



Riverside Review

Volume 2017

Issue 11

November 2017

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

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

Rite-Aid Offers Flu Shots

Rite-Aid will be offering flu shots on **November 6th from 1:00-2:00 pm** at the center. These shots are FREE to people who have an insurance card. NO appointment is necessary.

Special Monday Night Bingo: November 6

Beginning, Monday, November 6, you could win a cash pot of \$80 at Monday Night Bingo. This will be a regular bingo game for \$1 a card. In addition to the \$80 cash pot, a raffle basket will be available to enter at no charge. Refreshments will also be available. This special Bingo night is sponsored by Monticello Park Senior Living and will occur once a quarter.

Annual Holiday Bazaar Saturday, November 4

9 am to 4 pm

Pastries available in the morning and beef stew at lunch. Kitchen will be selling lunch, stew-roll-drink for \$5.00. Also drinks for \$1.00 and popcorn \$1.00.

Thanksgiving Dinner- Nov 18 - 2pm

Come enjoy the Thanksgiving Dinner at the Center. Tickets are on sale for \$10 each. You may call the center to reserve a table of 8. The meal will include all the trimmings and a delicious dessert.

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.

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.



Special Thanks to Canterbury Inn

The Center would like to thank the ladies from Koelch's Canterbury Inn for the delicious ice cream social they hosted last month. Banana splits were served to about 35 of us. Additionally, we were entertained by the talented Tom Cramer, the Amazing Cramer Magician. He made us all laugh and ooh and aah with his sleight of hand. We hope both of them will return!



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

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

CRPUD Office Hours Changing in January

Columbia River PUD's office hours will change on January 2, 2018. The PUD's new hours will be from 7:00 a.m. to 5:30 p.m., Monday through Thursday. The office will be closed on Fridays.

CRPUD linemen will still be available for outage response 24 hours a day, seven days a week.

Customers will be able to access their account and pay their bill online or by phone, any time.

A recent customer survey showed the PUD could meet the needs of 86% of customers by opening its office longer hours, four days a week. The PUD office is currently open 8 a.m. to 5 p.m., Monday through Friday. According to the survey, the existing schedule meets the needs of 74% of customers.

"Many of the customers surveyed wanted to be able to do business with us outside of their own work hours," said PUD General Manager John Nguyen. "This change makes that possible, so it gives us the chance to meet the needs of more customers."

To learn more about how this change may affect you,



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.

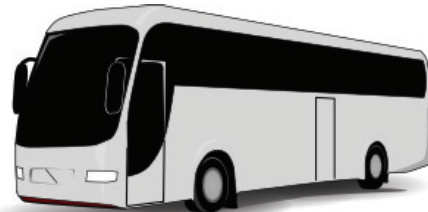
**Call to schedule an appointment at:
503-556-2178.**

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



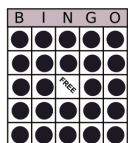
Blood Pressure Check 11 am by Lowell Norbom

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

Chair Yoga 2nd and 4th Thursday 11am

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

WORKSHOP

SNOWMAN HAT Centerpiece
November 28 at 1 pm

Cost: \$5

Sign-up sheet in the lobby.
Coming December 6

Special Guest Speaker:

Navigating Senior Living Options



Monticello Park Sponsored

Special Bingo Bonus Game
November 6 at 6pm
plus Raffle Basket
















HOOKS & NEEDLES group
every 2nd and 4th Monday
from 1:00 to 2:30.



