



Riverside Review

Volume 2025 Issue 7 July 2025

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

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

Monday through Friday

Phone: 503-556-3889

Web: RainierSeniors.com

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

BREAKFAST TO GO!

Rainier Riverfront Center
(Rainier Senior Center)
Before Sunday Church services
at 11:00 am during "In the Park"

Biscuits and Gravy \$10

Burrito

**(sausage, eggs, potatoes, etc.)
\$10**

Your choice: Cup of Coffee,
Tea or Chocolate Milk

July 13th 8am – 10am
Front Door



New 2025-2026

Board Members

President: **Jan Rich**

Vice-President: **Marcia Roberts**

Secretary: **Dennis OBrien**

Treasurer: **Rachel Kelley**

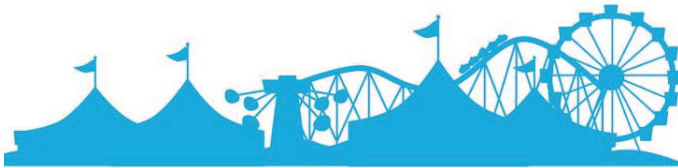
At Large: **Marilyn Tift, Clint Kelley
and Keith Ekstrom**

Multi-Media: **Denise Watson**

Newsletter Editor: **Beth Bailey**

Newsletter Associate: **Dorothy Gillhoover**

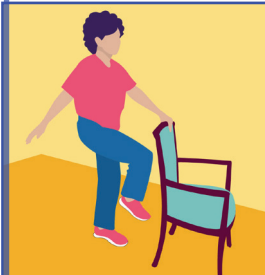
RAINIER DAYS IN THE PARK **July 11, 12, 13**



The 'Princess Tea' gathering at Riverfront Center for Sharon Jump was a success. Tea and cake were served to a house filled with Sharon's friends as well as past prince, princesses, and queens.

Sharon represents Rainier in the Columbia County My Fair Lady pageant. You can also catch Sharon in the parade during Rainier Days in the Park on Saturday, July 12th.

Chair Yoga with Sharon Erdman



Every Wednesday
at 10:00am
Center library area
You will be more comfortable
in stretchy/roomy garments.

Sign up fee: \$20 month

Class runs for
approximately 1 hour

You'll be amazed at what you can
accomplish in a chair!



Starting July 1, RiverCities Transit departs Longview 5 times each weekday and returns from Rainier 4 times each weekday on route 433 timetable. Pick up information at the Rainier Riverfront Center front desk for more details.

18 and younger - Free

19-64 Day Pass \$2 One-way \$1

Over-65 Day Pass - \$1

One-way .50¢

OVERCOMERS OUTREACH

will be holding meetings at the Rainier Riverfront Center, (dba Rainier Senior Center), every, **Tuesday from 6pm to 7:30.** They offer a recovery program for those struggling with the disease of substance abuse and hopelessness as well as for those who support them. They offer a 12-step Christian-based program to help provide solutions. They also have meetings in Scappoose and Deer Island.

Ralph Fawcett 360-606-2211 or

Tom Hagstrom 360-431-0361

www.overcomersoutreach.org.

Everyone welcome!

Senior Friendship & Loneliness Line

503-200-1633

800-971-0016

800-282-7035

SeniorLonelinessLine.org

Columbia River Maritime Museum

July 25 Presentation at 1 pm: ‘

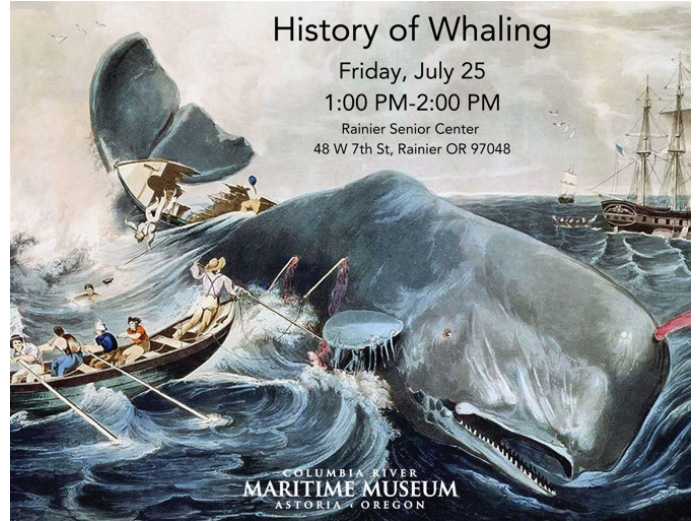
History of Whaling

Friday, July 25

1:00 PM-2:00 PM

Rainier Senior Center

48 W 7th St, Rainier OR 97048



Cooling Tips From CRPUD

You can save on your electric costs this summer by following these tips from the Energy Experts at Columbia River PUD:

