



# Riverside Review

Volume 2026 Issue 5 May 2026

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

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



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

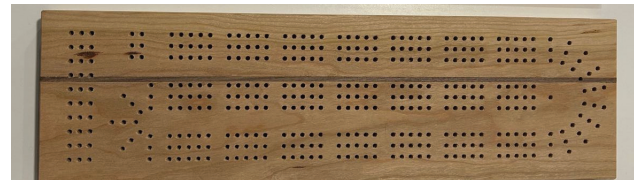
**Columbia City Prince & Princess Tea  
For New and Past My Fair Lady Courts  
May 20th 10am**  
The Caples House  
1925 1st St.  
Columbia City, Oregon  
Carpooling available  
503-556-3889

**2025-2026  
Board Members**

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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*

## NEW ACTIVITIES!!



**CRIBBAGE**  
WEDNESDAY - **MAY 6TH - 1PM**  
CRIBBAGE FANS JOIN IN!

**BUNCO FANS**  
Starting on May 8th at 3pm  
Monthly games will start.  
Bunco players are encouraged to attend.  
**\$5 to play**  
Pay-outs: First, Second, Most Buncos!  
Monthly schedule on first Fridays except  
July & November on 2nd Friday.



## 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 or  
Tom Hagstrom 360-431-0361  
[www.overcomersoutreach.org](http://www.overcomersoutreach.org).  
Everyone welcome!

### Senior Friendship & Loneliness Line

503-200-1633  
800-971-0016  
800-282-7035

[SeniorLonelinessLine.org](http://SeniorLonelinessLine.org)



For years, hardworking ferries were the primary method of transportation across the Columbia River for those looking to travel between Oregon and Washington. CRMM Educator Julia Triezenberg and Registrar Meg Glazier-Anderson will highlight the history of ferries serving in the Astoria area using historic objects from the museum's collection - many of which are soon to be displayed in the Warnock Building/Mariners Hall set to open in fall 2026.

**FRIDAY, MAY 29 at 1 PM**

## ELECTRICAL SAFETY MONTH

May is National Electrical Safety Month. Your friends at Columbia River PUD would like to remind you to stay safe around electric appliances, equipment, and power lines. To help, here are some safety tips for best practices with extension cords:

- Extension cords should only be used on a temporary basis.
- Make sure they are properly rated for their intended use.
- Inspect cords for damage or frays before use.
- Keep extension cords out of high-traffic areas like doorways or walkways where they pose a tripping hazard.
- Do not overload extension cords, or let them run through water on the ground.
- Please stay safe around electricity.

For additional electric safety tips, visit [www.crpud.net/safety](http://www.crpud.net/safety).



**COLUMBIA RIVER**  
**PUD**  
A COMMUNITY-OWNED UTILITY

# May Menu 2026

<p>27 Minestrone Soup Turkey Sandwich 3 Bean Salad Fruit Salad</p>	<p>28 Chef Salad With all the fixings Bread Sticks</p>	<p>29 Tater Tot Casserole Salad Veggies</p>	<p>30 Oven Fried Chicken Mashed Potatoes Gravy Veggies</p>	<p>1 Patty Melt Chips Cottage Cheese Tomato Slices</p>
<p>4 BBQ Chicken Sandwich Baked Apples Cottage cheese &amp; fruit</p>	<p>5 Baked Supreme Pizza Casserole W/ pasta Spinach Salad Fruit</p>	<p>6 Chicken Pot Pie Mixed Veggies Broccoli Fruit</p>	<p>7 Pork chops Italiano Cabbage W/ Mash Potatoes and Mushroom Gravy</p>	<p>8 <b>MOTHERS Day</b> Greek Lemon Chicken Mediterranean Veg. Savory Rice Pilaf Spinach salad w/Berries</p>
<p>11 Swedish Meatballs Gravy Egg noodles &amp; cabbage</p>	<p>12 Chicken &amp; Vegetable Soup W/pasta Green Salad</p>	<p>13 Baked Chicken Baked Beans Tossed Salad Apricots</p>	<p>14 Baked Ham Mashed Potato Corn or Carrots Apple Sauce</p>	<p>15 Polish Sausage on a Bun Sauerkraut Salad</p>
<p>18 Chicken Fried St Mashed Potatoes Gravy Rolls Veggies</p>	<p>19 Shepherds pie Pacific Veggies Fruit</p>	<p>20 BLT Onion Rings Cottage Cheese w/ Pineapple</p>	<p>21 Baked Salmon, Scalloped Potatoes Veggies Yogurt &amp; Berries</p>	<p>22 Swiss Steak / w Tomatoes, Mushrooms Potatoes Green Salad Apricots</p>
<p>25 Porcupine casserole Cauliflower W/ cheese sauce Roll Peaches</p>	<p>26 BBQ Chicken San. On a bun Baked Apples Spinach Salad w/fruit</p>	<p>27 Broccoli Beef Over Fried Rice Mix of veggies Fortune Cookie</p>	<p>28 Spring Quiche Biscuit Green Beans Cottage cheese &amp; fruit</p>	<p>29 Chicken Cor Don Bleau Rice Pilaf Coleslaw</p>

## Homemade Soups

Rainier Senior Center Lunch Menu

503-556-3889

[www.RainierSeniors.com](http://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

