



Riverside Review

Volume 2025 Issue 5 May 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

Does anyone remember dancing around the May Pole? Or hanging May baskets on neighbors doors?

The earliest known May celebrations appeared with the festival of Flora, the Roman goddess of flowers, held from 27 April to 3 May during the Roman era.

Early European settlers of the Americas brought their May Day traditions with them, and May Day is still celebrated in many parts of the United States, with customs that vary from region to region.

In Hawaii, May Day is also known as Lei Day, and it is normally set aside as a day to celebrate island culture in general. The best known modern May Day traditions, observed both in Europe and North America, include dancing around the maypole and crowning the Queen of May.

In some parts of the United States, May baskets are made. These are small baskets usually filled with flowers or treats and left at someone's doorstep. The giver rings the bell and runs away. HAPPY MAY DAY MEMORIES!



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*



May 9 Mothers' Day Lunch

A single day or festival, such as Mother's Day, can mean so many different things across cultures. That is exactly what the enclosed flyer show us.

Whatever the reason, it is always a great idea to love the women in your life and give them an extra reason to smile. Bring that Special Someone in your life to lunch!



Line Dancing

If interested in Line Dancing,
Sign up at the Front Desk.

If there's enough interest, we'll get a dance instructor

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

May 23rd Presentation: ‘
Why Can’t I touch That?’
Preserving Collections for Years to Come.



June Presentation:
Tillamook Rock Lighthouse.

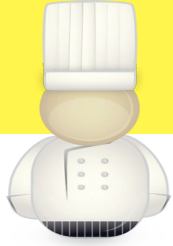
Safety Tips for Extension Cord Use

May is National Electrical Safety Month. Your friends at Columbia River PUD would like to remind you to stay safe around electric appliances, equipment, and power lines. To help, here are some safety tips for best practices with extension cords:

- Never use extension cords as a constant, long-term extension of your electric system. Continuous use can damage your cord and possibly result in dangerous shock or fire.
- Never plug a space heater or electric blanket into an extension cord or power strip.
- Never plug two extension cords together. Consider installing additional outlets where needed instead.
- Make sure your extension cord or power strip is properly rated for the device that will be plugged into it, and is marked for either indoor or outdoor use.
- Regularly inspect extension cords for damage. Please stay safe around electricity. For additional electric safety tips, visit www.crpud.net/safety. Please also contact the PUD if you notice trees growing into or close to power lines. You can call the PUD at (503) 397-1844 or complete a tree trimming request form online at www.crpud.net/trees.



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY



May 2025

28 Clam Chowder Cheese Sandwich Fruit Medley Crackers	29 Sweet & Sour Meatballs Steamed Brown Rice Mixed Veggie Fruit	30 Turkey Kielbasa Sauerkraut Veggies Mandarin Oranges Bread	1 Beef Stew Potatoes & Carrots Biscuit Green Salad	2 Macaroni & Cheese w/ Chicken Salad Fruit
5 Chicken Fried Steak Mashed Potatoes Country Gravy Broccoli	6 Spaghetti w / meat sauce Mixed Vegetables Fruit Bread Stick	7 Salisbury Steak Egg Noodles & Cabbage Green Beans Roll	8 Corn Chowder Sandwich Croissant Fruit	9 Meatloaf Mashed Taters Brown Gravy Pea Salad Orange Slices
12 Pork Roast Red Cabbage & Apples Corn Fruit Salad	13 Malibu Chicken Savory Rice Pilaf Mixed Veggies Apricots	14 Macaroni & Cheese Broccoli Normandy Fruity Salad	15 Tamale Pie Spiced Apples Steamed Broccoli Garden salad	16 Grilled Chicken Salad Orange Glazed Carrots Yogurt w / Berries
19 Sheppard Pie Sauteed Veggies Garden Salad Fruit	20 Crustless Ham Quiche Veggies Fruit English Muffin	28 Cordon Bleu Casserole Wild Rice Pilaf Veggie Mix 3 Bean Salad	22 Bratwurst w / Sauerkraut German Potato Salad Mandarin Oranges	23 Split Pea Soup Side Salad Cucumber & Sourcream Peach's
26 Roast Beef w / mushroom Gravy Roasted Potatoes Broccoli & Cauliflower Sunshine Salad	27 Chicken Enchilada's Corn Chips and Salsa Refried Beans Fruit Cocktail Veggies	28 Baked Turkey Dressing Mashed Potatoes Corn Cranberry sauce Cranberry Jello Salad	29 Chef Salad all the good stuff in it. Roll	30 Tater Tot Casserole Green Beans Cole Slaw

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.

May Events

<p>Chillin' will be returning in June. Neemiah Brown will be making his final performance on May 30.</p>		<p>1 Breakfast 8:30-9:45 am Card Games 1:00pm</p>	<p>2  Music by Guy & Mary</p>	
<p>5  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Technology Help 1 pm BINGO- 6 PM</p>	<p>6 Breakfast 8:30-9:45 am AARP Tax Help Overcomers Outreach 6:00-7:30 pm</p>	<p>7 Breakfast 8:30-9:45 am</p>	<p>8 Breakfast 8:30-9:45 am Card Games 1 pm</p>	
<p>3 City Wide Clean Up 8 am - 12 pm</p>	<p>12  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO - 6 PM</p>	<p>13 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm</p>	<p>14 Breakfast 8:30-9:45 am Deadline for Board Position Paperwork</p>	
<p>15 Breakfast 8:30-9:45 am Card Games 1:00pm</p>	<p>16  Music by Boursaw Bros</p>	<p>19  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 6 PM</p>	<p>20 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm</p>	
<p>17 8 am-Noon Hazardous Waste Disposal</p>	<p>21 Breakfast 8:30-9:45 am</p>	<p>22  String Thoeree Ukulele Breakfast 8:30-9:45 am Card Games 1:00pm</p>	<p>23  Music by Boursaw Bros Susannah's Supper Methodist Church 6 pm</p>	
<p>26 CLOSED</p>	<p>27 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm</p>	<p>28 Breakfast 8:30-9:45 am</p>	<p>29 Breakfast 8:30-9:45 am Card Games 1:00pm</p>	
<p>30  Music by Neemiah Brown CRMM Presentation 1 pm</p>				

