



48 W 7th Street, Rainier, OR 97048
E-mail: RainierSeniorC@gmail.com

Riverside Review

Volume 2025 Issue 11 November 2025

Rainier Senior Center Hours: 9:30 am to 2:00 pm

Gift Shoppe Hours: 10:00 am-2:00 pm

Monday through Friday

Phone: 503-556-3889

Web: RainierSeniors.com



November 8
9 am to 3 pm

During the Bazaar

The Kitchen will have home-made
Beef Stew 10 am - 2 pm for \$10.

November 21
CRMM Presentation
Cargoes of the Columbia

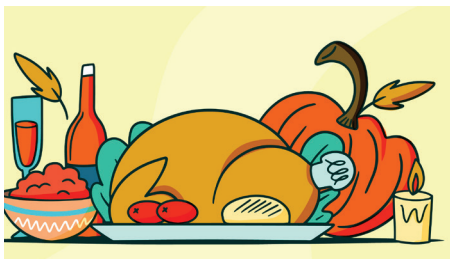


image by FREEPIX

November 22
Thanksgiving Holiday Dinner
2 PM

The annual traditional Thanksgiving Dinner will be provided at the Rainier Riverfront Center. Ticket are available for purchase at the Rainier Senior Center for \$25 a meal. Please get your tickets early as seating is limited. For information call: 503-556-3889

2025-2026

Board Members

President: **Jan Rich**

Vice-President: **Marcia Roberts**

Secretary: **Dennis OBrien**

Treasurer: **Rachel Kelley**

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

Multi-Media: **Denise Watson**

Newsletter Editor: **Beth Bailey**

Newsletter Associate: **Dorothy Gillhoover**

The Auction Event Fundraiser was a great success!

Along with the Live Auction and Dinner there was the Silent Auction, the Wine Bar and the Pumpkin Pull. All items at auction were purchased with generous donations from attendees. The auction brought in **\$10,734** with all proceed going to the Rainier Senior Center Nutrition Program. Thanks to all those who volunteered their time and endless energy, and to all those participating in making this event the success it was.



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 Friday, November 21 at 1 PM Cargoes of the Columbia



**There will be no CRMM Presentation
in December**

Now's a Great Time to Upgrade to a Heat Pump Water Heater

Water heaters are typically the second-largest energy users in most homes.

Thanks to increased rebate amounts, upgrading to a high-efficiency heat pump water heater is less expensive than ever – and it could save you up to 75% on your monthly water heating costs.

Columbia River PUD customers are eligible to receive a rebate worth up to \$1,800. This rebate is available to customers replacing their gas or electric water heater with a new heat pump water heater.

If you're considering an upgrade, visit
crpud.net/hpwh to find out
if a heat pump water heater is right for you.



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY



November 2025



3 Spaghetti w/meat sauce Green Beans Garden Salad Garlic Bread	4 Meatball Subs Vegetables Garden Salad Cottage Cheese w/ fruit	5 Sweet & Sour w/ pineapple oriental veggies Brown	6 Roast Beef w/ Mushroom Gravy Veggies Salad Roll	7 Vegetarian Chili Baked Potato Broccoli & Cheddar Peaches Corn Bread
10 Meatloaf w/Mushroom Gravy Mashed Potatoes Green Peas Apple Sauce	11 Ham Slice Scrambled eggs Squash Saute Fruit Biscuits	12 Broccoli Beef Fried Chop Suey Veggies Fruit	13 Chicken Taco Soup Tortillas Chips Refried Beans	14 Chicken Cacciatori Egg Noodles Broccoli & Cauliflower Spinach Salad w/ Strawberries
17 Smoked Salmon Chowder Salad Roll	18 Patty Melts on Rye Bread Herbed Fries Green Beans Mandarin Oranges	19 Baked Chicken Veggies Coleslaw Roll	20 Turkey Divan Broccoli Rice Pilaf Green Salad Pineapple Tidbits	21 Deli Sandwich Whole Grain Bread Corn Chowder Banana
24 Chicken Fried Steak Mashed Potatoes Gravy Veggies Salad	25 Cheeseburgers Tomatoes, Lettuce, onions, Cheese Cucumber & Tomato Salad	26 Pork Roast Potatoes Veggies Mixed Green Salad Applesauce	27 Closed Happy Thanksgiving	28 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  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	4 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	5 Breakfast 8:30-9:45 am Chair Yoga 10 am Hand & Foot Game 1 PM	6 Breakfast 8:30-9:45 am Pinochle 1 pm	7  Music by Guy & Mary
10  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	11 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	12 Breakfast 8:30-9:45 am Chair Yoga 10 am Hand & Foot Game 1 PM	13 Breakfast 8:30-9:45 am Pinochle 1 pm	8 Holiday Bazaar 9 am - 3 pm
17  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO - 2 PM	18 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	19 Breakfast 8:30-9:45 am Chair Yoga 10 am Hand & Foot Game 1 PM Membership Meeting 1 pm	20 Breakfast 8:30-9:45 am Pinochle 1:00pm	21  CRMM Presentation 1 PM 22 Thanksgiving Dinner 2 PM
24  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	25 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	26 Breakfast 8:30-9:45 am Chair Yoga 10 am Hand & Foot Game 1 PM	27 CLOSED	28 CLOSED Susannah's Supper Methodist Church 6 pm

