



Riverside Review

Volume 2025 Issue 6 June 2025

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 City-Wide Garage Sale

June 21- 8 am to 3 pm

TABLE RENTAL \$10

For those interested in participating in the **June 21, 2025**, City-wide Sale, you may rent a table at the Rainier Senior Center.

\$10 table rental - **limit 2**. 503-556-3889

Grilled Hamburger and Hot Dog

Lunch Available



Last Day to Vote June 16

Rainier Senior Center

Election Results June 18



Chair Yoga with Sharon Erdman

Every Wednesday
starting June 4th
at 10:00am

Center library area

You will be more comfortable
in stretchy/roomy garments.

Class runs for
approximately 1 hour
You'll be amazed at what you can
accomplish in a chair!

Board Members

President: *Jan Rich*

Vice-President: *Keith Ekstrom*

Secretary: *Susan Arrington*

Treasurer: *Rachel Kelley*

At Large: *Marilyn Tift, Clint Kelley
and Joanne Bernard*

Multi-Media: *Denise Watson*

Newsletter Editor: *Beth Bailey*

Newsletter Associate: *Dorothy Gillhoover*



Father's Day Luncheon

June 13, Noon-1 pm

Bring your special loved one

\$10-under 60; \$7- over 60

Suggested Donation

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

**June 27 Presentation at 1 pm: ‘
Tillamook Lighthouse**



Tillamook Rock Lighthouse, also known as “Terrible Tilly”, is a historic lighthouse located off the coast of Oregon. The lighthouse is perched on a rock formation about a mile offshore from Tillamook Head, near Seaside, Oregon.

July 25- The History of Whaling

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) 397-1844, or by logging into the SmartHub app and going into the settings tab.



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY



JUNE 2025



2 Minestrone Soup Cheese Sticks Sunshine Salad	3 Ritz Chicken Casserole Green Beans Sauteed Apples Romaine Salad	4 Shredded Beef Tacos Corn Tortillas Black Bean Salad Pineapple	5 Scalloped Ham & Potatoes Summer Squash Beets Waldorf Salad	6 Pot Roast Potatoes/ Carrots/ Mushrooms Roasted Brussel Sprouts
9 Meatloaf Mashed Potatoes w/ Mushroom Gravy Baked Zucchini Peaches	10 Chicken Chow Mein Rice/ crispy noodles Oriental Veggies Fruit Salad	11 Baked Ham Baked Sweet Potatoes Green Bean Cass. Cranberry/ Pineapple	12 Hot Turkey Sandwich Mashed Potatoes Bread Slice Turkey Gravy Vegetables Cantaloupe	13 Chicken Fried Steak Mashed Potatoes Country Gravy Vegetables Salad
16 Navy Bean w/ ham Spinach Salad Lime Jello w/ Pears Corn Bread	17 Hamburger Lettuce/ tomato/ onion Bun Baked Beans Potato Salad	18 Salmon Loaf Seasoned Potatoes Green Beans Fruit salad	19 Open Faced Hot Roast Beef San Mashed Potatoes Gravy Broccoli Cauliflower Fruit	20 Zucchini Lasagna Italian Mixed Vegetables Green Salad Apricot Halves Garlic Toast
23 Beef Stew Potatoes/ carrots/celery Mixed Green Salad Spinach? Peaches	24 Breakfast Casserole/ Turkey Sausage Hash browns Veggies Orange slices	25 Macaroni & Cheese Peas & Carrots Broccoli Salad Dried Cranberries	26 Clam Chowder Turkey Sandwich Asian Coleslaw Fruit Coleslaw	27 Fried Chicken Mashed Potatoes Sauteed Yellow Squash Carrot Salad
30 Patty Melt Rye bread Grilled onions Tater Tots				

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.

June Events

2  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Technology Help 1 pm BINGO- 6 PM	3 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	4 Breakfast 8:30-9:45 am Chair Yoga 10 am	5  Carlos Standfield Breakfast 8:30-9:45 am Card Games 1:00pm	6  Music by Guy & Mary
9  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	10 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	11  Chillin' Breakfast 8:30-9:45 am Chair Yoga 10 am	12 Breakfast 8:30-9:45 am Card Games 1 pm	13  Music by Boursaw Bros  Luncheon
16  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO - 6 PM Last Day to Vote for RSC Board	17 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm Princess Tea 1 pm	18 Breakfast 8:30-9:45 am Chair Yoga 10 am Membership Meeting 1 pm	19 Breakfast 8:30-9:45 am Card Games 1:00pm	20  Music by Guy & Mary
23  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	24 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	25 Breakfast 8:30-9:45 am Chair Yoga 10 am	26  String Thoeree Ukulele Breakfast 8:30-9:45 am Card Games 1:00pm	27  Music by Boursaw Bros CRMM Presentation 1 pm Tillamook Lighthouse Susannah's Supper Methodist Church 6 pm
30  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	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

