



Riverside Review

Volume 2017 Issue 12 December 2017

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

Phone: 503-556-3889
Web: RainierSeniors.com

PRIME RIB Christmas Dinner December 16 at 2pm

Prime Rib Dinner tickets will be \$15 this year. Get your tickets early- limited space. You can reserve a table of 8.

Music Medicine with
Becky Shefchek and Lily Ailshie
Entertainment starts at 2:00
with dinner to follow

COOKIE EXCHANGE December 12 at 1pm

Everyone is welcome. Please bring two dozen of your favorite cookies. It's a great time to share recipes, stories and laughs.

**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.

**Hours
Rainier Senior Center Hours
9:30 am to 2:30 pm
Monday through Friday**

Board Members

*Jan Rich, Pres. Don Carnahan, V Pres.
Marilyn Tift, Tres. Rachel Kelley, Sect.
At Large: Shirley Emerick, Clint Kelley,
and Judy Lepin*

*We Serve
Meals On Wheels
So no senior goes hungry.*



AARP Volunteers Needed

AARP is looking for volunteers to complete two classes and a test in order to help folks to complete their tax returns this April. The classes are in Portland and the test comes to you via the mail. Also needed would be Client Facilitators to greet people and hand out paperwork. **Please contact Jan at the center no later than 12/15/17** if you are interested



During
Birthday Friday the Center
will be offering a
FREE lunch
certificate to those
birthday folks present

Plan Ahead to Help Life Support Patients in Emergencies

If someone in your home is on life support or has other special needs, have a plan in place for storms, power outages, or other emergencies. If you lose power, report your outage to Columbia River PUD at (503) 397-1844. If it is an emergency, always call 9-1-1.

To be prepared, you should create a Personal Support Network and an Emergency Plan. In an outage or other emergency, activate your Personal Support Network and Emergency Plan. These will help keep you comfortable until power is restored. The PUD cannot estimate how long an outage will last. Every outage is unique. It's not always possible to estimate the extent of the damage or how long repairs will take. During outages, PUD line crews will work to safely restore power to all customers as quickly as possible.

To learn how to create a Personal Support Network, visit crpud.net/lifesupport.

To see what you should include in an Emergency Kit, visit crpud.net/kit.



A COMMUNITY-OWNED UTILITY

Rainier Health Center.
Supporting Community Health and Wellness.

Now accepting Medicare. This clinic is located up at the Rainier High School. Hours: Tuesday-Friday 8am-4:30pm Closed for lunch 12:30-1:30. Services include: flu shots; primary/acute/chronic medical problems, referrals to specialists, mental health counseling and tobacco prevention.

**Call to schedule an appointment at:
503-556-2178.**

Michelle M. Moore

Columbia City Benefits Group LLC
(CCBG)

Office: 503-366-9550 Fax: 503-366-9551
Cell: 503-422-3945 Call for appointment

michelle@columbiacitybenefitsgroup.com
240 Spinnaker Way- Columbia City OR 97018

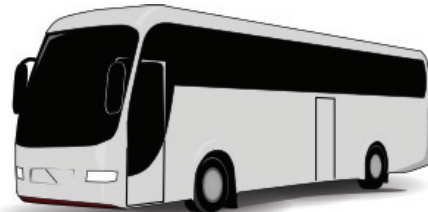
LOWER COLUMBIA

INSURANCE, INC.
COMPLETE INSURANCE SERVICE

Chad Womack, Owner/Agent
503-556-3739 1-800-783-3739

email: chadw@mpcu.net home phone: 503-556-1923
202 A Street East (P.O. Box 1510) - Rainier, OR 97048

**Special Casino Bus Trip to
LUCKY EAGLE
Last Wednesday of the Month**



9am to 4pm
Cost: \$15/Member
See Marily to reserve your space

Senior Center Activities

MONDAY



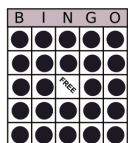
Blood Pressure Check 11 am by Lowell Norbom

Checks both blood pressure and oxygen levels.
Have yours checked!



Music by

The Three of Us
Music begins at 11:00.
Sing along or dance to the tunes.



Evening Bingo
starts at 6:00pm
\$5 per card
Come have fun.

