



Riverside Review

Volume 2018 Issue 11 November 2018

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Phone: 503-556-3889
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Christmas Bazaar **Saturday, Nov 3** **9 am to 3 pm**

Come down and get in the spirit for the upcoming holidays. We have many vendors and great food.

Stew Lunch - \$5

Pie Slices- \$1.50

Pastries and Cinnamon Rolls - \$2

Small Banana Bread Loaves- \$1.50

Board Members

Jan Rich. Pres.

Carla Bodenhamer, V Pres.

Marilyn Tift, Tres. Rachel Kelley, Sect.

*At Large: Shirley Emerick, Clint Kelley,
and Judy Lepin*

Newsletter Editor: *Beth Bailey*

Please Complete Your NAPIS Form for the Senior Center Nutrition Fund

NAPIS forms are extremely important to your Senior Center. These completed forms are how the Community Action Team reimburses the center. whenever you eat a meal and sign in at the desk. Previously they are worth 75 cents but since July they are worth \$1.25 . **If your NAPIS form is more than one year old**, please stop by the front desk and complete a current one. If you have any questions, please talk to any Board member.

Stop by the Desk- It only takes a minute or less.



Thanksgiving Dinner **Saturday** **November 17** **at 2 PM**

Cost: \$12 per person

Turkey with all
the fixings

**This year the Deer Island Grange
donated the turkeys**

Hours

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



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

Keep Your Heating Costs Down this Winter



When the weather turns colder, your heating system has to work harder. That can lead to increased electric bills in the winter months. 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 few degrees when you are away or asleep.

Keep windows and doors closed to keep the heat from escaping.

Clean or replace your furnace filters on a regular basis and service your heating system annually.

Find more ways to save money on your winter bills at www.crpud.net/heating.



A COMMUNITY-OWNED UTILITY

Weather Making It Miserable?

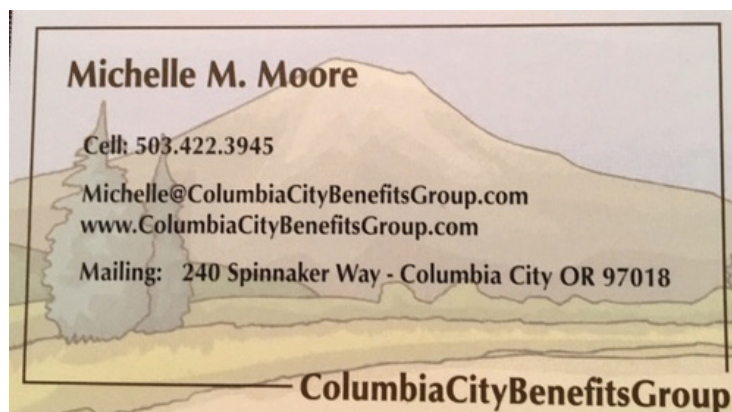
***Brighten up your day!
Invite a friend or family member to join
you for lunch or participate in an
activity at the
Senior Center!***

**Membership
Meeting Schedule:
4th Wednesday of the month**

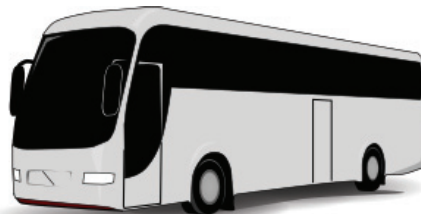
December

**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.



**Special Casino Bus Trip to
LUCKY EAGLE
Last Tuesday 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

Unavailable until
Further notice

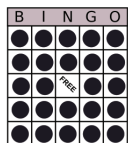


Music by

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 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

Hand and Foot card game 1:00 pm

Yoga at 10:30 am

Gentle Exercise at 10am

FRIDAY



Music

1st and 3rd Friday

Foot Care



Unavailable until
Further Notice

Try our exercise equipment!
You'll feel better. Bring a friend
or family member along.

SPECIAL EVENTS



Holiday
Dinner
December 15
at 2 PM
\$15

Pictures with Santa
at 12:30 pm

Tickets will be on sale at the Desk.

Cookie Exchange

December 18

1 PM

Veterans' Exhibit
at the Rainier Historical Museum
November 10
Noon to 4pm

This will include over 134 photos and snapshots
of veterans. The display will also feature military
uniforms and items.

DVDs of the Veterans will be for sale.



Happy Birthday to our November Birthday Members

Birthday Flower: Chrysanthemum Birthstone: Topas

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

11/3 John Shipman
11/6 Rosalie Herstrom
11/8 Cynthia Scott
11/11 Beverly Oetmann
11/17 Evelyn Kellar
11/17 Sue Beavers
11/18 Judy Nys
11/19 Donald Wallin

11/20 Barbara Horton
11/22 Verna Gilbert
11/29 Shirley Greer
11/29 Eric Perill
11/29 Ruth Sterling
11/29 Mary Stupfel
11/29 Alice Todd
11/30 Kathleen Johnson

Please Register your rewards program to designate the Rainier Senior Center as the non-profit



**Help Our
Senior Center
Earn Money!**

Register Today!

**We're up to 47 families!
1st qtr 2018- Contribution
\$86.98**

**Check to make sure your
rewards card is connected
to the center.**

Look at example →



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 to:
Rainier Senior Citizens
- or use our non-profit number **AH614******.