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

11/30 Kathleen Johnson

NOVEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Served in September: 936 Volunteer Hours in September: 469 Thanksgiving Dinner- Nov 18 Christmas Dinner- Dec 16 Purchase your tickets early		1  Music by Tom Lavelle Kaiser presentation by Debra Kranyak 1:00-3:00 pm	2 Gentle Exercise with Rachel 10am Pinochle 1:00 pm	3  Music with Eric & Cheri November birthday cake  Foot Care 10am-1pm \$15 to center
6  3 of Us Blood Pressure Check Flu shots 1:00-2:00 pm BONUS Bingo -6pm	7  Music with Bo Obney Gentle Exercise 10am	8	9  Music by Al Barr Gentle Exercise 10am Chair Yoga 11 am Veterans Advisor 1pm Cribbage at 1PM	10  Foot Care 10am-1pm \$15 to center
13  3 of Us Blood Pressure Check 11 am Flu shots 11:30-1:30 Beth Moffitt 10:30 am-1 pm Bingo -6pm	14 Gentle Exercise 10am Men's/Women's VFW - 1:00 pm	15 Energy Assistance 10am-2pm  Music by Inez Glaze WIC 9:30am-1pm Board Meeting 1pm	16 Gentle Exercise 10am Pinochle 1:00 pm	17  Music with Bo Obney  Foot Care 10am-1pm \$15 to center
20  3 of Us Blood Pressure Check Michelle Moore 9:30-11:30 am Bingo -6pm	21 Gentle Exercise 10am	22  Music by Tom Lavelle	23 Gentle Exercise 10am Cribbage at 1PM	24  Foot Care 10am-1pm \$15 to center Susannah's Supper 6pm Rainier Methodist Church
27  3 of Us Blood Pressure Check Bingo -6pm	28 Christmas Snowman Centerpiece Workshop 1 PM Gentle Exercise 10am	29 Casino Bus Trip 9am-4pm \$15/member See Marily	30 Chair Yoga 11 am	It was decided that because of low turn-out at some of the senior centers that Five Area Lunch will be suspended.

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

NOVEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Creamy Corn Chowder Ham Sandwich Fruit	2 Patty Melt Chips 3 Bean Salad Fruit	3 Rosemary Roasted Chicken Oven Roasted Potatoes Veggies Birthday Cake
6 Tater Tot Casserole Green Beans	7 Liver & Onions Baked Potato Veggies	8 Beef Stew Corn Bread Broccoli Salad	9 Chicken Casserole Salad Rolls	10 Clam Chowder Cheese Sandwich Crackers
13 Ham & Bean Soup Corn Bread	14 Tamale Pie Garden Salad	15 Meat Loaf Mashed Potatoes Veggies	16 Chili & Cheese Topped Baked Potatoes Salad	17 Chicken & Broccoli Alfredo Over Noodles
20 Roast Beef Potatoes & Carrots Salad Rolls	21 Hot Turkey Sandwich Mashed Potatoes	22 Vegetable Soup Deli Sandwich	23 CLOSED HAPPY	24 CLOSED THANKSGIVING
27 Baked Ham & Yams Waldorf Salad Rolls	28 Split Pea & Ham Soup Fruit	29 Chicken Divan Green Salad	30 BBQ Meatballs Rice	31 Chicken Fried Steak Mashed Potatoes

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

HARVEST PARTY CELEBRATION



This October Harvest Dinner and Dance went well. Everyone enjoyed the food, company and music. Our servers and cooks did an awesome job. Bo Obney also provided some lively music for our guests to enjoy and dance.



Jan Rich welcomed all our guests and congratulated our team on a meal well done. The music and decorations added to the spirit of the event. Make sure to join us for our Christmas Dinner.



Shirley Emerick would like to thank ALL the volunteers at the Center.
"You make my job easier!" You're the Greatest. Thanks so much!



FLOWERS GALORE

The Center would like to thank Laurie Engstrom, The Rainier Garden Club and Mind Your P's and Q's for the beautiful flowers in and around the Center. All the colors and displays make our Center even more welcoming.



Energy Assistance packets

will be mailed out to all individuals within Columbia County addressed to 'resident'. These packets will include applications.

**On the 15th of November
 from 10:00 to 2:00**

There will be a representative from
**Community Action Team
 available at the Center**

to help complete this application and answer any questions.

**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***