1. Use fans instead of air conditioners. Fans increase air movement, which can make you feel up to five degrees cooler. They use less energy than air conditioners. Just remember to turn fans off when you leave a room because fans don't actually cool a room, they simply make you feel cooler.
2. Clean or replace your furnace filter regularly. This will help your air conditioner run more efficiently.
3. Cook more meals in your microwave or on an outdoor grill. This will heat your food without heating your home. Or eat meals like salads and sandwiches that don't require cooking.
4. Set your thermostat to 78 degrees or higher to save energy.
5. Close windows, doors, and blinds on hot days. Open them when it cools down to let breezes through.

Find more suggestions for summer savings at crpud.net/staycool.



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY

JULY MENU 2025

30 Patty Melt Rye Bread Grilled Onions Tater Tots	1 Cajun Style Pork Chops Chefs Rice Vegetable Mix Pears	2 Clam Chowder Garden Salad Tomatoes & Cucumbers Orange Wedges	3 Spaghetti w/ meat sauce Green Beans Mixed Green Salad Bread Sticks	4 CLOSED Happy Fourth
7 Chicken Tenders Bow Tie Salad (broccoli / mushroom / Snow peas Sunshine salad	8 Navy bean Soup Egg Salad Sandwiches WW Bread Peaches	9 Glazed Meat Loaf Herb Roasted Potatoes Veggies Cottages cheese w/ Tomatoes	10 Grape Tomato Salad w / white bean Mixed Baby Greens Fruit Medley WW Roll	11 Asian Style Tuna Burger Hamburger Bun Stir Fry Veg. Baked Apples Carrot / Raisin Salad
14 Tuna Noodle Casserole Steamed Broccoli Apple Salad	15 Lasagna Roll-up Mixed Vegetable Spring Greens w/ Blueberries/ Walnuts	16 Grilled Cheeses Sandwiches Tomato Basil Soup Fruit Salad	17 Pork Chops W/ orange/ Cranberry Sauce Butternut Squash	18 Chefs Choice Pasties Veggies Green Salad
21 Pork Chops W/ orange/ Cranberry Sauce Butternut Squash	22 Stir Fry Chicken Veg. Blend Steamed Rice Pear Laves Fortune Cookie	23 Lentil Stew w/ Italian Sausage Cheese Sticks Tuscan Veg. Apple/Orange slices	24 Cheese Burger Hamburger Bun All the Fixings Potato Salad Berries w/yogurt	25 Beef Pot Roast w/ Mushrooms Roasted Veggies. Peas & Carrots Cottage Cheese w/ Pineapple
28 Baked Chicken Parslied Potatoes Veggie Mix Coleslaw Mandarin Orange	29 Spinach Alfredo w/ Penne Noodles Mixed Veg. Green Beans Bread	30 Ham Scalloped Potatoes Country Vegetables	31 Chicken Fried Steak Mashed Potatoes Veg. Mix Jello 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: \$7 for over 60 and \$10 for under 60.

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

July Events

	1 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	2 Breakfast 8:30-9:45 am Chair Yoga 10 am	3 Breakfast 8:30-9:45 am Card Games 1:00pm	4 CLOSED 
7  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Tech Help 1:00 pm with Scott Cooper BINGO- 6 PM	8 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	9 Breakfast 8:30-9:45 am Chair Yoga 10 am	10 Breakfast 8:30-9:45 am Card Games 1 pm	11 Rainier Days in the Park Begins 12 Days in the Park Parade 13 Breakfast To Go at Center
14  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO - 6 PM	15 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	16 Breakfast 8:30-9:45 am Chair Yoga 10 am Seniors Free Day at Columbia County Fair	17  Carlos Standfield Breakfast 8:30-9:45 am Card Games 1:00pm	18
21  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	22 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	23 Breakfast 8:30-9:45 am Chair Yoga 10 am Membership Meeting 1 pm	24  String Thoeree Ukulele Breakfast 8:30-9:45 am Card Games 1:00pm	25  Music by Guy & Mary CRMM Presentation 1 pm History of Whaling Susannah's Supper Methodist Church 6 pm
28  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	29  Chillin' Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	30 Breakfast 8:30-9:45 am Chair Yoga 10 am	31 Breakfast 8:30-9:45 am Card Games 1:00pm	

Meals Served for May: 1102

Volunteer Hours: 190



Happy Birthday to our July Birthday Members

Birthday Flower: Waterlily Birthstone: Ruby
 Birthday is not listed or wrong, please contact the reception desk