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

Rainier's Volunteer for the Month of November: Bernice Bailey

Bernice moved here to Rainier from Spokane in December of 2012. She has been volunteering since 2013. Her hobbies include dancing, reading and working at our center. She really enjoys the center and the people here. Thank you Bernice for all you do.



NOVEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
September Meals Served: 1,064 Volunteer Hours: 297.50	 THANKSGIVING DINNER Saturday, nov 17 at 2 PM Tickets: \$12 each		1  Music by Bo Obney Gentle Exercise 10am Chair Yoga 10:30 am Pinochle 1:00 pm Regency Blue Cross 9:30-2	2  Music with Erik & Cheri Birthday Cake
5  3 of Us Kaiser Insurance 9:30 am- noon Hooks & Needles 1 pm Priority Shoes 1 pm Bingo -6pm	6 Gentle Exercise 10am	7  Music by Tom LaVelle Flu shots by Rite-Aid Noon	8 Gentle Exercise 10am Chair Yoga 10:30 am Hand and Foot Cards 1 pm	9
12  3 of Us 11 am Hooks & Needles 1pm Beth Moffitt 10-Noon will laminate Medicare card Bingo -6pm	13  Music with Bo Obney Gentle Exercise 10am Men's/Women's VFW - 1:00 pm	14 WIC 9:30am-1pm	15  Music by Al Barr Gentle Exercise 10am Chair Yoga 10:30 am Pinochle 1:00 pm	16  Music with Inez Glaze
19  3 of Us Hooks & Needles 1pm Kaiser Medicare Seminar 9am-12:30pm Bingo - 6 pm	20 Michelle Moore 11 am- 1 pm Gentle Exercise 10am	21  Music with Bo Obney	22 CLOSED	23 CLOSED
26  3 of Us Hooks & Needles 1 PM Bingo -6pm	27  Music with Tom LaVelle Casino Bus Trip 9am-4pm \$15/member See Marily	28 Board Meeting 1 pm	29 Gentle Exercise 10 AM	30  Music with Bo Obney Susannah's Supper 6pm Rainier Methodist Church

November 2018 Rainier Senior Center Activities - www.RainierSeniors.com
 Events are subject to change without notice. NO Breakfast deliveries.

OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Quiche Cottage Cheese Fruit Muffin	2 Tomato Soup Grilled Cheese Sandwich Birthday Cake
5 Smothered Pork chops Mashed Potatoes Fruit Rolls	6 Chicken Breast Stuffing Veggies Caesar Salad	7 Meatloaf Mashed Potatoes Veggies Salad	8 Baked Potato Bar With A Variety Of Toppings Cottage Cheese	9 Sausage Dogs Chips Cottage Cheese Mandarin Oranges
12 Chicken Fried Steak Mashed Potatoes Veggies Rolls	13 Soup & Salad Buffet Rolls	14 Corned Beef & Cabbage Potatoes & Carrots	15 Hamburger Gravy Over Mashed Potatoes Salad	16 Fried Chicken Macaroni Salad Fruit Rolls
19 Roast Beef Potatoes & Carrots Pea Salad Rolls	20 Turkey Mix Up Mashed Potatoes Salad	21 Veggie Soup Deli Sandwich 3 Bean Salad	22 CLOSED	23 CLOSED
26 Spaghetti W/ Meat Sauce Green Salad Garlic Roll	27 Tilapia Rice Pilaf Cole Slaw	28 Enchilada Casserole Picante Rice Green Salad	29 Open Face Hot Beef Sandwich Mashed Potatoes Veggies	30 Ham Dinner With Scalloped Potatoes Home Made Applesauce Rolls

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

**Priority Shoes Presentation
November 5 at 1PM**



Tony will be at the center to discuss foot care and specialty shoes at a reduced price. This is geared towards diabetics and other special needs individuals.

Please bring your Medicare and other insurance cards, your primary dr. name and your photo ID.



**Volunteers making Banana Bread!
Purchase for \$1.50 at the Bazaar.**

Thank You!

A BIG thanks to all the wonderful sponsors who donated to our "Bingo Bash". You definitely put the fun in "fun"draising!

**Support the Senior Center
by donating time, money, or
Returnable cans/bottles
*"Every little bit helps!"***



Practice DMV Test Available

DMV is offering a sample written test to Rainier senior residents if you need to renew your driving license. Sample tests can be found at:
<https://www.dmv-written-test.com/Oregon/practice-test-1.html>
All the tests are free and no personal information will be collected.



Rainier Senior Center Supporters

**Bed, Bath & Beyond
Columbia River PUD
Country Financial
Dutch Bros
Dollar General
El Tapatio
Grocery Outlet
Highlander Place
Hometown Pizza
Knot Just A Bear
Means Nursery
Ol' Pastime Tavern
Rainier Chevron Food Mart
Rainier True Value
The Cornerstone Cafe
The Toy Store
Triangle Bowl
True Value**

**Canterbury Plaza
City of Rainier
Columbia Food Bank
Deer Island Grange
Delaware Plaza
Eagles
Foster Farms
Fred Meyer
Head Hunter
Nys Tree Farm
Rainier Deli & Mart
Rainier Garden Club
Rainier St Helens Credit Union
Safeway
Subway
United Way**



"A Great Place...For Great People"

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