Thanksgiving

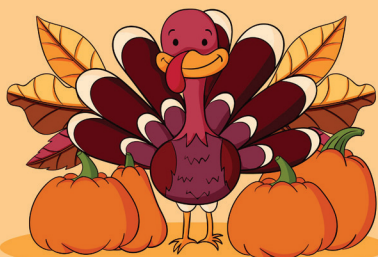


image by FREEPIX

HAPPY
Thanksgiving
 to all our members!
**Be Kind...Be Safe...
 Be Thankful!**

Meals Served for September: 1090

Volunteer Hours: 684

Thanksgiving

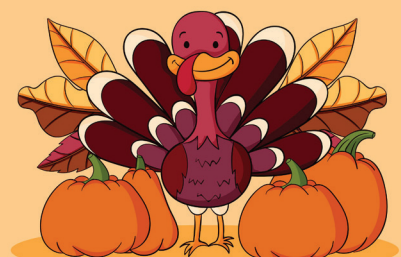


image by FREEPIX



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

11/4	Sharon Jump	11/13	Rae Wardle
11/7	Rhonda Goldsmith	11/16	James Stirling
11/8	Teresa Bentley	11/17	Sue Beavers
11/8	John Muck	11/19	Donald Wallin
11/8	Cynthia Scott	11/20	Tom Alexander
11/10	Mary Thurman	11/24	Michael Clark
11/11	Dieter Oetmann	11/29	Kelly Beaver
11/12	Orville Tomasli	11/29	Mary Stupfel



**For November we are honoring
Nadine Ekstrom**

Nadine has been volunteering at the Rainier Senior Center for several years. She has a very unique job; taking all our returnable bottles to be processed. She rises early to come to the Center on Sundays to collect the sacks of returnables and delivers them to the processing site. It is Nadine who contributes in a major way to the success of our Bottle Drive.

Nadine grew up on a farm in Hillsboro and has a soft spot for horses. She has shown horses and knows the ins and outs of equestrian care. A hobby she also enjoys is scrap-booking, which she shares with her daughter.

As you might guess Nadine loves animals and along with her Poodle named Poodoo she has adopted a stray 'tuxedo' cat, she named Noodle, because of his relaxed & limp posture while being carried. We thank Nadine for her conscientious and reliable service. Think of Nadine and the Center when you finish the last swig from a returnable bottle or can, and drop them off at the Center to help with our bottle drive efforts.



**Congratulations
to Pam Russell and Charlie Schreiner**

It has finally happened - Racing heartbeats having a positive outcome! Pam Russell, who volunteers in the office and Charlie Schreiner a Pinochle player from St. Helens, are beginning a new chapter in their lives together. After meeting here at the Center and several walk-and-talks and finding spiritual and other common connections, they joined hearts in their wedding on October 18, 2025. Pam said they have no immediate plans for a special post-wedding trip, but will keep us in-the-know with their plans. You will still see Pam volunteering in the office.
CONGRATULATIONS TO PAM AND CHARLIE!



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.

SNAP BARREL

During the Government Shut-Down the Rainier Senior Center is providing a drop-off site to assist our Home Delivered Meal recipients with needed staples. Please bring non-perishable items such as: canned goods, dried food products, sugar, paper products, hand soap, personal hygiene items to the Center. Our November 8th Holiday Bazaar is an opportune time to drop off your items in the spirit of the Holidays for those experiencing economic hardship. Your generosity is greatly appreciated. THANK YOU!

UPCOMING PRESENTATION: TECH ACCESSIBILITY FOR EVERYONE

Join us at the Rainier Senior Center for an informative and engaging session on Technology Accessibility for People with Sight, Hearing and other impairments. Learn about tools and features that make technology easier to use for everyone, no matter their abilities.

November 14th 1PM ~ Free

Rainier Riverfront Center

48 W. 7th St. Rainier, Oregon

503-556-3889

We'll share practical tips, demonstrate accessibility settings, and answer your questions about how to make technology more inclusive.

FRED MEYER REWARDS

SIGN-UP INFORMATION

You will find a pamphlet in the November 2025, Newsletter with simple DIY instructions for signing up with Fred Meyer Rewards program. Our last quarterly check was for \$72.24. As people sign up, the increase of our quarterly allotment from Fred Meyer is noticeable. You will still receive your reward points. If you still have questions regarding the sign-up procedure call the Center so we can get your questions answered. 503-556-3889

Watch for a new Newspaper! It will be available every Thursday at the front desk. The Wahkiakum County Eagle will be using the Rainier Riverfront Center as one of its distribution points and the Rainier Chamber of Commerce will be working towards securing a page of the publication of news from the Rainier Community. The paper will cost \$1.50 of which 50 cents will be donated to the Rainier Senior Center. Pick up a copy for future news of Rainier events and interesting community happenings.



- 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

SUN ROOM BLINDS

You will be noticing the brightness and the sun beating down during exercise and events in the sun room becoming a more soothing atmosphere soon. Blinds are in the process of being installed.



YEAR-TO-DATE BOTTLE DROP UPDATE:

Through August 2025,
the bottle drop has brought in
\$11,500

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

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Fax: 503.987.1769
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beth@understandingmymedicare.com

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

Canterbury Inn
Canterbury Park
City of Rainier
Columbia Bake House
Columbia Food Bank
Cornerstone Cafe Rainier
Country Financial
Deer Island Grange
Delaware Plaza
Deli & Mart
Dog Zone
Eagles
El Tapatio
Elevate Coffee & Decor
Flowers & Fluff
Fred Meyer
Grocery Outlet
Home Town Pizza

InRoads
Samuel L. Johnson Foundation
Kaiser Permanente
Kiss My Glass
Lowe's
Means Nursery
Mee Maw's Attic
Miracle Ear
MZ Collectibles
Nys Tree Farm
Ol' Pastime Tavern
Rainier Liquor Store
Rainier Oregon Historical Museum
Rainier True Value
Rightline Equipment
Safeway
United Way



"A Great Place...For Great People"

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