Meals Served for March: 1175

Volunteer Hours: 760



**Happy Birthday to our
May Birthday Members**
Birthday Flower: Hawthorne Birthstone: Emerald
 Birthday is not listed or wrong, please contact the reception desk

- | | | | |
|------|----------------------|------|------------------|
| 5/3 | Shirley Cole-Johnson | 5/17 | Delores West |
| 5/4 | Elaine Coffman | 5/18 | Nancy Barron |
| 5/4 | Paul Langner | 5/20 | Cheryl Dodge |
| 5/9 | Sam Wardle | 5/20 | Gloria Nelson |
| 5/10 | James Nicola | 5/25 | Susie Wellington |
| 5/15 | Connie Budge | 5/30 | Larry Wallace |
| 5/16 | Linda Gannon | 5/30 | Kelly West |
| 5/17 | Ray Johnson | | |



**For May we are honoring
Marily Tift**

Marily is a longtime member and volunteer at Rainier Senior Center. Marily started back in 2010, taking the reins in the Gift Shoppe after first helping in the kitchen and at the front desk. The Gift Shoppe was original set up for one day a week until Marily changed that to 5 days a week, as it is today. Marily was born in Longview but completed schooling in Rainier, Oregon. After she graduated high school she had a career with the State of Oregon, back when computers used punch cards with much maintenance, which she can attest to. Growing up in Rainier, Marily has seen many changes, saying the site of the Rainier Senior Center was once log piles and river water! Marily crochets and knits many wonderful articles for the Gift Shoppe. She also loves music and singing which she inherited from her grandfather who immigrated from Denmark to the United States in 1904, and who entertained with his dance band on the ship. You will also find some of Marily's family history at the Rainier Oregon Historical Museum.



**MAY 3, 2025 Saturday
Rainier Citywide Clean-up
8 am to 12 pm**

Across the street from the Rainier Riverfront Center on West A street. The Center will be accepting cash donations for the Center and food/money for Hope Food Bank.



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

City of Rainier - 503-556-7301



Monday May 26

"This Memorial Day I will remember those who made The Ultimate sacrifice that we might Live in peace. To us is passed the sacred Trust that their going was not in vain. Our heritage of liberty, justice and freedom Will forever be cherished as their perpetual memorial."

A Grateful American

May EVENTS

May 3

City-Wide Clean Up

May 9

Mother's Day Luncheon

May 17

Hazardous Waste Disposal

May 23

Senior Prom

6:30 pm at Delaware Plaza

Memorial Day May 26

The Center will be closed.

CRMM Presentation May 30

at 1 pm after lunch:


"Why Can't I Touch That?"

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
May 5
1 pm

ONE YEAR AGO THIS MONTH

ROHM had their groundbreaking on May 6th. This May they have completed construction and had a soft opening on April 12th. Watch for their formal GRAND OPENING, and come by to enjoy their beautiful new building on West A Street, right across the street from Rainier Riverfront Center & Rainier Senior

Coming in June

■ **Board of Director Annual Election June 18th**
Voting and Results

■ **Father's Day Celebration June 13th**

■ **Rainier Citywide Sale June 21, 2025**
8am-3pm Grilled Hamburger and Hot Dog Lunch!

■ BOARD OF DIRECTORS ANNUAL ELECTION

HAPPENING IN JUNE. Anyone interested in a position on the Board check with Jan. To be able to vote you must be a Member in Good Standing by May 16, 2025. Turn in your paperwork at the Front Desk by May 14, 2025.



- 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

Hazardous Waste Disposal May 17, 2025, 8am until 12pm

Rainier, Oregon will have a hazardous waste disposal event. This event allows residents to safely dispose of hazardous materials such as old paint, motor oil, and pesticides. The event will take place at the City of Rainier, 690 West A St. in the parking lot next to the Rainier Sewer Treatment Plant.

Senior Prom

"Under The Sea" - Senior Prom
Delaware Plaza 926 Delaware Longview, Wa.
Friday May 23 at 6:30pm
\$15 Single
\$25 Couple

Tickets available at the door at Delaware Plaza. Enjoy Dancing, delicious hors d'oeuvres, keepsake photo and souvenir swag bag! See information flyer at Rainier Senior Center Office.



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



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.

**Membership - \$20 individual
\$35 per couple.**

No age requirement. Sign up today and begin receiving our monthly newsletter so you can plan to join us.

503-556-3889 for information.

FOOD TO GO!



Have you noticed the table-top refrigeration unit nestled next to the coffee dispenser? Due to a generous donation, we are so pleased to now be able to offer many refrigerated food items for your convenience and carry-out. Foods will change as new foods are available. Be sure to check before leaving and see if there is something you might like to use for a lunch, dinner or a snack later on. A food-donation jar is next to the refrigerator.



TABLE RENTAL \$10

For those interested in participating in the **June 21, 2025**, Citywide Sale, you may rent a table at the Rainier Senior Center. \$10 table rental - limit 2. 503-556-3889

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*