



## ***Riverside Review***

*Volume 2022*

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*October 2022*

**48 W 7th Street, Rainier, OR 97048**  
**E-mail: [RainierSeniorC@gmail.com](mailto:RainierSeniorC@gmail.com)**

**Phone: 503-556-3889**  
**Web: [RainierSeniors.com](http://RainierSeniors.com)**

### **Senior Fair September 19 at St Helens**

***There were 60 tables filled with good information for seniors as well as classes. Lots of interest was shown at our table and we'll be seeing some new faces around here!***



***We really need  
volunteers for all positions!  
Please be a part of our  
volunteers serving needy  
seniors***

**Meals Served for August: 1313**  
**Volunteer Hours: 694**

### ***Board Members***

***President: Jan Rich***  
***Vice-President; Debra Elliott***  
***Secretary: Darnell Willis***  
***Treasurer: Rachel Kelley***  
***At Large: Joanne Bernard, Scott Cooper  
and Clint Kelley***  
***Newsletter Editor: Beth Bailey***



### ***Day Trips:***

The center is looking for ideas for us to go on day trips. The van will only hold 14 passengers so it will be first come first serve. The van and driver is being generously provided by Church of God.

A couple of suggestions so far is the Seeley Mint factory and Christmas lights. Please give any suggestions to the front desk.

**Rainier Senior Center Hours**  
**9:30 am to 2:00 pm**  
**Monday through Friday**  
**Gift Shop 10:00 am-2:00 pm**

## ***Pick Your Favorite Photos to Appear in the 2023 PUD Calendar***

This month you can help decide which photos will appear in the 2023 PUD Calendar. Voting is open through October 15 for the PUD's annual Calendar Photo Contest.

Voting may be done online at [www.crpud.net/calendar](http://www.crpud.net/calendar) or in the PUD lobby during regular business hours.

Please vote for up to three photos per season. We ask that individuals vote for each season one time only.

If you do not wish to receive a calendar this year, please contact PUD Community & Public Relations Specialist Kyle Boggs at [kboggs@crpud.org](mailto:kboggs@crpud.org) or (503) 366-3243.



**COLUMBIA RIVER  
PUD**  
A COMMUNITY-OWNED UTILITY



- Retirement Income Planning
    - Wealth Management
    - Tax & Estate Planning
  - Medicare/Health Insurance
- Visit our website or call to schedule your complimentary consultation.

[www.Schultzfs.com](http://www.Schultzfs.com)

**503-543-3844**

**Daniel Garrison, CPA,  
2114 Columbia Blvd,  
St Helens, OR 97051  
Email: [dan@drgtax.com](mailto:dan@drgtax.com)  
503-366-0994**

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# October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheese Burger Potato Salad Chips Lettuce, Tomato, Pickle, Onion	4 Chicken Cacciatori Pasta Vegetables Jello Salad w/fruit	5 Spaghetti w/meat Sauce Green Salad Garlic Bread	6 Chicken & Rice Casserole Vegetables Bread	7 Chef Salad with all the fixins Roll
10 Mesquite Pork Loin Mashed Potatoes Vegetables Salad	11 Lasagna Vegetables Garlic Bread Fruit	12 Cabbage Roll Casserole Carrot & Celery Sticks	13 Tomato Soup Bacon Turkey Melt on a Hoagie Bun Coleslaw	14 Oven Fried Chicken White Gravy Mashed Potatoes Corn
17 Meatloaf Mashed Potatoes Gravy Vegetables	18 Homemade Chicken Noodle Soup Grilled Cheese Sandwich Salad	19 Tatertot Casserole Vegetables Fruit	20 Goulash Green Beans w/bacon Bread	21 Creamy Ham & Noodles Vegetables Salad Roll
24 Chicken Pot Pie Green Salad Fruit	25 Sausage & Potato Scramble English Muffin Fruit	26 Chicken Fried Steak Mashed Potatoes Gravy Vegetables	27 Sweet & Sour Meatballs Rice Vegetables	28 Clam Chowder Egg Salad Sandwich Fruit
31 Pot Roast Carrots & Potatoes Broccoli Salad Roll	1 Ham & Cheese Quiche Fruit & Cottage Cheese Muffin	2 Corned Beef & Cabbage Stew Salad	3 Openfaced Roast Beef Sandwich Mashed Potatoes Gravy Mixed Vegetables	4 Fish & Chips Tartar Sauce Coleslaw

