



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

Riverside Review

Volume 2025

Issue 10

October 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



LIVE AUCTION
Rainier Senior Center
Saturday, October 11

Social Hr. from 4pm-5pm
Dinner 5pm-6pm
Auction 6pm-7pm

The auction will include a dinner for those who have purchased tables and chairs. If you weren't able to secure a chair for the Auction, Auction Guests will be able to walk-in at 6pm for \$5 each.

Medicare Questions?

Michael Lipzig

from Schultz Financial Services

will be at the Center for questions and help regarding Medicare.

October 21 at 10 am

2025-2026

Board Members

President: *Jan Rich*

Vice-President: *Marcia Roberts*

Secretary: *Dennis OBrien*

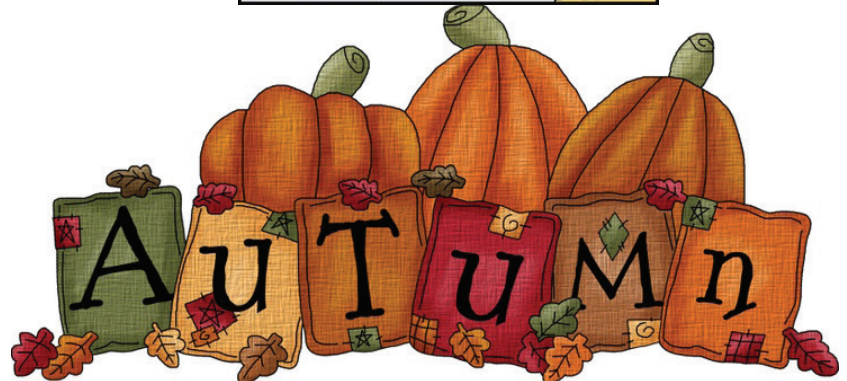
Treasurer: *Rachel Kelley*

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

Multi-Media: *Denise Watson*

Newsletter Editor: *Beth Bailey*

Newsletter Associate: *Dorothy Gillhoover*



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

CRMM Presentation

Friday, October 25 at 1 PM

Early Fur Trading



CRMM Presentation for November 21 at 1 PM

"Cargoes of the Columbia"

PICKLE BALL ANYONE?

If there is anyone out there who likes to play Pickleball, you need to take a look at the Rainier Park tennis court area. Thank you to the City of Rainier, there are now two beautiful fenced Pickleball Courts for summer fun. Pickle ball can be as easy as you would like to make it. Or if you are practiced enough and know the rules, how about starting up a team?

Prepare Your Home for Winter Weather

We have entered fall, which means cold weather isn't far away. Here are a few tips from the Energy Experts at Columbia River PUD to help save energy before winter arrives:

- Use a programmable or smart thermostat to turn down the heat a few degrees when you're away or asleep. The PUD has rebates up to \$140 for qualified smart thermostats.
- Check your home's insulation, especially in the attic. CRPUD recommends having at least 12 inches of insulation in the attic.
- Service your heating system annually. Clean or change your furnace filter regularly. A clogged filter can reduce efficiency by 15%.

You can find more suggestions for weatherizing your home at www.crpud.net/tips.

How you'll communicate with family members if you are separated



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY



October 2025



29 Ham Scalloped Potatoes Green Beans/onions Fruit	30 Swedish Meatballs/ gravy Noodles & Cabbage Squash Apricots	1 Chicken & Dumpling Casserole Green Beans Peaches	2 Grilled Ham & Cheese Coleslaw Pears veg(cheese sandwich)	3 Hungarian Goulash Green Beans w/ bacon & onions Broccoli Salad w/ Craisons
6 Beef Stroganoff Egg noodles w/ Cabbage Steamed Cauliflower Pineapple Chunks	7 Turkey Lettuce Wrap Blended Veggie Steamed Rice Strawberry fluff Salad	8 Taco Salad Corn Chips Lettuce/Tomato/ Onion Mexicali Corn Berry Citrus Salad	9 California Chicken Legs Chef's rice Pilaf Normandy Vegetables Cucumber Dill Salad	10 Spaghetti w/Sauce Green Beans Salad w/ fruit & Walnuts
13 Pork & Apple Stew (potato/Carrot/Apple) Sauteed Zucchini Pea Salad Biscuit	14 Hamburger Steak w/Gravy Mashed Potatoes Corn Fruit Salad	15 Chicken Enchilada Bake Mixed Greens Baked beans & Rice Peaches	16 Meat Loaf Potato Au Gratin Steamed Broccoli Fruit Cocktail	17 Tuna Salad Pitas Tomato soup Strawberries w/yogurt
20 Cabbage roll Casserole Peas & Carrots Roll Sunshine Salad	21 BBQ Chicken Baked Beans Veg. Blend Fruit	22 Fiesta Mac & Cheese Vegetables Jello w/ fruit	23 Chicken Patty Burger Lettuce ,Tomato Macaroni Salad	24 Kielbasa Stir fry Steamed Broccoli Mixed salad Orange Wedges
27 Chicken Fried St. Mashed Potatoes Country Gravy Veggies	28 Taco Soup Tortilla Strips Sour Cream Green Salad	29 BBQ Meatballs Potato Salad Fruit	30 Pork Roast Mashed Potatoes Gravy Corn Salad with strawberries	31 Spinach Alfredo Green Beans Garlic Bread Fruit

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.

