



Riverside Review

Volume 2024

Issue 7

July 2024

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

Thank You!



We wish to give a very appreciated Thank You to the Rainier Eagles for their generous May 24, 2024, donation to the Rainier Senior Center of \$4000.

The Eagles Women's group also donated another \$1,000 along with the Eagles Men's group who donated \$1,855 in memory of Del Larson. These phenomenal donations make it possible for the Rainier Senior Center to continue to provide Home Delivered meals and on-site dining room lunches for our seniors and members of the Rainier community.

CITY CLEAN UP RESULTS

City Clean-up Event was successful. The Center made \$264 and 2 boxes for Hope. The June 22 City Wide Sale collected \$633 for the Senior Center as well as \$468 from MeeMaws Attic.

Board Members

President: *Jan Rich*

Vice-President: *Keith Ekstrom*

Secretary: *Susan Arrington*

Treasurer: *Rachel Kelley*

At Large: *Marilyn Tift, Clint Kelley
and Joanne Bernard*

Multi-Media: *Denise Watson*

Newsletter Editor: *Beth Bailey*

Newsletter Associate: *Dorothy Gillhoover*

Board and Member Meetings Notice

From now on we will be adding 3rd Wednesday's Board Meeting to the Event Calendar every month since it will be a combined Board and Member meeting from now on. The July meeting is on Tuesday due to the County Fair on 17th.



If you missed the May or June Ukulele entertainment mark your calendar for July 25th.

Medicare 101
presented by Breyden Carter,
Heartland Retirement Group

It is a free informational class on July 18, Thursday, 11am to 1pm. Please sign up at the Front Desk.

City Garbage Pick Up

Hudson Garbage Service working with the City of Rainier is offering in-city Garbage services Every-Other-Week, Monthly and On-Call. Recycling additional. Billed every 2 months. Call 503-397-1534 to sign up for this type of service. See flyer included with this newsletter.

City Wide Clean Up Results

City Wide Clean-up Event collected \$264 and 2 boxes for Hope.

Attention Movie Fans!

Movies for Us Seniors will be on hold for July and August. To be continued after summer.

Cooling Tips For Summer

You can save on your electric costs this summer by following these tips from the Energy Experts at Columbia River PUD:

1. Cook more meals on an outdoor grill or in your microwave. This will heat your food without heating your home.
2. Run your dishwasher at night. This is especially helpful if you choose to air dry dishes to help keep steam from filling up your kitchen.
3. Set your thermostat to 78 degrees or higher to save energy.
4. Use fans instead of air conditioners. Fans increase air movement, which can make you feel up to five degrees cooler. They use less energy than air conditioners. Just remember to turn fans off when you leave a room because fans don't actually cool a room, they simply make you feel cooler.
5. Close windows, doors, and blinds on hot days. Open them when it cools down to let breezes through.

Find more suggestions for summer savings at crpud.net/staycool.



Finding Nemo is an animated story of a father clown fish searching for his missing son who was netted up by a boat off Australia and ends up in an aquarium in a dentist's office in Sydney.

Voices of the characters are: Albert Brooks, Ellen DeGeneres, Alexander Gold and Willem Defoe. Academy Award winner 2003.

As a Special Summer Movie, the Rainier City Library will be promoting the movie as a "Summer Reading Edition".

And, to make it a bit special for the community,

**The Entry-Donation (for July)
will be \$2.50**



COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY

July 2024

1 BLT on whole wheat bread Creamy chicken soup Cottage cheese w/pineapple	2 Baked pizza casserole w/ham/pepperoni bell pepper/onion/olives Spinach salad Peaches	3 Polish sausage w/sauerkraut Spring veg mix 3-bean salad Mandarin oranges	4 Closed Happy 4th	5 Swiss steak w/mushrooms & tomatoes Mashed potatoes Warm spiced apricots Baby green salad
8 Minestrone soup Tuna salad sandwich on a croissant Minted melon salad	9 Pot roast w/potato/carrot & parsnip Italian veg mix Sunshine salad	10 Mushroom frittata Black bean salad Orange slices toast	11 Ham Scalloped potatoes Green beans Pineapple	12\ Chicken & Veg soup Shell pasta Normandy Veg Blend Cottage cheese/tomatoes
15 Chefs Choice Prime rib Potatoes Vegetables Rolls	16 Baked cod Herb roasted cauliflower Catalina veg blend Jello w/strawberries	17 Beef stew w/winter vegetables Summer squash Mixed fruit medley Biscuit	18 BBQ chicken sandwich Kaiser roll Baked apples Greens Creamy coleslaw	19 Pork stir fry w/veg & crispy noodles Tropical fruit salad Fortune cookie
22 Meatloaf Mashed potatoes Green beans w/onions Fruity coleslaw	23 Fish tacos Corn shells Lettuce/tomato/salsa Whole black beans Cantaloupe	24 Porcupine meatball cass. Egg noodles Cauliflower w/cheese sauce Peaches	25 Bean soup Corn bread Saute broccoli 'Waldorf salad	26 Greek lemon chicken Med. vegetables Rice pilaf Spinach salad w/strawberries
29 Shepherd's Pie Pacific veg blend Plums or grapes	30 Baked Salmon Patties Green beans Carrot & raisin salad Vanilla yogurt w/blueberries	31 Sweet & Sour Meatballs Brown Rice Pea vegetable mix Fruit Cocktail Fortune Cookie		

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.

Suggested Donation: \$6 for over 60 and \$8 for under 60.

