



Riverside Review

Volume 2026 Issue 6 June 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



**2026 My Fair Lady Princess
from Rainier Senior Center
CONNIE WELTY**



**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*

**PRINCESS TEA
JUNE 9th 1pm Rainier Senior Center**

Come celebrate with 2026 Rainier Senior Center
Princess Connie Welty

FOOT CARE
by Connie Goudy RN
9-2:30
Starting June 24
\$40

For Appointment 508-301-5807
Appointments are scheduled as needed
on 2nd and 4th Wednesdays.

**COFFEE &
CANVAS**

**JUNE 16TH
AT 1PM**

ALL SKILL LEVELS WELCOME

20\$ PER PERSON

ALL SUPPLIES INCLUDED

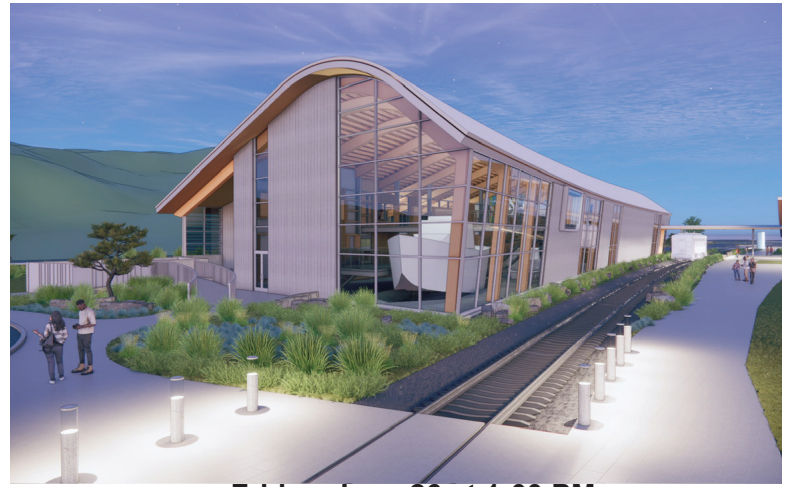
JOIN US FOR COFFEE, CREATIVITY & A CANVAS MASTERPIECE!

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



Friday, June 26 at 1:00 PM: "Warnock Building Preview and Exhibit Highlights"

Since 2024, Columbia River Maritime Museum has been undergoing a once-in-a-generation transformation to make the museum more expansive, interactive, and accessible. The Warnock Building/Mariners Hall project allows CRMM to include many more objects in the museum's exhibits than current capacity allows. Join us for this presentation featuring historic objects on their last offsite program before they go on display! CRMM exhibit will highlight the history of ferries serving in the Astoria area using historic objects from the museum's collection soon to be displayed in the Warnock Building/Mariners Hall set to open in fall 2026.

GLOW Assistance is Available All Year Long

Columbia River PUD's GLOW Fund provides emergency bill payment assistance to income-qualified customers. This assistance is available to customers in need at any time of the year.

In 2025, CRPUD issued more than \$20,000 in emergency payment assistance. Through the first four months of 2026, the PUD has provided more than \$7,800 in assistance to 105 families.

If you or someone you know is facing an emergency and needs assistance on their electric bill, please call the PUD at (503) 397-1844 or visit www.crpud.net/glow.

Customers can receive \$75 toward their PUD bill one time in a 12-month period. A \$25 copay is required.

GLOW is funded through generous customer donations, surplus scrap metal proceeds, and employee fundraisers. If you would like to contribute to GLOW, you can make a one-time payment or round up on your monthly bill by calling the **PUD at (503) 397-1844**.



