



Riverside Review

Volume 2025 Issue 12 December 2025

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

Rainier Winterfest Holiday Home Decorating Contest 2025

Deadline to submit entry form 12/19/25

Must reside in 97048 zip.

Judging evening 12/20 & 12/21

Prizes announced Christmas week:

Judge's Choice: \$250

Most Twinkly Lights \$150

Most Creative \$100

*Drop off forms at Rainier City Hall or
email to: ChristmasinRainier@gmail.com.*

Rainier Winterfest Decorating Contest



The winner in each category will receive a gift card from Rainier Winterfest. Deadline to enter is December 19, 2025. Entrants must reside in the 97048 zip code area. Judging will take place the evenings of December 20th and 21st.

Prizes will be announced Christmas week.

To enter fill out and drop off at Rainier City Hall or email to Christmasinrainier@gmail.com.

Holiday Home Decorating Contest Entry Form

Name _____

Address _____

Phone _____

Email _____

Email this form to Christmasinrainier@gmail.com or
drop off at Rainier City Hall

2025-2026

Board Members

President: **Jan Rich**

Vice-President: **Marcia Roberts**

Secretary: **Dennis OBrien**

Treasurer: **Rachel Kelley**

At Large: **Marilyn Tift, Clint Kelley
and Keith Ekstrom**

Multi-Media: **Denise Watson**

Newsletter Editor: **Beth Bailey**

Newsletter Associate: **Dorothy Gillhoover**

Accessibility Tech Presentation



The November 14th presentation on accessibility technology for persons with any disability, displayed a wide variety of available tools for daily living along with technology items. Presenter Brian Sacre from Access Technologies, Inc. demonstrated items from gardening tools; kitchen utensils; hearing and sight aides; items to help with arm & hand tremor; glasses to help with macular degeneration, even Artificial Intelligence stuffed animals for emotional support. You will find some brochure information in the lobby. There is a catalog in the office showing technology items. If you are interested in any of those items, there are forms to fill out to qualify for them for your use, free of charge. These items are made available through ATI and the Public Utility Commission, for the State of Oregon. Non-technical items can be found available on-line or at local retailers. You can reach Brian Sacre at ATI, (503)361-1201 or 1-800-677-7512 for more information.

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

CRMM Presentation

NO Presentation for December

CRMM presentations will begin again in January 2026.

Topics will be decided for January Newsletter

NOTE: There is a flyer enclosed with this newsletter titled: The Human Process of Understanding New Ideas.

It is written by our Scott Cooper and is simply some thoughts to help understand our thinking processes when it comes to changes in our lives.

Keep Your Heating Costs Down this Winter

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 2025



| | | | | |
|---|--|---|--|---|
| 1 Chicken Pot Pie Veggies Broccoli Fruit Cocktail | 2 Ham Scalloped Potatoes Veggies Apple Slices | 3 Chicken Chow Mein Oriental Vegetables Bok Choy Saute Fruity Slaw | 4 Tomato Basil Soup Grilled Cheese Sandwich Fruit Salad | 5 Beef Stroganoff Egg Noodles Gingered Carrots 3 Bean Salad |
| 8 Spinach Alfredo w/ Penne Noodles Normandy Veggies Dessert Fruit Cup | 9 Polynesian Pork Pineapple, stirfry Veggies Brown Rice Broccoli Slaw | 10 Swedish Meatballs Egg noodles & cabbage Veggies Apples | 11 Citrus Chicken Lemon Broccoli Pasta Lemon sauce Vegetable Mix Peaches | 12 Glazed Meatloaf Mashed Potatoes Veggies Coleslaw Pears |
| 15 Spaghetti w/ meat sauce Sauteed Zucchini Garden Salad | 16 Shredded Beef sandwich Kaiser Roll Herbed Red Potatoes Green Beans Fruit | 17 Chicken Fried Steak Mashed Potatoes Country Gravy Veggies Strawberry Fluff | 18 Vegetable Soup Ham and Cheese Sandwich Broccoli Salad Orange wedges (V) Cheese sandwich | 19 Lemon Chicken Herbed Rice Pilaf Veggies Black Bean Salad |
| 22 Corned Beef Soup Spinach Salad Fruit Medley | 23 Tofu w/ Sweet & Sour Hawaiian Sauce & Vegetables Brown Rice Steamed Broccoli Fortune Cookie | 24 Turkey Dinner With all the fixins Mashed Potatoes & Gravy Corn Cranberry Fluff | 25 Merry Christmas | 26 Lentil Stew w/ Italian sausage Cheese Side Veggies Fruit |
| 29 Baked salmon Potatoes Au gratin Vegetables Salad | 30 Baked Chicken Legs Baked Beans Tossed Salad Apricots | 31 Cream of Broccoli Soup Turkey / Spinach/ Apple Wrap (V) Cheese sandwich | 1 Happy New Years | 2 BBQ Ribs Mac Cheese Corn on the Cob Coleslaw |

