



Riverside Review

Volume 2026 Issue 9 September 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



ROHM EVENTS FOR SEPTEMBER 19, 2026:

The Annual Logging Event at ROHM Saturday
Sept. 19th

"The Evolution of Logging" presented by Dave
Parsons w/pictures of logging
in and around Rainier on display. Books on log-
ging and the timber industry will also be on display
Sept. 15th - 19th.

"What is it?" A fun and unusual Tool Exhibit by
Jerry Kelly

"Native American Exhibit" A new exhibit.
"Children's Corner"

"Video Kiosk" Where longtime Rainier residents
describe Rainier of the past.

As always, school yearbooks and class pictures,
as well as our vintage fire engine, will be on hand.

NO ADMISSION FEE.

Open Fridays and Saturdays - Noon to 4

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 HAS AFFECTED MAILING OF NEWSLETTERS

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 this month 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).

Please check in at the Front Desk to update your
preference for receiving your Newsletter. Mem-
ber's with emails are being signed up for their
Newsletter.

Artist of the Month for September

Be sure to take a look at Denise Watson's art
featured for the Month of September. She says
she has been doing creative painting most of her
life. She dabbles when she's in the mood, using
watercolor or whatever medium she is comfortable
with. This is her first time 'out of the closet' so to
speak, and encourages you artists 'out there' to
join in! Thanks Denise for giving us the pleasure
of your inner self.



THERE WILL BE NO CRMM IN SEPTEMBER

The Girls are working on
upcoming scheduling

A BOTTLE DROP CHALLENGE!

We have set a goal of \$20,000 through the rest of the year and you can watch the progress on the Bottle Drop Thermometer poster.

The Bottle Drop is very important to the Center and is one of the best fundraising options we have. It is amazing how fast the nickles and dimes add up.

Please join in by grabbing any cans you might run into while out-and-about and be sure to remember to bring in your own recyclable cans.

THANKS for helping us get to our goal.

SEPT. 22
COFFEE AND CANVAS RETURNS
\$20
SIGN UP AT FRONT DESK

Rainier Apple User Group
Monday, September 14 at 1pm
Due to the Holiday
for anyone wanting to become more familiar
with the Apple operating system.
Learn * Connect * Discover

Celebrate Public Power Week with Us

Public Power Week is October 4-10, and Columbia River PUD wants to celebrate with you!

Please join CRPUD for its annual Customer Appreciation Dinner at the Columbia County Fairgrounds on Tuesday, October 6, at 5:30 p.m. The PUD will be serving spaghetti, salad, and breadsticks prepared by the Warren Grange.

Tickets are free for CRPUD customers and are limited to 500. You can pick up your ticket at the PUD office in Deer Island.

The winning ticket for the PUD's GLOW Quilt Raffle will be drawn at the dinner as well. You do not need to be present to win. The quilt was donated by the Columbia River Piecemakers quilt Guild with all funds going to the PUD's GLOW Fund.

Public Power Week is an annual celebration of the safe, reliable, and affordable electric service provided by not-for-profit electric utilities like CRPUD throughout the country.



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY

September 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
31 Chefs Choice Spaghetti Green Salad Veggies Garlic Bread	1 Baked Ziti w/spinach Vegetable Mix Green Salad V- no meat	2 Alice Spring Chicken Steamed Broccoli Sliced Peaches	3 Cajun Style Pork Chefs Rice Vegetables Cottage Cheese w/ Tomato	4 Clam Chowder Garden Salad w/ Tomatoes, & Cucumbers,
7 Closed	8 Grilled Chicken Tenders Bow Tie Salad (Broccoli/Mush/Snow peas) SF Sunshine Salad	9 Glazed Meat loaf Herb Roasted Potatoes Veggie Mix Cottage Cheese w/ tomatoes	10 Grape Tomato Salad w/white beans Mixed Baby Greens Fruit Medly ww Roll V	11 Asian Style Tuna Burgers Stir fry Veggie Supreme Baked Apples Carrot Raisin Salad
14 Lasagna Roll up Veggie Blend Spring Greens w/Blueberries/walnuts Garlic Bread	15 Grilled Cheese San. Tomato /Basil Soup Fruit Salad Cottage Cheese V	16 Baked Fish Almondine Brown Rice Pilaf Veggies Apple Salad w/Citrus Dressing	17 Stir Fry Chicken Mixed Veggies Steamed Rice Pear Halves Fortune Cookie	18 Pork Chops Orange/Cranberry Sauce Butternut Squash Snap Pea veg. Blend Spinach Salad w/ beets
21 Lentil Stew w/Italian Sausage Cheese Sticks Tuscan Veggies Apple/Orange wedges V- no meat	22 Cheese Burger w/bun Condiments Berries w/ yogurt topping	23 Beef Pot Roast w/ Mushrooms Roasted Veggies Peas & Carrots Cottage Cheese w/Pineapple	24 Baked Chicken Parslied Potatoes Vegetable Mix Creamy Coleslaw Mandarin Oranges	25 Meat Tacos Corn Taco Shells Lettuce & Tomato/ Salsa Black Bean Salad V : no meat
28 Spaghetti w/meat sauce Pasta Green Beans Fruit Garlic Bread	29 Navy Bean Soup Egg Salad Sandwiches WW Bread Peaches V-no meat	30 Chef Salad Meat, cheese, egg, Veggies V-no meat	1 Pork Roast W/Gravy Potatoes, carrots, Rolls	2 Pasties Meat & Potatoes Green Beans Garden Salad