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY



JUNE 2026



1 Goulash Pasta Broccoli Salad w/ Cranberries Bread	2 Ritz Chicken Casserole Sauteed Apples Romaine Salad	3 Pot Roast Potatoes/ Carrots/ Mushrooms	4 Baked Ham Baked Sweet Potatoes Green Bean Cass. Cranberry/ Pineap	5 Shredded PorkTacos Corn Tortillas Black Bean Salad
8 Meatloaf Mashed Potatoes w/ Mushroom Gravy Baked Zucchini Peaches	9 Chicken Chow Mein Low-Mein noodles Oriental Veggies Fruit Salad	10 Salmon Loaf Seasoned Potatoes Green Beans Fruit salad	11 Hot Turkey Sandwich Mashed Potatoes Bread Slice Turkey Gravy Vegetables	12 Zucchini Lasagna Italian Mixed Vegetables Green Salad Apricot Halves Garlic Toast
15 Navy Bean w/ ham Spinach Salad Lime Jello w/ Pears Corn Bread	16 Hamburger Lettuce/ tomato/ onion Bun Baked Beans Potato Salad	17 Spaghetti w/meat sauce Salad Bread	18 Clam Chowder Turkey San. Broccoli Slaw	19 Chicken Fried Steak White Gravy Mashed Poetatoes Veggies
22 Beef Stew Potatoes/ carrots/celery Mixed Green Salad Peaches	23 Breakfast Casserole/ Turkey Sausage Hash browns Veggies Orange slices	24 Macaroni & Cheese Peas & Carrots Broccoli Salad Dried Cranberries	25 Open Faced Hot Roast Beef San Mashed Potatoes Gravy Broccoli Cauliflower Fruit	26 Fried Chicken Baked Beans Macaroni Salad Sauteed Yellow Squash
29 Chicken & dumpling Casserole	30 Patty Melt Rye bread Grilled onions Tater Tots	1 Minestrone Soup Cheese Sticks Sunshine Salad	2 KielbasaStirfry Steamed Broccoli Macaroni Salad Orange wedges	3 Scalloped Ham & Potatoes Beets

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

June Events

<p>1</p> <p> 3 of Us</p> <p>Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Chair Exercise 10 am</p>	<p>2</p> <p>Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm Line Dancing - 4 PM</p>	<p>3</p> <p>Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM</p>	<p>4</p> <p> Nehemiah Brown</p> <p>Breakfast 8:30-9:45 am Pinochle 1 pm</p>	<p>5</p> <p> Music by Guy & Mary</p> <p>Chair Exercise 10 am BUNCO 3 PM</p>
<p>8</p> <p> 3 of Us</p> <p>Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Chair Exercise 10 am BINGO- 6 PM</p>	<p>9</p> <p>Breakfast 8:30-9:45 am Princess Tea - 1 PM Overcomers Outreach 6:00-7:30 pm Line Dancing - 4 PM</p>	<p>10</p> <p>Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM</p>	<p>11</p> <p>Breakfast 8:30-9:45 am Pinochle 1 pm</p>	<p>12</p> <p> Boursaw Bros</p> <p>Chair Exercise 10 am Bunco - 3 PM</p>
<p>15</p> <p> 3 of Us</p> <p>Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO - 6 PM Chair Exercise 10 am Medicare Help 10-12:30</p>	<p>16</p> <p>Breakfast 8:30-9:45 am Coffee & Canvas 1 pm Line Dancing - 4 PM Overcomers Outreach 6:00-7:30 pm</p>	<p>17</p> <p>Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM</p> <p>Membership Meeting 1PM</p>	<p>18</p> <p> Bo Obney</p> <p>Breakfast 8:30-9:45 am Pinochle 1:00pm</p>	<p>19</p> <p> Music by Guy & Mary</p> <p>Chair Exercise 10 am Father's Day Lunch</p>
<p>22</p> <p> 3 of Us</p> <p>Blood Pressure 11 am to Noon Chair Exercise 10 am Hooks & Needles 1pm-2:30 pm BINGO- 6 PM</p>	<p>23</p> <p>Breakfast 8:30-9:45 am Line Dancing - 4 PM Overcomers Outreach 6:00-7:30 pm</p>	<p>24</p> <p>Breakfast 8:30-9:45 am Foot Care 9-2:30 Chair Exercise 10 am Hand & Foot Game 1 PM</p>	<p>25</p> <p>Breakfast 8:30-9:45 am Pinochle 1 pm</p>	<p>26</p> <p> Boursaw Bros</p> <p>Chair Exercise 10 am Susannah's Supper Methodist Church 6 pm CRMM Warnock Building 1 pm</p>
<p>29</p> <p> 3 of Us</p> <p>Blood Pressure 11 am to Noon Chair Exercise 10 am Hooks & Needles 1pm-2:30 pm BINGO- 6 PM</p>	<p>30</p> <p>Breakfast 8:30-9:45 am Line Dancing - 4 PM Overcomers Outreach 6:00-7:30 pm</p>	<p>1</p> <p>Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM</p>	<p>2</p> <p>Breakfast 8:30-9:45 am Pinochle 1 pm</p>	<p>3</p> <p>Chair Exercise 10 am</p>