**Rainier Senior Center Lunch Menu**

**503-556-3889**

**[www.RainierSeniors.com](http://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. \$5 for over 60 and \$7 for under 60.**

**Arrival time for congregate meal needs to be 11:45 or earlier.**

# OCTOBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  3 of Us 11 am Blood Pressure 11 AM Bingo - 2 pm <b>Hooks &amp; Needles</b> 1pm-2:30 pm	<b>4</b> <b>Breakfast 9-10 am</b>	<b>5</b>  Music by Jim Meyer Balance & Stability 11 am - 12 pm	<b>6</b> <b>Breakfast 9-10 am</b>  <b>Card Games 1 pm</b>	<b>7</b>  Music by Bo Obney
<b>10</b>  3 of Us  Blood Pressure 11 AM <b>Hooks &amp; Needles</b> 1pm-2:30 pm Bingo - 2 pm	<b>11</b> <b>Breakfast 9-10 am</b>  <b>AARP Presentation</b> <b>Frauds &amp; Scams</b> <b>1:00 PM</b>	<b>12</b>  Music by Bo Obney Balance & Stability 11 am - 12 pm	<b>13</b> <b>Breakfast 9-10 am</b>  <b>Card Games 1 pm</b>	<b>14</b>  Music by Guy & Mary
<b>17</b>  3 of Us 11 am Blood Pressure 11 AM <b>Beth Moffett</b> <b>10-12</b> <b>Hooks &amp; Needles</b> 1pm-2:30 pm Bingo - 2 pm	<b>18</b> <b>Breakfast 9-10 am</b>	<b>19</b> Balance & Stability 11 am - 12 pm  Debra Kranyak Kaiser 10 am -12 pm	<b>20</b>  <b>Michael Leipzig</b> <b>Shultz Financial</b> <b>10 am- Noon</b>  <b>Card Games 1:00pm</b>	<b>21</b>  Music by Bo Obney  <b>Breakfast 9-10 am</b>
<b>24</b>  3 of Us  Blood Pressure 11 AM <b>Hooks &amp; Needles</b> 1pm-2:30 pm Beth Moffett 11:30am -1 pm Bingo -2pm	<b>25</b> <b>Breakfast 9-10 am</b>	<b>26</b>  Music by Bo Obney Balance & Stability 11 am - 12 pm <b>AARP Driving School</b> 9 am -4 pm	<b>27</b> <b>Breakfast 9-10 am</b>  <b>Card Games -1 PM</b>	<b>28</b>  Music by Guy & Mary  <b>Susannah's Supper</b> <b>Methodist Church</b> <b>6 pm</b>
<b>31</b>  3 of Us 11 am Blood Pressure 11 AM <b>Hooks &amp; Needles</b> 1pm-2:30 pm  Bingo -2pm	<b>1</b> <b>Breakfast 9-10 am</b>	<b>2</b> Balance & Stability 11 am - 12 pm	<b>3</b> <b>Breakfast 9-10 am</b> <b>Card Games 1:00pm</b>	<b>4</b>





## Happy Birthday to our October Birthday Members

**Birthday Flower: Cosmos Birthstone: Opal**

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

10/3 Laritta Edwards  
10/4 Priscilla Drake  
10/8 Shirley Heisinger  
10/9 Gail Bonser  
10/10 Judy Colt  
10/12 Tunie Betschart

10/13 Ronald Weisenfluh  
10/15 Carla Smith-Castle  
10/18 Liz Pollock  
10/19 Beverly Oetmann  
10/20 Jim Everman  
10/22 Bill Harrel  
10/28 Lillibel Welter

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



**Help Our  
Senior Center  
Earn Money!**

**Register Today!**

We received \$59.04 for  
the Quarter from 42 families.  
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\*\*\*\***.

