



Riverside Review

Volume 2026 Issue 8 August
2026

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

Pints for Non-Profits

Crooked Creek Brewery is having a fundraiser for Rainier Senior Center on **August 6th from 11am to 10pm**. Crooked Creek is located at 343 S. 1st St., in St Helens. Food served but the fundraiser is on pints of beer!

You can view their menu and beer choices at their website. Come eat, drink and support the Rainier Senior Center.

Crooked Creek Brewery 971-203-4082 for more information.

RAINIER HISTORY MUSEUM 1ST ANNIVERSARY CELEBRATION

The Rainier Oregon History Museum (ROHM) will celebrate the 1st anniversary in their new building on Saturday August 8. At 2 pm, board president

Kay Heflin will present a look back at the last year's accomplishments and a look forward at events and activities to come. All are welcome!

The museum is open:

Fridays and Saturdays noon to 4 pm

No admission fee. 700 W. A St

FOOT CARE

by Connie Goudy RN

9 am-2:30 pm

**Schedule for every
2nd & 4th Wednesday**

\$40

For Appointment 508-301-5807

Appointments are scheduled as needed
on 2nd and 4th Wednesdays.

2025-2026

Board Members

President: **Jan Rich**

Vice-President: **Marcia Roberts**

Secretary: **Dennis OBrien**

Treasurer: **Rachel Kelley**

At Large: **Marilyn Tift, Clint Kelley
and Suzy Gilman**

Multi-Media: **Denise Watson**

Newsletter Editor: **Beth Bailey**

Newsletter Associate: **Dorothy Gillhoover**

POSTAGE INCREASE TO AFFECT MAILING OF NEWSLETTERS

There will be some changes coming regarding mailing of the RSC Newsletter. Postage costs are up to .82¢ first class letter, and copy paper is getting more expensive. "Hold for Pick Up" will be cancelled because many of them not being picked up. Starting in September 2026 Newsletters will be available for those visiting the Rainier Senior Center, or it can also be quickly viewed and printed at Rainier Senior Center's Website (RainierSeniors.com). E-mailed Newsletters will be considered. Please keep us informed of your options and needs.

In Other News

Line Dancing is cancelled on August 11th and 18th, but will be back 'In Step' on August 25th.

RAINIER DAYS IN THE PARK PARADE 1ST PLACE AWARD WENT TO RAINIER SENIOR CENTER'S FLOAT

with 'Betsy Ross' busy at her sewing machine. Thanks to Connie Welty for being Betsy and bringing home the prize.

VOLUNTEERS
DO NOT
NECESSARILY
HAVE THE TIME;
THEY HAVE
THE HEART

ELIZABETH ANDREW

History of the Astoria Regatta

Friday, August 28 | 1:00 PM-2:00 PM

Rainier Senior Center
48 W 7th St, Rainier OR 97048

COLUMBIA RIVER
MARITIME MUSEUM
ASTORIA • OREGON



History of the Astoria Regatta

The Astoria Regatta is one of the oldest festivals in the Pacific Northwest. Since 1894, it has become a time-honored tradition to celebrate this community's rich maritime heritage. Columbia River Maritime Museum Educator Julia Triezenberg and Registrar Meg Glazier-Anderson will walk guests through the history of the Astoria Regatta and key events from previous festivals using historic objects from the museum's collection.

Dry Conditions May Affect CRPUD Operations

We are experiencing a dry summer, which can make for a challenging wildfire season. This time of year, Columbia River PUD pays close attention to warnings from the National Weather Service. During periods of high temperatures, low humidity, strong winds, and dry vegetation, the Weather Service may issue a Red Flag Warning. This serves as a cue for the PUD to increase the sensitivity of its electric distribution system.

If a Red Flag Warning is issued, the PUD modifies its system so that it will automatically de-energize large portions if there's any indication of a potential problem, such as a fault or abnormal electrical activity. The crews must then patrol every section of line that is out before being able to safely restore power. In other words, if the power goes out while the PUD is in "one-shot" mode, the restoration time will likely take longer than normal.