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

| | | | | |
|---|--|--|---|---|
| 1  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM | 2 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm | 3 Breakfast 8:30-9:45 am Chair Yoga 10 am Hand & Foot Game 1 PM | 4 Breakfast 8:30-9:45 am Pinochle 1 pm | 5 Music by Guy & Mary 7 Brunch w/Santa 10 am- 12:30 pm Parade 5 PM Winter Holiday Festival |
| 8  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM | 9 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm | 10 Breakfast 8:30-9:45 am Chair Yoga 10 am Hand & Foot Game 1 PM | 11 Breakfast 8:30-9:45 am Pinochle 1 pm | 12 |
| 15  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO - 2 PM Cookie Exchange 1PM | 16 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm | 17  Music by Chillin' Breakfast 8:30-9:45 am Chair Yoga 10 am Hand & Foot Game 1 PM Membership Meeting 1 pm | 18 Breakfast 8:30-9:45 am Pinochle 1:00pm | 19 Music by Guy & Mary 20/21 Holiday Home Decorating Contest Judging |
| 22  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM | 23 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm | 24 Breakfast 8:30-9:45 am Chair Yoga 10 am Hand & Foot Game 1 PM | 25 CLOSED | 26 Susannah's Supper Methodist Church 6 pm |
| 29  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM | 30 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm | 31 Breakfast 8:30-9:45 am Chair Yoga 10 am Hand & Foot Game 1 PM | 1 CLOSED | 2 |

Meals Served for October: 1205

Volunteer Hours: 733



**Happy Birthday to our
December Birthday Members**
Birthday Flower: Holly Birthstone: Turquoise
Birthday is not listed or wrong, please contact the reception desk

12/1 Mary Jo Holmes
12/9 Shirley Emerick
12/10 Sam Patching
12/17 FairReen Bardonsky
12/17 Rachel Kelley
12/19 Judy Brown
12/20 Kim O'Brien



For December we are honoring Clint Kelley

Clint started at the Rainier Senior Center in 2014, after casually attending a Board & Membership meeting held at the Center. It was an eye-opening meeting, as the Center at the time, was on shaky ground and the current president unsure about its future. Clint and Rachel ran for board member positions and were elected. The rest is history!

Clint serves as a "Jack of All Trades, and an Ace of None" as he puts it, from being an early dishwasher and dining room server, to decorating for seasonal change, occasional interior and yard maintenance, and picking up food donations from area grocery stores. But his favorite is packaging the recyclable bottle drop items, even with an unenthusiastic start! Dirty, sticky, mucky didn't appeal to him but after realizing the bonus of finding unusual discards like tools, decorative bottles and tossed trinkets, it became like Christmas, except for that lizard one time!

Also, Clint was the first man ever to be a Prince in the Columbia County Fair, My Fair Lady and Gent Pageant. But he will continue to be regarded as a Prince, long after the fair, at the Senior Center!

Clint enjoys helping at the Senior Center, and feels it is the "Fountain of Youth" for him by keeping him active. Over time he has seen many changes at the Senior Center, but the thing that saddens him the most is the passing of the good friends and members he has known during his time here. **THANK YOU** Clint for your reliable and conscience efforts! You are very appreciated.



