



Riverside Review

Volume 2026 Issue 7 July 2026

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

Columbia County Fair and My Fair Lady

Columbia County Fair – Support RSC My Fair Lady
Princess Connie Welty July 15th Senior Citizen Day -
Free Admittance for seniors and veterans.

There will be free transport to the Fair leaving from
the Center on the 15th. Check in at Center to sign-up.
503-556-3889 for information.

**Free Lunch at 10:30
My Fair Lady Event 12 noon.**

RSC Picnic and Potluck at Trojan Park

Arrive 10am - Potluck at 1pm

Bring your potluck item w/serving utensil. Also
bring your own place setting, utensils & beverage.
Consider lawn chair, sunscreen, hat, sunglasses,
light jacket. The Center will provide ice for
beverages and hamburgers and buns.

Get ready for 3 fun relay races!

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: **Marily Tift, Clint Kelley
and Suzy Gilman**

Multi-Media: **Denise Watson**

Newsletter Editor: **Beth Bailey**

Newsletter Associate: **Dorothy Gillhoover**

Election Results

June Board Election Results:

President-Jan Rich, **Vice Pres.**-Marcia Roberts,
Secretary-Dennis Obrien, **Treasurer**-Rachel
Kelley, **At Large**: Clint Kelley, Marily Tift and
Suzy Gilman

June 9th Princess Tea for Connie Welty was well
attended. Past Princess along with guests gave
Connie a Good Luck send off for the July 15th
My Fair Lady event.

'RSC - ARTIST of the MONTH'

You will soon be noticing a new feature on the wall
in the lobby next to the ATM. It is a fun way of being
introduced to the many talents of our members. Art
work can be submitted by filling out and signing a
description form, available at the front desk. Artwork
can be for sale if you you choose. Items should be
suitable & ready for hanging. It will start out as one
artist a month, and will include any medium of your
choice, including hand crafts. Before you think, My
doodling is not art!, I have seen some pretty worthy
doodling! For more information leave a message
for Dorothy 503-556-3889.

OVERCOMERS OUTREACH

will be holding meetings at the Rainier Riverfront Center, (dba Rainier Senior Center), every **Tuesday from 6:00 to 7:30 pm**. 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
www.overcomersoutreach.org.
Everyone welcome!

Senior Friendship & Loneliness Line

503-200-1633
800-971-0016
800-282-7035
SeniorLonelinessLine.org



Coming in August
"History of the Astoria Regatta"



Parking for Rainier Fireworks

at Rainier Senior Center
starts at 4 pm
\$5 Donation

Tips to Help Protect Your Home From Wildfires

Columbia River PUD works diligently to try to keep its service territory safe from the threat of wildfire. The PUD's efforts include trimming trees close to power lines and mulching underneath power lines, as well as installing protective equipment on the electric distribution system.

There are also steps you can take to help stay safer from the threat of wildfire:

- Create a 30-foot non-combustible buffer around your home.
- Stack firewood away from your home.
- Clean gutters before fire season and keep them free of debris.
- Trim branches along your driveway and your home.

Please do not trim trees or branches that are growing near power lines. **Call CRPUD at (503) 397-1844 to trim any branches near power lines.**



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY

July 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pork Roast & Gravy Baked Yams Broccoli / Cauliflower Whole Cranberry	2 Tater Tot Casserole Green Beans/Tots Fruity Coleslaw	3 CLOSED
6 Spaghetti w/ Meatballs Green Beans Salad Garlic bread	7 Hot Roast Beef Sandwich Au Jus Spinach Salad Fresh Plums	8 Roasted Chicken Stuffing Mashed Potatoes Veggies	9 Split Pea Soup 3 Bean Salad Pears	10 Cabbage Roll Casserole Baked Potato Veggie Blend Apricots
13 Meat Loaf Seasoned New Potatoes Mixed Veggies Berries w/ yogurt	14 Tuna Noodle Casserole Broccoli Normandy Veg. Fruit	15 Burgers Macaroni Salad Baked Beans	16 Chicken vegetable Soup Grilled Cheese Sandwich Watermelon	17 Chicken Fried St. Mashed Potatoes Steamed Broccoli
20 Chili Cornbread Salad	21 Breakfast Burrito Egg Sausage & Cheese Flour Tortilla Hash browns	22 California Chicken Creamed Spinach or Spinach Salad Berries w/ yogurt	23 Pork Fried Rice Egg Flour Soup Steamed Veggies	24 Baked Zitti Spinach/ chickpeas Mixed Green Salad Pears
27 Porkchops Smothered in Mushroom gravy Mashed Potatoes Veggies	28 Club Sandwich on Hoagie Navy Bean Soup Carrot & Raisin Salad Fruit Cocktail	29 Tilapia Parmesan Rice Pilaf w/ Mushrooms Sauteed zucchini Fruit Garlic Toast	30 Chicken Mac & Cheese Salad Yogurt & Berries	31 Taco Salad Tortilla Chips Lettuce/ tomato/ onion Refried Beans Tropical Fruit Mix