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

September Events

31	1 Breakfast 8:30-9:45 am Bunco- 1pm	2 Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM	3  Nehemiah Brown Breakfast 8:30-9:45 am	4  Guy & Mary Chair Exercise 10 am Line Dancing - 1 PM
7 Closed	8 Breakfast 8:30-9:45 am	9  Marsha Akery Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM	10 Breakfast 8:30-9:45 am Pinochle 1 pm	11  Boursaw Bros Chair Exercise 10 am Line Dancing - 1 pm 12 Rainier Library 12 pm- Novel Reading
14  3 of Us Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO - 6 PM Chair Exercise 10 am Apple User Group 1 pm	15 Breakfast 8:30-9:45 am Bunco 1 pm	16 Breakfast 8:30-9:45 am Chair Exercise 10 am Hand & Foot Game 1 PM Board Meeting 1 pm	17  Bo Obney Breakfast 8:30-9:45 am Pinochle 1:00pm	18  Music by Boursaw Bros Chair Exercise 10 am Line Dancing - 1 pm 19 ROHM Events
21  3 of Us Blood Pressure 11 am to Noon Chair Exercise 10 am Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	22 Breakfast 8:30-9:45 am Coffee and Canvas 1 pm	23  Bo Obney Breakfast 8:30-9:45 am Foot Care 9-2:30 Chair Exercise 10 am Hand & Foot Game 1 PM	24 Breakfast 8:30-9:45 am Pinochle 1 pm	25  Guy & Mary Chair Exercise 10 am Line Dancing - 1 pm Susannah's Supper Methodist Church 6 pm
28  Guy & Mary Blood Pressure 11 am to Noon Chair Exercise 10 am Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	29 Breakfast 8:30-9:45 am	30 Breakfast 8:30-9:45 am Foot Care 9-2:30 Chair Exercise 10 am Hand & Foot Game 1 PM		

Meals Served for July : 1083

Volunteer Hours: 676



Happy Birthday to our September Birthday Members

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

9/2 Grace Lina
9/2 Connie Adans
9/6 Bobby Larson
9/7 Henry Keith
9/8 Clint Kelley
9/13 Marjorie Clark
9/15 Monica Fiscus

9/15 Sheila Vanderford
9/16 Marlene Stirling
9/19 Brenda Courser
9/21 Dorothy Gillhoover
9/21 Robert Hoard
9/22 Joanne Barnard
9/24 Al Newby



For September we are honoring Jim Baradonski

Jim has been part of the Rainier Senior Center 4 to 5 years at his closest recollection. He has lived in the Longview area for most of his life and currently has a 2+ acre home in the Castle Rock area. He started looking for a way to occupy his time following his first wife's passing, but after sampling several other Senior Centers in the Longview and Rainier area, found the perfect match to be the friendly Rainier Senior Center. Jim is an important contributor to the Center's food program and uses his contacts and skills to acquire and cut quality meat slabs. He has a fully equipped 'cutting room', enabling him to contribute to the food program here at the Center, a skill he learned after his honorable discharge from his Army service in Intelligence and Recon. Jim is a 100% disabled Korean veteran, but he still does his best to remain active and enjoys generously sharing with others.

Jim's home's location offers him the solace and contact with nature he loves, like watching the deer eat and spit out the plum seeds of the ripe plums which fall. He also enjoys a little Casino visiting on occasion and has been lucky which keeps drawing him back when he is in the mood.

Jim, we are so glad you came home safe from Korea, and chose Rainier Senior Center as the place you warm a chair and safely battle out whatever it is you and the guys find important! We THANK YOU and APPRECIATE your generosity and service.



September Events

LINE DANCING with Sue Gibson Hosting

Free - Fridays

1 pm

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

No Presentations for September

BUNCO- 1st and 3rd Tuesday 1 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



YEAR-TO-DATE BOTTLE DROP UPDATE:

To date we have collected \$10,000!

We have a goal of \$20,000 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

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

SEPTEMBER AT RAINIER LIBRARY

September is - 'Library Card Sign-up Month!'

Sign up and be eligible for a gift-card drawing from Columbia Bakehouse!

Your library card gives you free access to books, books on-line, videos and audio books.

Sept 1-8 'International Letter Writing Week'

Adults and kids are invited to come into the library and write a letter to a veteran sharing a little about themselves and thanking them for their service. Letters may also be dropped off at the library. All letters will be distributed to local veterans.

September 12th at noon, author and City Administrator **Scott Jorgensen** will read from and discuss his new novel, **Quick Cures for Small Town Tedium**. It is about a group of middle-aged friends reflecting on their shared experiences attending high school in rural Oregon in the 1990s.

Signed copies will be available for purchase.

Coming in October

CRMM 10/30 AT 1PM PERSONAL FLOTATION DEVICES

Michael Leipzig

Schultz Financial Insurance

Oct. 6, 10am

503-543-3844

to schedule appointment

AUCTION October 17th

\$50 Member

Tables includes dinner.



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



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Nutritional Program
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your Oregon
Recyclables
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City of Rainier
Columbia Bake House
Columbia Food Bank
Columbia River Maritime Museum
Cornerstone Cafe

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Deer Island Grange
Delaware Plaza
Deli & Mart
Deli Store More
Dog Zone
Eagles
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Elevate Coffee & Decor
Fast Lube
Feral Cat Program
Flowers & Fluff
Fred Meyer
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Fultanos
Grocery Outlet
Home Town Pizza
Home Depot
InRoads
Kozy Korner
Longview Country Club
Lowe's
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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***