ANNUAL HOLIDAY BAZAAR

The Annual Holiday Bazaar on November 8, with its gifted participants and their lovely crafted items offered a wide variety of potential Christmas gifts. The kitchen served its delicious homemade beef stew for anyone wanting lunch.

Total income from the Bazaar was \$845.

Pam Russell was the lucky winner of the Bazaar Basket Raffle.



December Events

LINE DANCING Free - Tuesdays
No sessions during November and December.
Will start again January 2026. Sue Gibson hosting.

Yoga will continue as a **free** session on
Wednesdays at 10am.
Debra Hurt will be instructing.

Every Wednesday
Card Games at 1pm - Hand & Foot
Every Thursday
Card Games at 1pm - Pinochle

CRMM Presentation
NO PRESENTATION for December
Presentations will begin again in January 2026.

COOKIE EXCHANGE - Bring baked cookies for
exchange by 1pm on Monday December 15th .
Sign-up Sheet at front desk.

BRUNCH WITH SANTA - Bring your
grandchildren/a neighbor child/a child needing
cheer!

PRESENTED by Amani Center
503-366-4005

Purchase tickets at: www.amanicenter.org
Dec. 7th 10:00 to 12:30
Rainier Riverfront (Senior) Center

Tickets: \$8 (pre-purchased)
\$10 (at the door)

**Activities:-Visit w/Santa-Brunch food box-Hot
Chocolate-Reindeer Games-Letters to Santa
-Mrs Claus Bakery**

**RAINIER ANNUAL
WINTER FESTIVAL
PARADE 2025**
December 7, 2025
5pm



COMIC STRIP FOR NEWSLETTER IN THE WORKS!

Scott Cooper is creating a comic strip for the
Rainier Senior Center Newsletter. He would like
creative ideas and subject matter involving Rainier
City and Riverfront Center happenings. Can you
identify anyone in the strip? Please contribute
and send any ideas to Scott at:

Scooper@cityofrainier.com



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PIANO NEED A HOME?

Rainier Senior Center is looking for a piano for the Center. It should be in good condition and have been stored in a heated area.

This would be a great time to donate that idle piano and realize a tax-deductible donation.



YEAR-TO-DATE BOTTLE DROP UPDATE:

Through October 2025,
the bottle drop has brought in
\$13,000

toward the Center's Food program.

This represents how important our Bottle Drop is, and how small sums adds up to big numbers. Please remember to bring in those returnable bottles and cans. Thank You!



**Become a Member
of the
Rainier Riverfront Center
(Rainier Senior Center)**

Want to get in on the fun? Want to meet others with like interests?

Join us for the events, activities, breakfast, or lunch and live music. Shop in our Gift Shoppe. No age requirement. Sign up today and begin receiving our monthly newsletter so you can plan to join us.

503-556-3889 for information.



P O Box 216, Clatskanie, OR 97016

503-728-2163

Open Monday through Thursday

7 am-5:30 pm

MEDICARE ADVANTAGE REMINDER

If you need to make any changes to your Medicare Advantage for 2026, you have until December 7th to contact your insurance provider.



**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

www.UnderstandingMyMedicare.com



**Help Our
Nutritional Program
by donating
your Oregon
Recyclables
to the Center**

Black Buggy
Belkin Electronics
Canterbury Inn
Capstone Cellars
City of Rainier
Columbia Bake House
Columbia Food Bank
Columbia River Maritime Museum
Columbia River Rigging
Deer Island Grange
Delaware Plaza
Dog Zone
Eagles
El Tapatio
Elevate Coffee & Decor
Fernhill Coffee
Flowers & Fluff
Fred Meyer
Grocery Outlet
Home Town Pizza

Home Depot
InRoads
Kaiser Permanente
Longview Country Club
Lowe's
Matt's Meats
Means Nursery
Mee Maw's Attic
Miracle Ear
Nys Tree Farm
Ol' Pastime Tavern
Oregon Hill Farms
Pampered Chef
Rainier Liquor Store
Rainier Oregon Historical Museum
Rainier True Value
Rightline Equipment
Safeway
Sternwheeler
Titan Trees
United Way



"A Great Place...For Great People"

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