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

# May Events

				<b>1</b>  Music by Guy & Mary  Chair Exercise 10 am
<b>4</b>  3 of Us  Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Chair Exercise 10 am BINGO- 6 PM	<b>5</b>  Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm Line Dancing - 4 PM	<b>6</b>  Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM Cribbage 1 PM	<b>7</b>  Breakfast 8:30-9:45 am  Pinochle 1 pm	<b>8</b>  Bo Obney  Chair Exercise 10 am Bunco - 3 PM <b>Mother's Day Luncheon</b>
<b>11</b>  3 of Us  Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO - 6 PM Chair Exercise 10 am	<b>12</b>  Breakfast 8:30-9:45 am Line Dancing - 4 PM Overcomers Outreach 6:00-7:30 pm	<b>13</b>  Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM Cribbage 1 PM	<b>14</b>  Bo Obney  Breakfast 8:30-9:45 am  Pinochle 1:00pm	<b>15</b>  Music by Guy & Mary Chair Exercise 10 am  <b>16</b> Hazardous Waste Collection 8 am -Noon
<b>18</b>  3 of Us  Blood Pressure 11 am to Noon Chair Exercise 10 am Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	<b>19</b>  Breakfast 8:30-9:45 am Line Dancing - 4 PM Overcomers Outreach 6:00-7:30 pm <b>Coffee &amp; Canvas  1 PM</b>	<b>20</b>  Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM Cribbage 1 PM <b>Membership Meeting  1PM</b>	<b>21</b>  Breakfast 8:30-9:45 am  Pinochle 1 pm	<b>22</b>  Chair Exercise 10 am Susannah's Supper Methodist Church 6 pm
<b>25</b>  <b>CLOSED</b>	<b>26</b>  Breakfast 8:30-9:45 am Line Dancing - 4 PM Overcomers Outreach 6:00-7:30 pm	<b>27</b>  Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM Cribbage 1 PM	<b>28</b>  Breakfast 8:30-9:45 am  Pinochle 1 pm	<b>29</b>  Chair Exercise 10 am CRMM Ferries 1 pm

Meals Served for March: 1178

Volunteer Hours: 849



**Happy Birthday to our  
May Birthday Members**  
**Birthday Flower: Hawthorne Birthstone: Emerald**  
 Birthday is not listed or wrong, please contact the reception desk

- |      |                 |      |                  |
|------|-----------------|------|------------------|
| 5/2  | Tim Heintz      | 5/16 | Linda Gannon     |
| 5/2  | Karen Hooke     | 5/17 | Ray Johnson      |
| 5/3  | Ardy Roberts    | 5/17 | Dolores West     |
| 5/4  | Elaine Coffman  | 5/20 | Cheryl Dodge     |
| 5/4  | Paul Langner    | 5/20 | Gloria Nelson    |
| 5/8  | Jo Anna Lowry   | 5/22 | William Dias     |
| 5/12 | Walter Brentano | 5/25 | Susie Wellington |
| 5/12 | Mary Mitchell   | 5/29 | Marian Zemp      |
| 5/13 | Robert Fox      | 5/30 | Larry Wallace    |
| 5/16 | John Aubol      | 5/30 | Kelly West       |
|      |                 | 5/31 | Howard Woodruff  |



**For May we are honoring  
Shirley Roberts**

Shirley has been a life-long citizen of Rainier. She has volunteered at the Rainier Senior Center for 6 years, starting at the front desk. After a year she decided to volunteer delivering Home Delivered Meals and also helping twice a month serving during lunch-times.

When she is away from the Center she spends time in her garden enjoying her blooming containers of geraniums and lobelias during the summer, and wild primroses starting in the spring. Traveling is also one of her activities; national parks, visiting family and this year she and husband will be going to Hawaii for her granddaughter's wedding in June. One year she and Les traveled the Rt. 66, but it was cut short, making it I suppose, a Rt. 33 trip! Maybe they will someday try for the remaining Rt. 33 part!

She and Les keep company with two senior cats- Ginger and MaryAnn. They were, at one time, outdoor cats, but now have graduated to lap cats. Ginger is more sensible, as ginger cats seem to be, leaving MaryAnn, a tortie, as the one who hasn't quite learned all the in-and-outs of proper deportment. Shirley can fill you in on what this means! Thank you Shirley for all your time spent helping at the Center.

You are appreciated.



**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

## May 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**

**HAPPY MOTHER'S DAY**  
**Bring your Mother or your 'Other Mother'**  
**TO LUNCH!**

**May 8 at NOON**

Enjoy a 'Blooming' Mother's  
Day Luncheon  
503-556-3889 for Reservations

**BINGO TIME!**

**Bingo - Summer Hours 6pm Mondays**

**Cribbage 1 PM, starting May 6**  
**weekly Activity**

**Bunco May 8 at 3 PM**  
**Monthly Activity**

**Hazardous Waste Collection May 16**  
**at 690 West A St**

**Coffee & Canvas at 1 PM, May 19**

**CRMM Presentation at 1 pm, May 29**  
**Ferries**



### **YEAR-TO-DATE BOTTLE DROP UPDATE:**

**To date we have collected \$4000!**

**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!

Please see insert in the May Newsletter for an introduction to his cook book with solutions for this condition.



- Retirement Income Planning
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[www.Schultzfs.com](http://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 Events**

**CRMM Presentations**

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

**CRIBBAGE TOURNAMENT**  
**WEDNESDAY – JUNE 3 - 1PM**  
**1ST, 2ND, 3RD FUN PRIZES**  
**AWARDED**

**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**

Starting on June 4th and continuing through the summer, **Nehemiah Brown** will be returning to the Center's noon music agenda. Watch June Event

Page for details.



**REMEMBER AND HONOR**  
**May 25th**

**Board of Directors Annual Election June 16th**  
Anyone interested in becoming a Board member please check at Front Desk for paperwork. Turn your paperwork in to the Front Desk by May 15th. To be able to vote in the June Election you must be a member in good standing by May 15th.



- ◆ Thrivent for your donation. It is greatly appreciated.
- ◆ Columbia River Nitrogen for their \$1500 donation. It is greatly appreciated.



**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**  
*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](http://www.UnderstandingMyMedicare.com)



**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**