



Riverside Review

Volume 2024 Issue 6 June 2024

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

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

Monday through Friday

48 W 7th Street, Rainier, OR 97048

E-mail: RainierSeniorC@gmail.com

Phone: 503-556-3889

Web: RainierSeniors.com



Rainier Senior Center Annual Elections for Board of Directors

Rainier Senior Center Annual Elections for Board of Directors will be taking place on **June 26.**

You must have been a member in good standing

by May 24 to vote in the election.

PLEASE FILL OUT YOUR ENCLOSED BALLOT AND RETURN TO THE CENTER BEFORE JUNE 26TH

New Policy Regarding Board and Members' Meetings

Starting on **Tuesday July 16th**, an 'open' Monthly Board Meeting will now include the Quarterly Members' Meeting. We encourage members to bring their ideas and suggestions to these meetings.

There will no longer be a separate Quarterly Members' Meeting.

REMINDER-You must be a member in good standing by May 24th to vote for the Board of Directors in the June 2024 election.

Board Members

President: Jan Rich

Vice-President; Debra Elliott

Secretary: Marily Tift

Treasurer: Rachel Kelley

At Large: Joanne Bernard, Scott Cooper and Clint Kelley

Multi-Media: Denise Watson

Newsletter Editor: Beth Bailey

Longview Ukulele Club

will be serenading

at the Rainier Senior Center

with a Hawaiian theme on

Thursday

June 27th

11:30 to 1pm

Be sure to dust off those leis, Hawaiian shirts, hula skirts, and ukuleles and join in for a day of fun and music.





Lions Club
is accepting
Glasses
Ink Cartridges
Cellphones
and More

Drop them in this
box in the lobby

HAVE BREAKFAST AT THE CENTER
every Tuesday and Thursday from 9 am -10 am
Omelets, Pancakes, Biscuits & Gravy Plus
sides – eggs, bacon, oatmeal
Price: \$2 - \$6
“Comfortable, Safe and Friendly” Environment

Get your Sleuthing Hat on
See Page 7
For More Details



*Father's Day
June 16
You are very special!
We appreciate you!*

Please Keep Your Contact Info Current at CRPUD

It is important for you to ensure the contact information on file with your local electric utility is current.

Having proper contact information on file helps Columbia River PUD deliver timely information to you about your account. The PUD will need to reach out to you if your account is up for disconnection, or the PUD may call to notify you about PUD work occurring in your area.

You can make sure your account information is up to date by calling CRPUD at (503) 397-0590, or by logging into the SmartHub app and going into the settings tab.



JUNE 2024

3 Beef Stroganoff Egg Noodles w/cabbage Steamed Cauliflower Pineapple Chunks	4 Turkey Lettuce Wraps Midori Blend Veg Strawberry Fluff Salad	5 Spaghetti pasta w/meat sauce Green beans Spring greens w/Blueberries & Walnuts	6 Chicken legs Rice Pilaf Normandy Veg Cucumber dill salad	7 Spinach & Fish Rolls Pasta Primavera w/ whole grain pasta Berries w/yogurt
10 Meat loaf Potato Au Gratin Steamed broccoli Fruit cocktail	11 Chicken Enchilada Bake Corn tortillas Mixed baby greens w/ vinaigrette dressing Sliced peaches	12 Polynesian Pork Stir fry veg Brown rice Broccoli slaw	13 Beef taco Salad Lettuce/tomato/onion Mexicali corn Corn chips Berry citrus salad	14 Chicken Fried Steak Mashed Potatoes w/gravy Pacific Blend Veg Cucumber & tomato salad FATHER'S DAY
17 Hamburger steak w/gravy Mashed potatoes Green beans/onions Fruit salad	18 Baked chicken Baked yams Meadow Veg Cranberry Salad	19 Tuna salad on ½ pita Vegetable soup Strawberries w/yogurt	20 Pork & apple stew (potato/carrot/apple) Sautéed zucchini Pea salad Biscuit	21 Spinach Alfredo Lasagna Italian green beans Garlic bread Dessert fruit cup
24 BBQ Chicken Baked beans Summer Blend Veg Fruit Salad w/bananas	25 Baked fish w/cornmeal crust Country Veg blend Cabbage slaw Broccoli	26 Scalloped Cauliflower w/ham Stewed Tomatoes Carrot Salad Yogurt	27 Crustless broccoli quiche Monaco veg Cantaloupe Roll	28 Herb roasted turkey Mashed potatoes w/gravy Antiqua Beg Mix Mixed Berry Salad

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: \$6 for over 60 and \$8 for under 60.

