



Riverside Review

Volume 2025

Issue 9

September 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

REEL GOOD MORNINGS



**Friendly seniors serving
up comfort food
with a smile.**

During fishing season the Rainier Senior Center kitchen will be offering early breakfasts to the many anglers showing up to fish at the Rainier Boat Launch.

You do not have to be a fisherman to partake in this early-bird breakfast, so if you are a hungry early riser make your way to the Rainier Riverfront Center and enjoy a hearty breakfast while watching the fishermen launch their boats for the day.

Menu

Classic biscuits and gravy - \$8.00

Hearty breakfast burrito - \$8.00

Coffee, Apple Juice, Orange Juice, and Water - \$3.00 ea.

Combo Meals

Classic biscuits and gravy with your choice of beverage - \$10.00

Hearty breakfast burrito and your choice of beverage - \$10.00

Hours

Open Monday - Friday 5:30 AM to 9:30 AM.

We are only open at this time during fishing seasons.

Located next to the Rainier, Or. boat launch

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**

**The Cement Yard Carousel Horse
drawing was won by**

Ronda Goldsmith

Congratulations, Ronda!

**Have you noticed the new refreshing
paint job the Rainier Riverfront Center
is now wearing?**

If you haven't, come take a look.

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 purchasing tables/chairs. There is a Corporate Table available with 6 chairs. Only 4 Donor Chairs are still available at \$50 each.

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

GREAT ATTENDANCE

The Monticello Park Ice Cream Social event was well attended. This year it was done in the fashion of an old time 'Ice Cream Good-Humor' truck. There was a variety of delightful ice cream choices and it was enough to bring back those fun 'summertime-when-you-were-a-kid' chasing the ice-cream-man memories. Thank you Monticello for brightening the day!

The Open House for the Rainier Historical Museum was standing room only. Over 100 people attended the ceremony. You might like to take the opportunity to look through their beautiful new facility next time you are coming to the Rainier Riverfront Center.

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?

September is National Preparedness Month

September is National Preparedness Month, the perfect time to assemble an emergency kit and create a plan for you and your family in the event of a natural disaster or extended power outage.

Your emergency kit should have at least one gallon of water per person per day for at least three days. You should also have at least a three-day supply of non-perishable food per person. If you can, keeping a two-week supply is preferable.

Here are some other items you should include in your kit:

- Supply of prescription medicines
 - Flashlight & radio with fresh batteries
 - Battery operated clock
 - Lantern or candles & matches
 - Blankets, sleeping bags & warm clothes
 - Camp stove for outdoor cooking
 - First aid kit
 - Playing cards, games, and books to help pass the time
- It's also important to create an emergency plan. This will help you determine:
- Your shelter plan
 - Your evacuation route
 - Your rallying point if your home is not accessible



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY

September Menu 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 Chicken fried Steak Mashed Potatoes Country Gravy Veg Blend Apple Slices	3 Sweet & Sour Chicken w/ pineapple Oriental Vegetables Brown Rice	4 Vegetarian Chile Baked Potato Broccoli & Cheddar Peaches Corn Bread	5 Spaghetti w/ Meat Sauce Green Beans Garden Salad Garlic Bread
8 Meatloaf Brown Gravy Mashed Potatoes Green Peas Apple Sauce	9 Ham Slice Scrambled eggs Summer Squash Fruit Biscuit	10 Broccoli Beef Fried rice Chop Suey Veggies Fruit Salad	11 Vegetable Beef Soup Grilled Cheese San. Whole Grain Bread Spinach Salad w/ Strawberries	12 Chicken Cacciatore Egg Noodles Broccoli & Cauliflower Raspberry Jell-O w/ Pears
15 Patty Melts on Rye Herbed Oven Fries 3 Bean Salad Mandarin Orange	16 Baked Chicken Sweet Potatoes Veg. Blend Coleslaw Rolls	17 Roast Beef w/ Mushroom Gravy Vegetable Blend Waldorf Salad Roll	18 Ham Deli Sandwich Bread Vegetable Soup Banana	19 Turkey Divan Broccoli Rice Pilaf Green Salad W/ pineapple bits
22 Traditional Lasagna Veggies Fruit Salad Garlic Bread	23 Cheese Burgers all the good veggies Mexicali Corn Cucumber/ Tomato salad	24 Oven Fried Chicken Baked Sweet Potatoes Broccoli W/ cheese sauce Salad	25 Roast Pork Baked Apples Parslied Potatoes Mixed Green Salad w/ beets	26 Potato Soup Small Chef Salad Fruit Salad Roll
29 Ham Scalloped Potatoes Green Beans & onions Fruit	30 Swedish Meatballs w/gravy Noodles & cabbage Butternut Squash Apricots	1 Chicken & Dumpling casserole Green Beans Peaches	2 Grilled Ham & Cheese Coleslaw Peaches	3 Hungarian Goulash Green Beans ,Bacon, & onions Broccoli Salad w/craisons

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.