Meals Served for April: 1142

Volunteer Hours: 572



Happy Birthday to our June Birthday Members

Birthday Flower: Rose Birthstone: Pearl

Birthday is not listed or wrong, please contact the reception desk

6/5	Mary Ann Curtis	6/21	Jane Hooper
6/8	Barbara Russell	6/22	Virginia Patton
6/9	Dave Sartin	6/26	Henry Heimuller
6/13	Elaine Carey	6/28	Buzz Beck
6/13	Thurston Newkirk	6/29	Scott Cooper
6/14	Henry Earl Singleton	6/29	Ron Emerick
6/15	Cliff Houghtlen	6/29	Jeanne Ryan
6/15	Dale Novotny	6/30	Bill Ryan
		6/30	Sandie Scholten



For June we are honoring Alice Cash

Alice volunteers at the Rainier Senior Center in the dining room. She has been a member and valuable volunteer for 17 years, since the beginning of the Center. Alice is a people-person as she says, she "loves helping others". Alice and family moved to Rainier in 1999 from Portland and purchased a home to remodel, where she still lives. She remembers hand-planting the trees on their acreage as a member of The Tree Club.

As early as 5 years old Alice started singing in their Lutheran church. At 8 years of age, she appeared on TV's Stars of Tomorrow. She has appeared in professional Opera and is blessed with a voice ranging up to high E#.

Alice has always wanted to visit Spain and check out her ancestry which goes as far back as European Spanish Royalty, but so far she hasn't bought that ticket. Who knows what Alice might do in the future? Her life has been full of many ventures, and she still plans to enjoy what comes next.



The Rainier Senior Center is pleased to have received two generous donations from the Singleton family in support of our Home Delivery meal program.



**Thank You for
Helping Clean Our
"Little Corner
of the World"**

City of Rainier - 503-556-7301

Princess Tea Social



**Tuesday June 17
1 pm**

at Rainier Riverfront Center

A Tea Social honoring Sharon Jump Rainier Senior Center's 2025 Columbia Co. Fair Princess. Spend an hour over tea and sweets meeting Sharon.
All welcome.

JUNE EVENTS

June 13

Father's Day Luncheon

June 18

Rainier Senior Center Board
Election Results

June 21

Rainier City-Wide Garage Sale

CRMM Presentation June

at 1 pm after lunch:
Tillamook Lighthouse

Thank You United Way!

Rainier Senior Center expresses its gratitude for being included in the United Way's generous donation program in 2025. It is donations such as these which helps maintain our nutrition program throughout the year.

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.

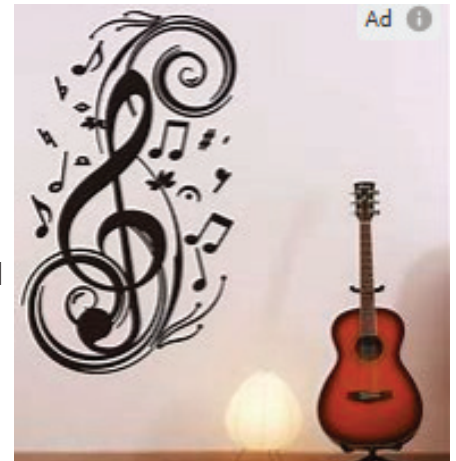
Country Western Line Dancing? If enough people are interested we will bring on a teacher. Please sign up at the Front Desk.



**First Monday
Technology Help**

Bring your questions.
with Scott Cooper
June 2
1 pm
**Signing up for
Fred Meyer Rewards**

New Musical
One Man Band
by
Carlos Standfield
Thursday
June 5th



Line Dancing

If interested in Line Dancing,
Sign up at the Front Desk.
If there's enough interest, we'll get a
dance instructor



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 - Wealth Management
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your complimentary consultation.

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503-543-3844

**FRED MEYER Community Rewards Sign-up
Monday June 2 at 1pm**

Bring your phone and Fred Meyer Reward Card.

Your purchases at Fred Meyers bring rewards for Rainier Senior Center.

Mother's Day Quilt Auction

The Lucky person winning the beautiful hand-made quilt was Sandy Scholten. The raffle brought in \$55 for the Center.

Coming in July

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



July 25 CRMM - History of Whaling



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



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**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.

**BULLYING
The Unseen Brands We Give
People**

I am finding it difficult not bringing some things to light, but I truly feel very strongly about this subject. It saddens my heart to see or hear that people are being bullied. I understand bullying is not just the kids as I see it more and more, including our Senior generations. Why? Why do we have to treat people in a mean way?

As adults and moral compasses for younger generations we need to think really hard concerning how we come across with things we say and how we say it to others. We do not know peoples life stories, where they've been or trials they are going through. If you're having a bad day, have a bad day but please do not take it out on others. It doesn't matter if there are things that you don't agree with concerning others but show people respect and consideration. Unless you know their whole story, not just rumors, be kind and ignore gossip.

In a world so full of discontent, hate, we have people in this town that can't afford food, let alone have a place to live, We are a community and we should start acting like one. Whether you like someone or dislike someone, and maybe, just maybe you might make someones day a little brighter and a little less of a struggle.

Be MINDFUL of your words and your actions.

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