HOOKS & NEEDLES GROUP
every 2nd and 4th Monday
1:00-2:30 pm

TUESDAY

Gentle Exercise at 10 am

WEDNESDAY

**Work on a Puzzle, Pick out a Book or
Work Out on the Exercise Equipment**

THURSDAY

1st and 3rd Thursdays

Pinochle at 1:00 PM

2nd and 4th Thursdays

Cribbage at 1 PM

Gentle Exercise at 10am

FRIDAY



Music

1st and 3rd Friday

Foot Care



10am-1pm

By Lowell Norbaum,
Retired RN

Cost: \$15 goes to Center

Trim toenails-Remove corns and
calluses

Please make an appointment!

SPECIAL EVENTS

December 6 - 1PM

Navigating Senior Living Options
presented by Monticello Park

COOKIE EXCHANGE

December 12, 1 PM

Everyone is welcome!

Please bring 2 dozen of your favorite
cookies. It's a great time to share recipes,
stories and laughs.



Happy Birthday to our December Birthday Members

Birthday Flower: Holly Birthstone: Turquoise

If your birthday is not listed or wrong, please contact the reception desk.

12/2 Sharon Harmon
12/5 Everett Libby
12/9 Shirley Emerick
12/9 Dan Mulford
12/10 Sam Patching
12/10 Joan Hackathorn
12/10 Joyce Rivas
12/11 Cookie King

12/14 Millie Sold
12/15 Eunice Chase
12/15 Jan Dalziel
12/17 Rachel Kelley
12/19 Bud Appleby
12/19 Judy Brown
12/20 Ernest(Bud) Davis
12/29 David Thompson Sr

**Please re-register your rewards program to designate the
Rainier Senior Center as the non-profit**



Help Our Senior Center Earn Money!

We're up to 45 families!
3 qtr Contribution \$92.20
**Check to make sure your
rewards card is connected
to the center.**

Look at example →

Total July Fuel Points: 16
*****B

Rewards or Fuel Program Questions?
Details at www.fredmeyer.com/rewards
or Contact us at 1-866-518-2686
Monday-Friday 5AM to 9PM PST

SAVE THIS RECEIPT FOR REFUNDS
OR ADJUSTMENTS

Thank you for participating in
2017 Fred Meyer Community Rewards
You requested Fred Meyer donate to
Rainier Senior Citizens, Inc.



9102018570117101071707181135
THANK YOU FOR CHOOSING FREDDY'S!
www.fredmeyer.com

The Rainier Senior Center can earn money from Fred Meyer by anyone who shops there and signs up for the Community Rewards Program.

Link your card by calling **1-800-576-4377** and select **option 3.**

Ask them to search for us by name **Rainier Senior Citizens-** or use our non-profit number **94223.**

**You still get your reward points, fuel
points and rebates just the same!**

Rainier's volunteer for the month of December is Tom Demeter. He is one of our meals on wheels driver. He also takes time to prepare meals for us for our special fund raisers. We appreciate our volunteers. Many thanks, Tom.

DECEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Served in October: 1059 Volunteer Hours in September: 344		 Prime Rib Christmas Dinner December 16 starting at 2pm \$15 per ticket purchase your tickets at the office		1  Music with Eric & Cheri November birthday cake  Foot Care 10am-1pm \$15 to center
4  3 of Us Blood Pressure Check Bingo -6pm	5 Gentle Exercise 10am	6  Music by Tom Lavelle Navigating Senior Living Options by Monticello Park 1pm	7 Gentle Exercise 10am Chair Yoga 11 am Veterans Advisor 1pm Pinochle 1:00 pm	8  Music with Bo Obney  Foot Care 10am-1pm \$15 to center
11  3 of Us Blood Pressure Check 11 am Bingo -6pm	12 Cookie Exchange 1PM Gentle Exercise 10am Men's/Women's VFW - 1:00 pm	13  Music by Inez Glaze WIC 9:30am-1pm	14  Music by Al Barr Gentle Exercise 10am Cribbage at 1PM	15  Foot Care 10am-1pm \$15 to center
18  3 of Us Blood Pressure Check NO Bingo Tonight	19 Gentle Exercise 10am	20  Music by Tom Lavelle Board Meeting 1pm	21  Music with Bo Obney Gentle Exercise 10am Pinochle 1:00 pm	22  Foot Care 10am-1pm \$15 to center  Music by Vern Kennedy Susannah's Supper 6pm Rainier Methodist Church
25  CLOSED	26 Gentle Exercise 10am	27 Casino Bus Trip 9am-4pm \$15/member See Marily	28 Gentle Exercise with Rachel 10am Chair Yoga 11 am Cribbage at 1PM	29  Foot Care 10am-1pm \$15 to center

December 2017 Rainier Senior Center Activities - www.RainierSeniors.com
Events are subject to change without notice. NO Breakfast deliveries.