October Events

		1 Breakfast 8:30-9:45 am Chair Yoga 10 am	2 Breakfast 8:30-9:45 am Card Games 1 pm	3  Music by Guy & Mary
6  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	7 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm Line Dancing 4:00 pm	8 Breakfast 8:30-9:45 am Chair Yoga 10 am	9 Breakfast 8:30-9:45 am Card Games 1 pm	10  Boursaw Bros 11 Live Auction 4-7 PM
13  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO - 2 PM	14 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm Line Dancing 4:00 pm	15 Breakfast 8:30-9:45 am Chair Yoga 10 am Membership Meeting 1 pm	16 Breakfast 8:30-9:45 am Card Games 1:00pm	17 National Pasta Day
20  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	21 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm 10 AM Michael Lipzig Medicare Questions Line Dancing 4:00 pm	22 Breakfast 8:30-9:45 am Chair Yoga 10 am	23  String Thoeree Ukulele Breakfast 8:30-9:45 am Card Games 1:00pm	24  Music by Guy & Mary Susannah's Supper Methodist Church 6 pm
27  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 2 PM	28 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm Line Dancing 4:00 pm	29  Chillin' Breakfast 8:30-9:45 am Chair Yoga 10 am	30 Breakfast 8:30-9:45 am Card Games 1 pm	31  Boursaw Bros Halloween Costume Contest

Meals Served for August: 1067

Volunteer Hours: 621



**Happy Birthday to our
October Birthday Members**
Birthday Flower: Cosmos Birthstone: Opal
 Birthday is not listed or wrong, please contact the reception desk

10/3	Laritta Edwards	10/12	Tunie Betschart
10/3	Mary Stone	10/12	Marjorie Prosser
10/5	Debra Hurt	10/15	Carla Smith-Castle
10/6	Charlotte Houghtlen	10/18	Melanie Miller
10/7	Suzanne Gilman	10/18	Liz Pollock
10/8	Shirley Heisinger	10/20	Jim Everman
10/9	Brenda Langner	10/27	Alice Beck
10/9	Gail Bonser	10/27	Tonya Higgins



**For October we are honoring
Scott Cooper**

Scott moved to Rainier in 2008 from Baltimore, MD. He has been volunteering at the Rainier Senior Center since 2022. During this time he has used his skills as a software consulting engineer to solve any computer issues the Center may have had. He has been instrumental in positive achievements at the Center, such as the ATM in the lobby, setting up the large TV in the dining room and bringing Tech help to the Center members. He has served in local government roles in Rainier, including as a councilman and Senior Center liaison, and has a background in the military. Also, along with the Riches, he contributed to the installation of the hand-carved Eagle sign for the Center. Scott's varied background skills are greatly appreciated.

Scott moved to Rainier looking for that perfect Columbia Riverfront retirement home and found it. He says it is now time to spend his retirement doing interests like hydroponic gardening, which reflects being raised in farm country in NW Kansas. You may see him at the Center on occasion but, mostly he will be occupied in family and self-enrichment activities. Thank You, Scott for your time spent at the Center, and Happy 'Hydroponicing' (if that's a word)!



Columbia River Maritime Museum
 October Presentation
'Early Fur Trade History'
 October 24, 1 pm



YEAR-TO-DATE BOTTLE DROP UPDATE:
Through July 2025,
 the bottle drop has brought in
\$11,000

toward the Center's Food program.
 This represents how important our Bottle Drop is, and how small sums adds up to big numbers. Please remember to bring in those returnable bottles and cans. Thank You!

October Events

GET IN LINE! Free - Tuesdays
in the Sun Room through October at 4:00 pm. No sessions during November and December. Will start again January 2026. Sue Gibson hosting.

Yoga will continue as a **free** session on **Wednesdays at 10am.**
Debra Hurt will be instructing.

BINGO
October 6 at 2 pm

LIVE AUCTION
Coming
Saturday, October 11
Social Hour from 4pm-5pm
Dinner 5pm-6pm
Auction 6pm-7pm

October 21 10 AM
Michael Lipzig from Schultz Financial Services will be at the Center for questions and help regarding Medicare.

CRMM Presentation
Early Fur Trading
October 25

Friday, October 31 at Lunch

Prize for the best Costume! Show your inner Ghoul! And, a lunch dessert to Die For!



NOVEMBER 8
9 am to 3 pm

Lunch: Homemade Beef Stew

**Come enjoy the fun
and find some fantastic
unique gift ideas for
family and friends**

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 \$1.50 of which 50 cents will be donated to the Rainier Senior Center. Pick up a copy for future news of Rainier events and interesting community happenings.



- 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

NOVEMBER EVENTS

November 8 **Holiday Bazaar** **During the Bazaar**

The Kitchen will have home-made
Beef Stew for sale at lunch time.

November 21 **CRMM Presentation** **Cargoes of the Columbia**

November 22
Thanksgiving Holiday Dinner 2 PM



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



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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 receiv-
ing our monthly newsletter so you can plan to join us.

503-556-3889 for information.

Halloween Costume Contest **Friday, October 31**



**Help Our
Nutritional Program
by donating
your Oregon
Recyclables
to the 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***