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

July Events

1  3 of Us 11 am Technology Help 1 pm	2 Breakfast 9-10 am	3	4 CLOSED for the Holiday	5  Music by Nehemiah Brown
8  3 of Us 11 am Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	9 Breakfast 9-10 am	10  Music by Tansel Tack	11 Breakfast 9-10 am  Music by Boursaw Bros Card Games 1 pm	12
15  3 of Us 11 am Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	16 Breakfast 9-10 am Board & Member Meeting 1pm	17 FREE Senior Day at the Columbia County Fair	18 Breakfast 9-10 am Medicare 101 with Breyden Carter 11 am to 1 pm Card Games 1:00pm	19  Music by Boursaw Bros Rock Painting at 1 pm See Page 6
22  3 of Us 11 am Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	23 Breakfast 9-10 am	24	25 Breakfast 9-10 am  String Thoeree - Ukulele Card Games 1 PM	26  Music by Guy & Mary Last Friday Film "Finding Nemo" Susannah's Supper Methodist Church 6 pm
29  3 of Us 11 am	30	31		

Meals Served for May: 1345

Volunteer Hours: 731



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

7/4 Linda Burns
 7/6 Robert Van Natta
 7/8 Connie McGlone
 7/10 Sandra Fjeldheim
 7/10 Robert Stone
 7/12 Darlene Pearce
 7/13 Martha Van Natta
 7/15 Jim Bardonski



7/15 Ronald Roche
 7/17 Sheridan Holland
 7/17 Steve Sandahl
 7/18 Denise Watson
 7/19 Lynda Stewart
 7/20 Harold Morton
 7/23 Randy Bailey
 7/23 Leslie Madison
 7/27 Anna Jeffers
 7/31 Barbara Clark

**Check in on the progress for our new
Dining Room Chairs fundraiser.**

THANK YOU to all who have donated to our Dining Room Chairs. The participation has been phenomenal and we have met our goal in record time for all the chairs.

Movie Mystery!— Starting Wed - July 3 - will be the first of a series of unknown movies. During the week prior you will be given a daily clue as to the name of the movie. You can then submit your movie title guesses. Correct guesses will be rewarded at the showing of the movie. Can you remember those movies of the past?



LAST FRIDAY FILMS

Rainier City Library sponsors,
 'Last Friday Films'
 movie entertainment for the family.

'Last Friday Films'

July 26

at 6 pm

at Rainier Senior Center

Film to be shown is

"Finding Nemo"

**PLAN FOR YOUR SUMMER EVENTS AT
THE RAINIER SENIOR CENTER!**

Whether it's Birthdays, Anniversaries, Weddings, Baby Showers, Family Reunions. Everything you need to get the party started is located right here.

See our Website for details.

**Volunteers
Needed!**

Check with the desk

We Serve

Home Delivered Meals

so no senior goes hungry.



JULY EVENTS

Rainier Days in the Park July 12, 13, and 14

There will be a parade on Saturday the 13th when the **Rainier Senior Center** is offering **parking for \$5 starting at 4pm** for viewing fireworks.

July 17 FREE Senior Day at the Columbia County Fair

Tonya Higgins who is one of our Home Meal Delivery people will be representing Rainier as one of the Princesses. Be sure to sign up for transportation at the Front Desk.

July 19 Rock Painting Event at 1 pm

\$5 Fee All supplies provided. Please sign up & pay at the Front Desk. Amazing what a simple 'rock' can become!

July 25 Longview Ukulele Club 11:30 am-1:00 pm See more info on Page 1

July 26 Last Friday Film Finding Nemo

First Monday Technology Help



Assistance with: iPads, SmartPhones, Printers, FM Reward Card, Computer Questions.
with Scott Cooper
July 1
1 PM



- 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

Upcoming EVENTS

AARP DRIVING CLASS

If you are interested we may be able to have one available this fall at the Rainier Senior Center. Participants can realize a discount on their car insurance for attending. It will be an all day class, and the fee is \$20 fee for AARP members, \$25 for non members. You will need to bring a lunch. Requirement is a minimum of 6 participants so please add your name to the list so we can finalize plans.

NEW BAKERY

There is going to be a new bakery in town at 126 W. B Street. Watch for Columbia Bakehouse opening in the near future and the aroma of fresh baked goods to greet you in the morning.



Daniel Garrison, CPA,
2114 Columbia Blvd,
St Helens, OR 97051
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503-366-0994

...for quality, personalized financial guidance for individuals and businesses. Dan can do your basic tax management and accounting or help with more in-depth services such as audits, financial statements and financial planning.



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MY MEDICARE**



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CLATSKANIE PUD
Owned by the People We Serve

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

Become a Member of Rainier Senior Center



Want to get in on the fun? Want to meet other seniors? Join us for the events, activities, and just plain conversation.

ONLY \$20 per year

Sign up today and begin receiving our newsletter so you can plan to join us..



**Help our Nutritional Program
by Donating
Your Recyclable Cans or Bottles**

Your donations are greatly appreciated

Canterbury Inn
Canterbury Park
City of Rainier
Columbia Food Bank
Cornerstone Cafe Rainier
Country Financial
Deer Island Grange
Delaware Plaza
Deli & Mart
Dog Zone
Dutch Bro's
Eagles
El Tapatio
Eminence Hair Salon
Flowers & Fluff
Fred Meyer
Grocery Outlet
InRoads

Kaiser Permanente
Kirby's Fish & Chips
Lowe's
Means Nursery
Memaw's Attic
Miracle Ear
Nys Tree Farm
Ol' Pastime Tavern
Pie Trio's
Rainier True Value
Red Lobster
Rainier Oregon Historical Museum
Safeway
Sound Authority
Stuffy's
Sugar Pearl
Triangle Bowl
Tsugawa Garden & Wellness
United Way



"A Great Place...For Great People"

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