DECEMBER MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
				1. Chicken Fried Steak Mashed Potatoes & Gravy Veggie Birthday Cake
4. Goulash Veggie Fruit Roll	5. Roasted Pork Potatoes Melva Veggie Applesauce	6. Corn Chowder Deli Sandwich	7. Mexican Chicken & Rice Casserole Broccoli Salad	8. Porcupine Meatballs Veggie
11. Tater Tot Cesserole Green Beans	12. Patty Melt W/Chips Coleslaw	13. Pork Chops Applesauce Veggies Au Gratin Potatoes 3 Bean Salad	14. French Dip Sandwich Jo-Jo's	15. Ravioli W/Alfredo Garlic Bread Salad
18. Taco Soup Chips Tex Mex Salad	19. Cheesy Tuna Casserole Bread Carrot & Raisin Salad	20. Grilled Egg Salad Sandwich Tomato Soup	21. Meat Loaf Mashed Potatoes Veggie Roll	22. Ham Scalloped Potatoes Veggies Jello Salad
25. CLOSED FOR CHRISTMAS	26. Spaghetti W/Meat Sauce Garlic Bread Salad	27. Pasties Green Salad	28. Creamed Chicken Over Rice Fruit Salad	29. Beef Stew Bread Salad

Rainier Senior Center Lunch Menu

503-556-3889

www.RainierSeniors.com

Call in and carry-out orders need to be in no later than 10:30 am.

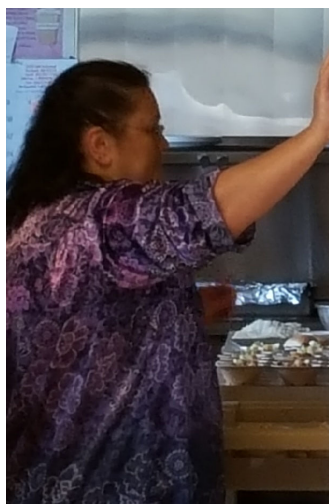
Menu is subject to change without notice. Breakfast served 9:00-10:30, M-F

Suggested Donation is \$5 for over 60 and \$6 for under 60 for lunch; Breakfast, \$5



Thanksgiving Dinner

Thanks to everyone who came to the dinner. The cooks did a fantastic job as usual. Our volunteer servers got the food out in a timely manner. everyone enjoyed the food and company. There were over 70 meals served that day. Wend's dessert was a hit as usual.



Our Servers:
Cathy, Amy, Shirley
and Alice.
Our Cooks:
Wendy and Sandi



For Sale:

8 foot tables \$25.00

Vesta stair lift \$300.00

Christmas Dinner on 12/16

Prime rib \$15/per person

Music Medicine with
Becky Shefchek and Lily Ailshie
Entertainment starts at 2:00
with dinner to follow

**Bed, Bath & Beyond
Columbia River PUD
Country Financial
Columbia Mermaid
El Tapatio
Keys Plus
Foster Farms
Hometown Pizza
Means Nursery
Old Pastime Tavern
Oliva Bros
PGE
Rainier Chevron Food Mart
Rainier True Value
The Cornerstone Cafe
The Toy Store
United Way
Vernie's Pizza**

**City of Rainier
Cole's Coffee
Columbia Food Bank
Delaware Plaza
Deer Island Grange
Eagles
Fred Meyer
Highlander Place
Lily Pad
Lower Columbia Insurance
MPC Digital Solutions
Nys Tree Farm
Rainier Deli & Mart
Rainier Garden Club
Rainier Sign Company
Rainier St Helens Credit Union
Safeway
Subway
Teevin Bros**



"A Great Place...For Great People"

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