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

July Events

29  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Chair Exercise 10 am	30 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm Line Dancing - 4 PM	1 Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM	2 Breakfast 8:30-9:45 am Pinochle 1 pm	3 CLOSED NO BUNCO
6  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Chair Exercise 10 am BINGO- 6 PM	7 Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm Line Dancing - 4 PM	8 Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM	9  Nehemiah Brown Breakfast 8:30-9:45 am Pinochle 1 pm	10  Boursaw Bros Chair Exercise 10 am Bunco - 3 PM
13  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	14 Breakfast 8:30-9:45 am Line Dancing - 4 PM Overcomers Outreach 6:00-7:30 pm	15 Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM Columbia County Fair My Fair Lady	16 Breakfast 8:30-9:45 am Pinochle 1:00pm	17  Music by Guy & Mary Chair Exercise 10 am 19 Trojan RSC Potluck
20  3 of Us Blood Pressure 11 am to Noon Chair Exercise 10 am Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	21 Breakfast 8:30-9:45 am Line Dancing - 4 PM Overcomers Outreach 6:00-7:30 pm	22 Breakfast 8:30-9:45 am Foot Care 9-2:30 Chair Exercise 10 am Hand & Foot Game 1 PM Board Meeting 1 pm	23 Breakfast 8:30-9:45 am Pinochle 1 pm	24  Boursaw Bros Chair Exercise 10 am Susannah's Supper Methodist Church 6 pm CRMM 1 pm
27  3 of Us Blood Pressure 11 am to Noon Chair Exercise 10 am Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	28 Breakfast 8:30-9:45 am Line Dancing - 4 PM Overcomers Outreach 6:00-7:30 pm	29 Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM	30 Breakfast 8:30-9:45 am Pinochle 1 pm	31 Chair Exercise 10 am

Meals Served for May : 1003

Volunteer Hours: 575



**Happy Birthday to our
July Birthday Members**
Birthday Flower: Water Lily Birthstone: Ruby
 Birthday is not listed or wrong, please contact the reception desk

7/1	Teri Sexton	7/15	Ronald Roche
7/4	Margaret Brady	7/17	Connie Welty
7/5	Mary Jo Holmes	7/18	Denise Watson
7/6	Robert Van Natta	7/20	Harold Morton
7/8	Connie McGlone	7/23	Randy Bailey
7/8	Sandra Mitchell	7/23	Leslie Madison
7/12	Judy Hooper	7/27	Anna Jeffers
7/12	Darlene Pearce	7/27	Karen Lehmen
7/12	Kim Pereghetti	7/30	Dennis O'Brien
7/13	Martha Van Natta	7/31	Barbara Clark



**For July we are honoring
Dolores West**

Dolores is a longtime Columbia County resident growing up in St Helens. In 2017 she and her husband moved to Rainier. Prior to moving to Rainier, Dolores and her late husband spent 11 years traveling - raising a family in Las Vegas, off to Arizona for the winters and also spending as much as 6 months of the year in Mexico. Before all this happened Dolores was a Registered Nurse for 6+ years. She even spent a couple years in Tacoma as a 'Cookie Packer' on a cookie line, which she referred to as her Lucille Ball adventure! In 2023 following her husband's passing, being a social person and loving being part of the community she started volunteering at the Rainier Senior Center, contributing her time in whatever capacity she was needed. She says the RSC is her 2nd home and enjoys her time playing Pinochle and filling in on an on-call basis. At home she is a 'pot' gardener. Let me explain! Her pots are filled with tomatoes and Jalapeno and Poblano peppers. I believe this explains her love of cooking Mexican cuisine and those 6 months she has spent 'South of the Border'! She has 3 children, 6 grand children and 3 great-grand children and loves spending time with them as well. THANK YOU Dolores for giving us the pleasure of your greatly-appreciated service and being the beautiful person you are.



**RAINIER OREGON HISTORY MUSEUM'S
AMERICA'S 250 CELEBRATION
SAT, JULY 4TH NOON TO 4PM**

Events:

- Time Capsule contents for next 100 years will be on display.
- New interactive KIOSK with oral histories of elderly residents.
- New Native American exhibit – Includes authentic Longhouse and information of local Native American villages and tribes along Columbia River. To be expanded throughout 2026.
- Also, there will be a joining-in 'Noise Making' with communities across our country at 2pm, the exact time the Declaration of Independence was signed.

Let's see what kind of noise Rainier can make!

Be sure to visit ROHM's History Museum booth at Rainier Days July 10-12.

July Events

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

Get your dancing shoes polished up!

Chair Exercise
Mondays, Wednesdays and Fridays
at 10 am

Scott will be instructing.

Every Wednesday
Card Games at 1pm - Hand & Foot

Every Thursday
Card Games at 1pm - Pinochle

CRMM Presentations
Connection of Games
& Their Maritime Heritage
Friday, July 24 at 1:00 PM

BUNCO, Friday July 10 at 3 PM

RAINIER SENIOR CENTER
PICNIC/POTLUCK!
July 19th
at Trojan Park



Park at Rainier Senior Center
For the Fireworks
\$5 Donation
starting at 4 pm



YEAR-TO-DATE BOTTLE DROP UPDATE:

To date we have collected \$6500!

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

Schultz
Financial
Services
RetirementSimplified

- 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



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

To all Rainier School Classmates

The Rainier Annual All-Class Potluck Picnic will be held **Sat, July 26th 11-3 (lunch at noon)** at Trojan Park.

Rainier City's Library Summer Reading '2026'

offers some fun learning events for those grandchildren tugging at your arm-sleeve!
See included information.

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.

JOKE!

What is the difference between a cat and a comma?

-A cat has claws at the end of the paws.

-A comma is a pause at the end of a clause!



UNDERSTANDING MY MEDICARE

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

August Events



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



**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***