In extreme high-risk areas, the PUD may have to institute a Public Safety Power Shutoff, or PSPS. This is when the PUD proactively de-energizes a certain section of the system.

A PSPS would be a safety measure taken as a last resort to protect the community from the threat of wildfire.



August Menu 2026

3 Swedish Meatballs Noodles & Cabbage Squash Apricots	4 Baked Cod Ole Spanish Rice Roasted Zucchini Spears Spinach Salad w/ Cranberries	5 Egg Salad Sandwich Mixed Greens Cucumber / Tomato Apple Slices	6 Oven Baked Chicken Mashed Potatoes Veggies Mix Fruity Slaw	7 LS Baked Ham Scalloped Potatoes Green Beans & Onions Cantaloupe
10 Chicken Fried Steak Roasted Potatoes Veggies Banana	11 French Dip w/ au jus French Roll Green Salad Pineapple Fluff	12 Tuna Salad Casserole Egg Noodles Steamed Broccoli Apple & Peach Salad	13 Beef Stew w/ potato, carrot, Celery Veggie Mix yogurt w/ Blueberries	14 Swiss Steak (Tomatoes & Mushrooms) Rice Pilaf Sautéed Summer Squash Orange wedges
17 Chicken Portofino Veggies Penne Pasta Spinach Salad w/ fruit	18 Tuna Salad on Mixed Greens Tomato Basil Soup Pears Wheat Thins	19 Baked Turkey & Gravy Stuffing Mashed Potatoes Tuscan Vegetables Cranberry Jello	20 Grilled Ham & Cheese Cole Slaw Fresh Fruit salad V- no ham	21 Kielbasa Stirfry Steamed Broccoli Macaroni Salad Orange wedges
24 Macaroni & Cheese Veggies Lime Jell W/ pears	25 Hungarian Goulash Elbow Macaroni Green Beans w/ Bacon Broccoli Salad w/ Cranberries	26 Chef Salad Deli Meat Cheese, egg, Tomato, Green Onion Fruit V-No meat	27 Roast Pork Mashed Potatoes Carrots Spinach Salad W/Strawberries	28 Taco Soup Tortilla chips Cottage Cheese
31 Chef's Choice				

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

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.

Lunch \$10 Over 60 \$7 donation

August Events

3  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Chair Exercise 10 am Apple User Group 1 pm Bunco 2 pm	4 Breakfast 8:30-9:45 am Line Dancing - 4 PM	5 Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM	6  Nehemiah Brown Breakfast 8:30-9:45 am Pinochle 1 pm Pints for Non-Profits 11 am - 10 pm	7  Guy & Mary Chair Exercise 10 am
10  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Chair Exercise 10 am BINGO- 6 PM	11 Breakfast 8:30-9:45 am Line Dancing Cancelled	12 Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM	13  Marsha Akery Breakfast 8:30-9:45 am Pinochle 1 pm	14  Boursaw Bros Chair Exercise 10 am
17  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO - 6 PM Chair Exercise 10 am Medicare Help 10-12:30	18 Breakfast 8:30-9:45 am Line Dancing Cancelled	19 Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM Board Meeting 1 pm	20 Breakfast 8:30-9:45 am Pinochle 1:00pm	21  Music by Guy & Mary Chair Exercise 10 am
24  3 of Us Blood Pressure 11 am to Noon Chair Exercise 10 am Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	25 Breakfast 8:30-9:45 am Line Dancing - 4 PM Restarts Again	26 Breakfast 8:30-9:45 am Foot Care 9-2:30 Chair Exercise 10 am Hand & Foot Game 1 PM	27 Breakfast 8:30-9:45 am Pinochle 1 pm	28  Boursaw Bros Chair Exercise 10 am Susannah's Supper Methodist Church 6 pm CRMM 1 pm
31  3 of Us Blood Pressure 11 am to Noon Chair Exercise 10 am Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	1 Breakfast 8:30-9:45 am Line Dancing - 4 PM	2 Breakfast 8:30-9:45 am Foot Care 9-2:30 Chair Exercise 10 am Hand & Foot Game 1 PM	3 Breakfast 8:30-9:45 am Pinochle 1 pm	4 Chair Exercise 10 am