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

June Events

<p>3</p> <p> 3 of Us 11 am</p> <p>Technology Class 1 pm</p>	<p>4</p> <p>Breakfast 9-10 am</p>	<p>5</p> <p> Music by Al Barr</p>	<p>6</p> <p>Breakfast 9-10 am</p> <p>Card Games 1 PM</p>	<p>7</p> <p> Music by Nehemiah Brown</p>
<p>10</p> <p> 3 of Us 11 am</p> <p>Blood Pressure 11 am to Noon</p> <p>Hooks & Needles 1pm-2:30 pm</p> <p>BINGO- 6 PM</p>	<p>11</p> <p>Breakfast 9-10 am</p>	<p>12</p>	<p>13</p> <p>Breakfast 9-10 am</p> <p> Music by Boursaw Bros</p> <p>Card Games 1 pm</p>	<p>14</p> <p> Music by Judy Faulkner</p> <p>Fathers Day Luncheon</p>
<p>17</p> <p> 3 of Us 11 am</p> <p>Blood Pressure 11 am to Noon</p> <p>Hooks & Needles 1pm-2:30 pm</p> <p>BINGO- 6 PM</p>	<p>18</p> <p>Breakfast 9-10 am</p> <p>Senior Movie "Secondhand Lions" 1pm</p>	<p>19</p>	<p>20</p> <p>Breakfast 9-10 am</p> <p>Summer Begins</p> <p>Card Games 1:00pm</p>	<p>21</p> <p> Music by Guy & Mary</p> <p>22 City-Wide Sale 8 am to 3 pm</p>
<p>24</p> <p> 3 of Us 11 am</p> <p>Blood Pressure 11 am to Noon</p> <p>Hooks & Needles 1pm-2:30 pm</p> <p>BINGO- 6 PM</p>	<p>25</p> <p>Breakfast 9-10 am</p>	<p>26</p> <p>Board Election Ballots Due</p> <p>Quarterly Members Meeting 1 pm</p>	<p>27</p> <p>Breakfast 9-10 am</p> <p> Music by Longview Ukulele Club Hawaiian Theme</p> <p>Card Games 1 PM</p>	<p>28</p> <p> Music by Boursaw Bros</p> <p>Last Friday Films Jaws 6 pm</p> <p>Susannah's Supper Methodist Church 6 pm</p>

Meals Served for April: 1257

Volunteer Hours: 709



**Happy Birthday to our
June Birthday Members**
Birthday Flower: Rose Birthstone: Pearl
 If your birthday is not listed or wrong, please contact the reception desk

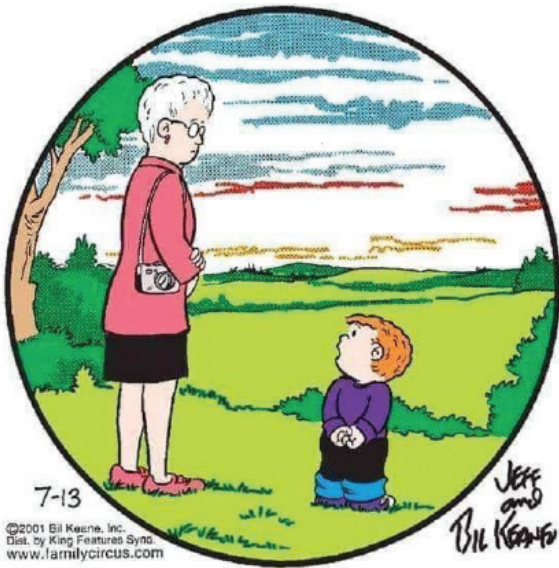
- 6/5 Mary Ann Curtis
- 6/8 Barbara Russell
- 6/9 Dave Sartin
- 6/12 Melanie Ford
- 6/12 Eleanor Hanson
- 6/13 Elaine Carey
- 6/13 Thurston Newkirk
- 6/14 Barbara Cole



- 6/14 Henry Earl Singleton
- 6/15 Cliff Houghtlen
- 6/15 Astrid Kellar
- 6/15 Dale Novotny
- 6/16 Alice Redding
- 6/22 Virginia Patton
- 6/26 Henry Heimuller
- 6/28 Buzz Beck
- 6/28 Cathy Wood

**Check in on the progress for our new
Dining Room Chairs fundraiser.**

If you haven't had a chance for a 'sample' sit and to place your 'yes' or 'no' vote, you can do so in the dining room. Your donations will help us reach our goal. Thank you!



7-13
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 www.familycircus.com

"Was the world in color when you were little, Grandma, or was it still just black and white?"

LAST FRIDAY FILMS
 Rainier City Library sponsors,
 'Last Friday Films'
 movie entertainment for the family.
'Last Friday Films'
June 28
at 6 pm
at Rainier Senior Center
 Film to be shown is
"Jaws"

**PLAN FOR YOUR SUMMER EVENTS AT
THE RAINIER SENIOR CENTER!**

Whether it's Birthdays, Anniversaries, Weddings, Baby Showers, Family Reunions. Everything you need to get the party started is located right here.

See our Website for details.

