucchini Bead \$7

Many tables with a variety of vendors with handcrafted 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.



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.



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

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 12step 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. 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: 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.



November 2024

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

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.

November Events

3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Technology Help 1 pm BINGO- 2 PM	5 Breakfast 8:30-9:45 am	6 Breakfast 8:30-9:45 am	7 Breakfast 8:30-9:45 am Card Games 1 pm	Music by Guy & Mary 8 Music by Guy & Mary 15
Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Veterans' Day Free Meal for Veterans Kaiser 9-12:30 BINGO- 2PM	1 <i>L</i> Breakfast 8:30-9:45 am	1 <i>3</i> Breakfast 8:30-9:45 am	I 4 Breakfast 8:30-9:45 am Schultz Retirement 10-11 am Card Games1:00pm	15
3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	19 Breakfast 8:30-9:45 am	20 Breakfast 8:30-9:45 am Board & Membership Meeting 1PM	Ukulele Breakfast	22 CRMM Presentation Rolf Klep Founder CRMM 1 PM Susannah's Supper Methodist Church 6 pm 23 Thanksgiving Dinner 2 PM
25 3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	26 Breakfast 8:30-9:45 am	27 Breakfast 8:30-9:45 am	28 CLO	29 SED

Meals Served for September: 1104

Volunteer Hours: 674



Happy Birthday to our November Birthday Members

Birthday Flower: Chrysanthemum Birthstone: TopazIf 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



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 Membership 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-members welcome.

> So convenient. Happy shopping.



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

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.

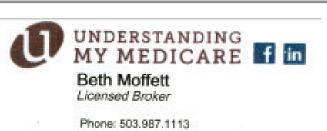
THANK YOU!

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



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



Toll-Free: 1.800.424.1199 -Fax: 503.987.1769 P.O. Box 859 Scappoose, OR 97056 beth@understandingmymedicare.com

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

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 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