Meals Served for June : 1084

Volunteer Hours: 684



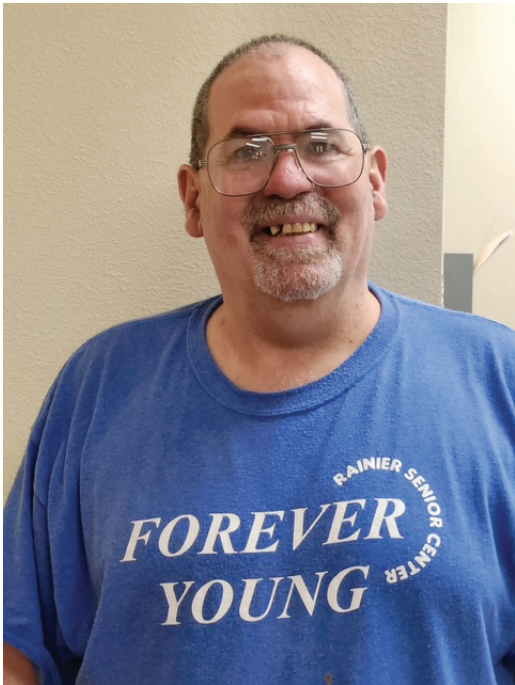
**Happy Birthday to our
August Birthday Members**
Birthday Flower: Poppy Birthstone: Peridot
Birthday is not listed or wrong, please contact the reception desk

8/1	Liz Henderson	8/17	Jan Rich
8/3	Katerine (Kay) Smith	8/18	Suzi Farmer
8/4	Robert Beaver	8/19	Dan Bernard
8/4	Jane Bernard	8/22	Laureen Lawty
8/4	George Davidson	8/25	Donna Janner
8/5	Donna Patching	8/25	Martha Morton
8/11	Diane Peterson	8/27	Philip Taylor
8/15	Margene Hill	8/29	Keith Ekstrom
		8/31	Kathy Richardson



**For August we are honoring
Scot Higgins**

Scot has lived in this area since 1993 moving from Anacortes, Washington. After retiring in 2018 from careers in the medical field and Laminate Engineering (a very interesting career), he wandered into Rainier looking for a comfortable and friendly place to spend some time and Rainier Senior Center provided exactly what he needed. He started volunteering in May of 2025, beginning with helping where needed to graduating into taking over the Mon, Wed., Fri. morning exercise classes, from 10-10:30. He has always been a physically active person playing any ball sport along with some wrestling thrown in! Scot (with one 't' - the Irish spelling) has 6 adult children and 8 grandchildren. His main hobby is biblical studies and he watches sports events as well. Have you ever wondered why he wears his hair so short? He told me the secret: He went to the barber shop one day and told the barber to just cut off the grey hairs which he didn't like, and there wasn't anything left! Scot has a great sense of humor and his favorite comedian is Henny Youngman! THANK YOU SCOT for your appreciated help and keeping the exercise program happily attended. If anyone is interested in attending class, there is always room for new joiners.



Overcomers Outlook will no longer be holding their regular Tuesday meetings at the Rainier Senior Center.
Call Ralph Fawcett 360-606-2211 for future meeting information.

Rainier Apple User Group
First Mondays at 1pm
for anyone wanting to become more familiar with the Apple operating system.
Learn * Connect * Discover See flyer

Where have all the 'artists' gone? Long time passing.
Where have all the 'artists' gone? Long time ago.
Where have all the 'artists' gone?
Keeping secrets every one.
When will they show their art?
When will they show----their art?
The RSC Member Artist Wall is in need of an artist for August. Contact Dorothy 503-556-3889. A blank wall is boring. Thanks!