**Volunteers
Needed!**
Check with the desk

We serve
Home Delivered Meals
so no senior goes hungry.



JUNE EVENTS

June 14

Fathers' Day Luncheon

Mark your calendars for Father's Day Luncheon on June 14th. Remember that special someone.

You do not need to be a member to attend.



Movie For Us Seniors

June 18th at 1 PM

Fourteen-year-old, Walter Caldwell (Haley Joel Osment) spends the summer with his two great-uncles, Hub (Robert Duvall) and Garth, (Michael Caine) on their farm, after his irresponsible mother Mae sends him there so that she can go on yet another husband-hunting trip.

First Monday Technology Class



Assistance with: iPads, SmartPhones, Printers, FM Reward Card, Computer Questions.

with Scott Cooper

June 3

1 PM



City Wide Sale Saturday June 22

8 am to 3 pm

Visit the many tables at the Rainier Senior Center for a variety of items and become acquainted with what the Center has to offer.

The kitchen will be selling lunches
from 10 am to 2 pm.

Meal includes - grilled hamburgers, hot dogs chips, drink, potato salad, and cookie. YUMMMM!

June 27

Longview Ukulele Club

11:30 am-1:00 pm

See more info on Page 1

June 28

Last Friday Film
JAWS



- 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

Upcoming JULY EVENTS

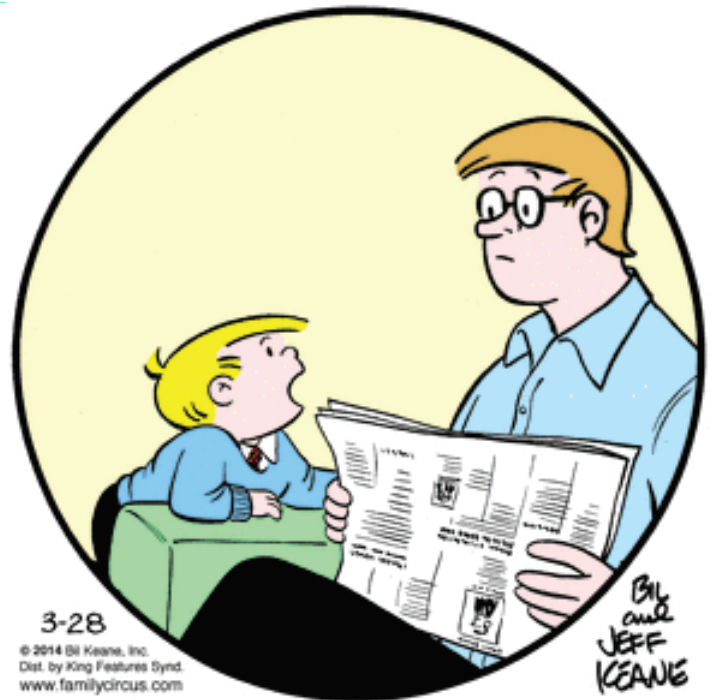
■ Wednesday - Movie Mystery Day

Put on your Sleuthing Hat! Starting in July we will have a Wednesday Movie-Mystery Day. During the preceding week daily clues will be given at lunch time hinting at the name of an upcoming Wednesday movie. You will drop your guess with your name in the box provided and anyone guessing the correct name will be given a 'treat' for their correct guess.

Free movie with available concessions

■ County Fair - July 17th Senior Day

Check with the desk and ask about transportation to this event.



“Daddy, was there ever a time when people thought you were cool?”

**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.

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 \$20 per year

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

**Help our Nutritional Program
by Donating
Your Recyclable Cans or Bottles**



Your donations are greatly appreciated



Beth Moffett
Licensed Broker

Phone: 503.987.1113
Toll-Free: 1.800.424.1199 -
Fax: 503.987.1769
P.O. Box 859
Scappoose, OR 97056
beth@understandingmymedicare.com

www.UnderstandingMyMedicare.com



**P O Box 216, Clatskanie, OR 97016
503-728-2163**

**Open Monday through Thursday
7 am-5:30 pm**

Canterbury Inn
Canterbury Park
City of Rainier
Columbia Food Bank
Cornerstone Cafe Rainier
Country Financial
Deer Island Grange
Delaware Plaza
Deli & Mart
Dog Zone
Dutch Bro's
Eagles
El Tapatio
Eminence Hair Salon
Flowers & Fluff
Fred Meyer
Grocery Outlet
InRoads

Kaiser Permanente
Kirby's Fish & Chips
Lowe's
Means Nursery
Memaw's Attic
Miracle Ear
Nys Tree Farm
Ol' Pastime Tavern
Pie Trio's
Rainier True Value
Red Lobster
Rainier Oregon Historical Museum
Safeway
Sound Authority
Stuffy's
Sugar Pearl
Triangle Bowl
Tsugawa Garden & Wellness
United Way



"A Great Place...For Great People"

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