7/1	Terri Sexton	7/13	Martha Vanatta
7/2	Steve Lipari	7/15	Jim Bardonski
7/3	Janet Sledgley	7/20	Lea Broome
7/6	Robert Vanatta	7/20	Harold Morton
7/8	Connie McGlone	7/23	Randy Bailey
7/10	Sandra Fjeldheim	7/23	Leslie Madison
7/10	Robert Stone	7/27	Anna Jeffers
7/12	Darlene Pearce		



For July we are honoring Laritta Edwards

Laritta has lived in Rainier all of her life. She has volunteered at the Rainier Senior Center from its inception at the 7th Street address. She volunteers in the dining room helping during lunches and also during Bingo.

Laritta has raised her own 6 children along with helping with her 14 grandchildren. Before her children came along she worked in banking as a teller and as an administrative assistant at Fiber in Longview.

She is quite the seamstress. She has made her own clothes and clothes for her children. Her really big project was for her youngest daughter's wedding when she made her daughter's wedding dress, two flower-girl dresses and five bridesmaid's dresses! She said she was lucky to have plenty of time in advance due to all the different fitting sizes she encountered. In her spare time she likes to read to unwind. Currently she is reading Mysteries, but picks up any genre that looks interesting. Laritta is an important addition to the Rainier Senior Center Staff



City-Wide Garage Sale at Rainier Riverfront Center

brought in **\$661** for Rainier Senior
Center Meal Program.

Thank you to all who participated and helped.



Rainier Senior Center has received a generous \$2500 grant from TJ MAX for our Home Delivered Meals program.
 THANK YOU, TJ MAX for helping us to continue our mission of providing these meals.

JULY EVENTS

July 12

Rainier Days in the Park Parade
with Sharon Jump

July 11-13

Rainier Days in the Park

July 23

Membersjip Meeting
due to conflict with County Fair

CRMM Presentation July 25

at 1 pm after lunch:
The History of Whaling

Watch for a new Newspaper! It will be available every Thursday at the front desk. The Wahkiakum County Eagle will be using the Rainier Riverfront Center as one of its distribution points and the Rainier Chamber of Commerce will be working towards securing a page of the publication of news from the Rainier Community. The paper will cost \$1 of which 30 cents will be donated to the Rainier Senior Center. Pick up a copy for future news of Rainier events and interesting community happenings.

Park Your Car at the
Rainier Senior Center

\$5 per vehicle

Starts at 4 pm

For viewing the Fireworks





**First Monday
Technology Help**

Bring your questions.
with Scott Cooper
July 7
1 pm
**Signing up for
Fred Meyer Rewards**



DAYS IN THE PARK PARADE!

Saturday July 12th

"Christmas in July"

Rainier's 2025 Princess - Sharon Jump

Candy Canes will fly and Sharon is all
'wrapped up' and ready!



- 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

Coming in August



ICE CREAM SOCIAL with Corn Hole August 13 – 1pm

Rainier Riverfront Center – Sun Room
Sponsored by Monticello Park

July 16 FREE Senior Day at the Columbia County Fair

Sharon Jump will be representing Rainier as one of the Princesses. Be sure to sign up for transportation at the Front Desk.



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



UNDERSTANDING MY MEDICARE



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



Become a Member of the Rainier Riverfront Center (Rainier Senior Center)

Want to get in on the fun? Want to meet others with like interests?

Join us for the events, activities, breakfast, or lunch and live music. Shop in our Gift Shoppe. No age requirement. Sign up today and begin receiving our monthly newsletter so you can plan to join us. 503-556-3889 for information.

FRED MEYER Community Rewards Sign-up Monday July 7 at 1pm

Bring your phone and Fred Meyer Reward Card. Your purchases at Fred Meyers bring rewards for Rainier Senior Center.



Canterbury Inn
Canterbury Park
City of Rainier
Columbia Bake House
Columbia Food Bank
Cornerstone Cafe Rainier
Country Financial
Deer Island Grange
Delaware Plaza
Deli & Mart
Dog Zone
Eagles
El Tapatio
Elevate Coffee & Decor
Flowers & Fluff
Fred Meyer
Grocery Outlet
Home Town Pizza

InRoads
Samuel L. Johnson Foundation
Kaiser Permanente
Kiss My Glass
Lowe's
Means Nursery
Mee Maw's Attic
Miracle Ear
MZ Collectibles
Nys Tree Farm
Ol' Pastime Tavern
Rainier Liquor Store
Rainier Oregon Historical Museum
Rainier True Value
Rightline Equipment
Safeway
United Way



"A Great Place...For Great People"

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