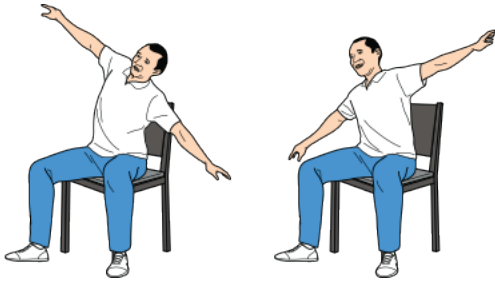
Go to [fredmeyer.com/communityrewards](http://fredmeyer.com/communityrewards)

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

## ***Volunteer of the month: Teresa McClain***

It takes special people to volunteer their time to work with others. Teresa McClain helps out at the Senior Center where she is needed including delivering Home Delivered Meals. Teresa is a part of the community that gets involved. We need more people like her. Thanks, Teresa, for all you do.





**FREE Balance and Stability Class  
put on by Rebecca Leone.**

All are welcome, no experience necessary and all exercises can be performed seated. Wear comfortable clothes.

**The classes will be  
every Wednesday  
from 11 am to 12 pm.**

**Rainier Council Meetings  
are broadcast on Comcast Cable  
channels 11, 28 and 29.**

**They will hold their meetings the  
first Monday of each month  
at 6 pm**

**AARP Presentation  
on Senior Fraud/Scams  
October 11  
1:00 pm**

Representatives of Oregon AARP will put on a discussion about current "**Frauds and Scams**" on **10/11/22**.

Current scams will be discussed, as well as what makes a human being vulnerable to being defrauded.

**Bill Hamilton of AARP** will also discuss AARP tools available for free to help you protect yourself.



**Special Events**

**Thanksgiving Dinner  
will be  
Saturday, Nov 19  
at 2 pm  
\$15/ea**

**Christmas Dinner  
December 17 at 2 pm  
\$20/ea**

**Holiday Bazaar  
November 5  
9am to 3 pm**



**Donate  
Your Return Bottles  
or Cans to  
Rainier Senior Center  
Your Donations  
are Appreciated**



P O Box 216, Clatskanie, OR 97016  
503-728-2163  
Open Monday through Thursday  
7 am-5:30 pm

## Become a Member of Rainier Senior Center



Want to get in on the fun? Want to meet other seniors? Join us for the events, activities, and just plain conversation.

**ONLY \$15 per year**

Sign up today and begin receiving our newsletter so you can plan to join us..



## Senior Center T-shirts



**S-M-L-XLrg  
\$15/ea**

**2X and 3X  
\$20/ea**

See the front desk for details.

**DRIVERS NEEDED!**  
**Check with the Desk for more details**

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



B Street Coffee  
Canterbury Inn  
Canterbury Gardens  
Columbia River PUD  
Columbia Carpet One  
Costco  
Country Financial  
Dutch Bros  
El Tapatio  
Hometown Pizza  
Kaiser Permanente  
Kerby's Fish & Chips  
Means Nursery  
Ol' Pastime Tavern  
Outpost 30  
Rainier Chevron Food Mart  
Rainier True Value  
Red Lobster  
Sound Authority  
Teri's Restaurant  
The Cornerstone Cafe  
Triangle Bowl

Cap "N' Yoby  
City of Rainier  
Columbia Food Bank  
Deer Island Grange  
Delaware Plaza  
Eagles  
Foster Farms  
Fred Meyer  
Guadalajara  
InRoads  
Miracle Ear  
Monarca mexican  
Nys Tree Farm  
Napa Auto  
Rainier Hstorical Museum  
Rainier Liquor Store  
Rainier Subway  
The Dog Zone  
United Way  
US Gypsum  
Vernie's Pizza



***"A Great Place...For Great People"***

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