September Events

1 CLOSED	2 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm Line Dancing 4:00 pm	3 Breakfast 8:30-9:45 am Chair Yoga 10 am	4 Breakfast 8:30-9:45 am Card Games 1 pm	5  Music by Guy & Mary
8  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	9 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm Line Dancing 4:00 pm	10 Breakfast 8:30-9:45 am Chair Yoga 10 am	11 Breakfast 8:30-9:45 am Card Games 1 pm	12 National Day of Encouragement Be There for Someone!
15  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO - 6 PM	16 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm Line Dancing 4:00 pm	17 Breakfast 8:30-9:45 am Chair Yoga 10 am Membership Meeting 1 pm	18 Breakfast 8:30-9:45 am Card Games 1:00pm	19  Music by Guy & Mary
22  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	23 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm Line Dancing 4:00 pm	24 Breakfast 8:30-9:45 am Chair Yoga 10 am	25  String Thoeree Ukulele Breakfast 8:30-9:45 am Card Games 1:00pm	26 Susannah's Supper Methodist Church 6 pm
29  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	30 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm Line Dancing 4:00 pm			

Meals Served for July: 1134

Volunteer Hours: 661



Happy Birthday to our September Birthday Members

Birthday Flower: Morning Glory Birthstone: Sapphire
 Birthday is not listed or wrong, please contact the reception desk

9/6 Bobby Larson
 9/7 Henry Keith
 9/8 Clint Kelley
 9/11 Lois Smith
 9/13 Majorie Clark
 9/15 Monica Fiscus

9/15 Shiela Vanderford
 9/19 Brenda Courser
 9/20 Dan Beavers
 9/21 Dorothy Gilhooover
 9/21 Robert Hoard
 9/22 Joanne Barnard
 9/24 Al Newby



For September we are honoring Rachel Kelley

Rachel has lived in Rainier since 2005 and volunteered at the Rainier Senior Center since 2014. She is the treasurer of the Rainier Senior Citizens Board and could be called a 'Jill' of all Trades. Rachel not only volunteers in the kitchen, fills in at the front desk, handles all event planning, she will graciously offer her assistance in any way needed. Rachel is a substantial reason for the success of the Rainier Senior Center.

Rachel grew up in the faraway corner of the US in Vermont, leaving for the west coast when she was 19 years old. Her generous caring for others is reflected in her work as a foster parent for 17 years culminating in 100 foster children, four of which she adopted. She says, "She is good at changing diapers!" She has one tiny obsession: Giraffes. She blames the reason she is so connected to giraffes on the fact that she will, "never be tall and thin!" She has lost count of her mini-zoo and says she 'has enough' - Thank You Very Much! If she won the lottery she would spend the rest of her life in a luxurious RV traveling the US to parts unknown! So if you ever see an RV covered with Giraffe stickers or towing a trailer with signage: "Stuffed Giraffes for Sale", you will probably be correct to assume Rachel's in there!



Columbia River Maritime Museum

NO September Presentation

October Presentation
 will be
 'Early Fur Trade History'



September 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.



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.



First Monday Technology Help

Bring your questions.
with **Scott Cooper**

September 8

1 pm

**Signing up for
Fred Meyer Rewards**

7 Assumptions made by the Technologically Challenged!

1. A 'Motherboard' is a committee of important moms.
2. 'Pod Casting' is an open call for extras in the re-make of Invasion of the Body Snatchers.
3. 'Surge Protectors' are pills women can take for hot flashes.
4. 'Blogging' is a Scandinavian dance craze.
5. 'Bluetooth' is the endangered shark that the Sierra Club is protecting.
6. 'Woofers and Tweeters' are Frank Zappa's children.
7. 'TiVo' is that '80s rock group with the funny hats.



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503-543-3844

OCTOBER EVENTS

OCTOBER AUCTION

Coming

Saturday, October 11

Social Hour from 4pm-5pm

Dinner 5pm-6pm

Auction 6pm-7pm

BINGO

October 6 at 2 pm

CRMM Presentation

Early Fur Trading

October 25

A VERY APPRECIATIVE THANK YOU TO

Columbia River PUD for their generous donation of a whole pig to Rainier Senior Center food program. This is so important to continuing Rainier Senior Center's mission.



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.

Crabby Road
Greatest Hits

10-7-11



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**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***