Meals Served for April: 1085

Volunteer Hours: 667



**Happy Birthday to our
June Birthday Members**
Birthday Flower: Rose Birthstone: Pearl
 Birthday is not listed or wrong, please contact the reception desk

- | | | | |
|------|----------------------|------|-----------------|
| 6/5 | Mary Ann Curtis | 6/28 | Buzz Beck |
| 6/8 | Barbara Russell | 6/28 | Catherine Wood |
| 6/13 | Thurston Newkirk | 6/29 | Ron Emerick |
| 6/14 | Henry Earl Singleton | 6/29 | Jeanne Ryan |
| 6/15 | Dale Novotny | 6/30 | Becky Moorhead |
| 6/21 | Jane Hooper | 6/30 | Bill Ryan |
| 6/21 | Steve Swett | 6/30 | Sandie Scholten |
| 6/22 | Virginia Patton | | |



**For June we are honoring
Sandie Scholten**



Sandie is a long-time resident of Rainier. Although she has left on occasion, she always eventually returned. After she retired and sold her business as a Massage Therapist she started volunteering at the Rainier Senior Center in 2014. Currently she delivers meals and works in the office. She also has been a Rainier Senior Board Member.

Sandie's earlier career was 28 years working at Trojan and she was instrumental in bringing women into the PGE union. She started as a clerk and then ended her career there in security.

Sandy and her husband spend summers camping and enjoying outdoor activities. She spends time with her children, grand children and great grand children as their time is available. She loves gardening but only has time for an 8x8 salad garden at the present time. She shares time in her yard with the deer and hopes to have some fawns wandering through this year. Thank You Sandie! Your contributions to the Center are greatly appreciated.

**During the City-Wide Garage Sale
June 27**

We will be serving:
Lunch \$12

Includes: Pulled Pork Sandwich, Coleslaw,
Baked Beans, Cookie, Drink

**Rainier City-wide Sale
June 27th**

**Reserve table early!
503-556-3889**

Rental \$15
limit 2 tables

Set up 6/26 at 2pm
or Sat 6/27 at 7am

June 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
Friday, June 26 at 1:00 PM:
"Warnock Building Preview
and Exhibit Highlights"

Nehemiah Brown will be returning to the
Center JUNE 4

BUNCO, June 5 at 3 PM

Board of Directors Annual Election June 16th

Father's Day celebration
June 19th Friday
lunch - Noon

Rainier City-wide Sale
June 27th 8am to 3pm

Board of Directors
Annual Election end June 16th
Results
will be announced on June 17th
during Membership Meeting



YEAR-TO-DATE BOTTLE DROP UPDATE:
To date we have collected \$5500!

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
 - 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



June 21st
Celebrate Your Dad
or Grandfather

July Events

CRMM July 24 1pm
Connection of Games
& Their Maritime Heritage

RAINIER SENIOR CENTER
PICNIC/POTLUCK!
July 19th
Watch for coming information!



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

UNDERSTANDING MY MEDICARE



Beth Moffett
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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