August Events

LINE DANCING with Sue Gibson Hosting
Free - Tuesdays restarting
August 25
at 4:00pm.

Get your dancing shoes polished up!

Chair Exercise
Mondays, Wednesdays and Fridays
at 10 am

Scot will be instructing.

Every Wednesday
Card Games at 1pm - Hand & Foot

Every Thursday
Card Games at 1pm - Pinochle

CRMM Presentations
History of the Astoria Regatta
Friday, August 28 at 1:00 PM

BUNCO- Now 1st Monday
August 3 at 2 PM

Pints For Non-Profits Fundraiser
for Rainier Senior Center
August 6
11 am to 10 pm
343 S 1st St, St Helens

COLUMBIA COUNTY FAIR –
MY FAIR GENTLEMAN!
Merle Pence from St. Helens
was crowned King for 2026.

Thank You!

A BIG THANK YOU
to United Way
for their generous
donation of
\$5500
to the Rainier Senior Center.



YEAR-TO-DATE BOTTLE DROP UPDATE:
To date we have collected \$8500!

We have a goal of \$18,000 for year 2026
so that means, your help is appreciated and needed.
Those cans and bottles are a big source of income for
the Center. When you see any laying around – grab
them and bring them in! It is amazing how quickly the
nickles and dimes add up!
Keep bringing in those bottles and cans.
Thank You for your help.

SENSORY COOKING By Scott Cooper

If you are bothered by the loss of taste or
smell, Scott Cooper has put together a cookbook
for just that problem!
Sensory Cooking is an introduction book to
solutions for this condition



- Retirement Income Planning
 - Wealth Management
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- Visit our website or call to schedule
your complimentary consultation.
www.Schultzfs.com

503-543-3844



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



Become a Member of the 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.

Individuals- \$20 Couples- \$35

HOPE PANTRY

If you are on assistance such as **SNAP, OHP, Medicaid**, etc. or meet the income guidelines, you may be able to receive monthly food packages from HOPE.

Call 503-556-0701 or visit on Monday and Wednesdays 10-4, 404 East A St. Rainier.

RSC 1st Annual Picnic and Potluck held at Trojan Park on Sunday 7/19 was attended by 40 members.

Hamburgers and hot dogs, hot off the grill expertly cooked by Scot Higgins, and fresh corn and a plethora of salads, side dishes and desserts were potlucked in. Cornhole team-games and five relay races involving math, playing cards, Chinese food and Dominos with winning team leaders mummified in toilet paper! All ended in smiles and fun combined with beautiful weather. Thanks to all who participated and especially to Clint and Rachel for spearheading, setting up and organizing the event. Hopefully we will look forward to another picnic in 2027!



UNDERSTANDING MY MEDICARE

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

Bertucci Chocolates
Black Buggy
Belkin Electronics
Canterbury Inn
Capstone Cellars
City of Rainier
Columbia Bake House
Columbia Food Bank
Columbia River Maritime Museum
Cornerstone Cafe

Country Financial/M-Z Collectibles
Deer Island Grange
Delaware Plaza
Deli & Mart
Deli Store More
Dog Zone
Eagles
El Tapatio

Elevate Coffee & Decor
Fast Lube
Feral Cat Program
Flowers & Fluff
Fred Meyer
2C Vendor Mall

Fultanos
Grocery Outlet
Home Town Pizza
Home Depot
InRoads
Kozy Korner
Longview Country Club
Lowe's
Matt's Meats
Means Nursery

Miracle Ear
Nys Tree Farm
Ol' Pastime Tavern
Oregon Hill Farms
Pour House
Rainier Liquor Store
Rainier Oregon Historical Museum
Rightline Equipment

Safeway
Serenity Springs
Sternwheeler
Titan Trees
United Way
Upper Cut



"A Great Place...For Great People"

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