



## *Riverside Review*

Volume 2025      Issue 4      April 2025

**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**

### **Fundraising Results**

#### **MARCH SPRING CLEANING SALE**

**on March 8th brought in \$302**

including table rental and sales for the Center. We were able to use the new enclosed sunroom area for display tables this year adding long-needed additional space along with the dining room and library areas.

Thanks to everyone who supported this fundraiser.



#### **ST. PATRICK DAY RAFFLE - saw a FULL HOUSE!**

The Center wants to Thank all the contributors whose donations made the raffle a success, and also Thank all those who purchased tickets. Without these generous people the St. Patrick Day Raffle would not be the success it is.

The Blazer Raffles brought in \$1540: The autographed basketball was won by Terri. Marily won the Row B and parking and Sue won the court-side tickets. The Rainbow and Lottery Board raffles brought in \$1057. The lunch brought in \$467 before costs. Winner of the Lottery Board was Laurie who was unavailable for a picture. When she reports in with the total amount of her winnings we will update



### *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*

### **RAINIER SENIOR CENTER WAS HONORED with the**

**'2024 Non-Profit of the Year Award'  
by Rainier Chamber of Commerce**

Nicole, President of the Chamber presented the plaque to Jan. The plaque is on display in the dining room area. An appreciative 'Thank You' to the Rainier Chamber of Commerce.



## OVERCOMERS OUTREACH

will be holding meetings at the Rainier Riverfront Center, (dba Rainier Senior Center), every, **Tuesday from 6pm to 7:30.** 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)

We will not have a CRMM presentation in April while Julia and Beth use the time re-searching new content for presentations. The next presentations will be in May and June.

**May will be:** 'Why Can't I touch That?'

Preserving Collections for Years to Come.

**June is:** Tillamook Rock Lighthouse.



"The Easter Bunny must have a lot of chickens workin' for him."

## CRPUD Trimming Trees Throughout Its Service Area

Columbia River PUD will be pruning and removing vegetation throughout its service territory, in accordance with the Public Utility Commission clearance requirements.

Vegetation management is important to minimize wildfire risk, increase public safety, and maintain safe and reliable electric service.

You may see Columbia River PUD crews or contracted Asplundh crews trimming and clearing vegetation near power lines. You will receive an automated phone call before they start working in your area. Please call the PUD at (503) 397-1844 if you have any concerns.

Please also contact the PUD if you notice trees growing into or close to power lines. You can call the PUD at (503) 397-1844 or complete a tree trimming request form online at [www.crpud.net/trees](http://www.crpud.net/trees).



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



# APRIL 2025



31 Swedish Meatballs over Pasta Garden salad Bread Fruit	1 Baked Ham Yams Mixed Green Salad Jello W/ Berries	2 Chicken Broccoli Bake Corn Apricots Roll	3 Breakfast Sausage Biscuits & Gravy Scrambled Eggs Green Beans Fruit Salad	4 Burger Patty Potatoes Gravy Broccoli Spinach Salad Peaches
7 Bean Soup Mixed Green Salad Mixed Fruit Corn Bread	8 Taco Salad w/ Spinach & Romaine Tomato, onion, salsa, cheese, meat Tortilla Chips Fruit	9 Pulled Pork Sandwich Kaiser Roll Vegetables German Potato Salad	10 Spaghetti w/ meat sauce Spaghetti Noodles Mixed Veggie Green Salad Fruit	11 Baked salmon Green Beans Cauliflower Au gratin Fruity Slaw
14 Broccoli Cheddar Soup Chicken Salad Sandwich 3 Bean Salad Cantaloupe	15 Teriyaki Pork Stir fry Oriental Veggies Brown Rice Mandarin Orange Fortune Cookie	16 Meat Loaf Mashed Potatoes Garden Salad Yogurt & Berries	17 Hot open faced Roast Beef sandwich Blended Veggies Oven Roasted Potatoes Fruit Cocktail	018 Baked Ham Mashed Potatoes Corn Salad Melon
21 Alice Spring Chicken Stuffing Steamed Broccoli Cole Slaw Banana 1/2	22 Chili w/ beans Dinner Salad w/ beets Peach Slices Corn Bread	23 Pork Loin Smothered in Mushroom Sauce Potatoes Pea Salad Cottage Cheese & Pineapple	24 Minestrone Soup Turkey Sandwich 3Bean Salad Fruit Salad	25 Oven Roasted Chicken Mashed Potatoes Blended Veggies Cucumber / Tomato Salad
28 Clam Chowder Cheese Sandwich Fruit Medley Crackers	29 Sweet & Sour Meatballs Steamed Brown Rice Mixed Veggie Fruit	30 Turkey Kielbasa Sauerkraut Veggies Mandarin Oranges Bread	1 Beef Stew Potatoes & Carrots Biscuit Green Salad	2 Macaroni & Cheese w/ Chicken Salad Fruit

## 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.

Suggested Donation: \$7 for over 60 and \$10 for under 60.

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



# April Events

	<b>1</b>  Breakfast 8:30-9:45 am Overcomers Outreach 6:00-7:30 pm	<b>2</b>  Breakfast 8:30-9:45 am	<b>3</b>  Breakfast 8:30-9:45 am  Card Games 1:00pm	<b>4</b>  Music by Guy & Mary
<b>7</b>  3 of Us  Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm Technology Help 1 pm BINGO- 6 PM	<b>8</b>  Breakfast 8:30-9:45 am AARP Tax Help Overcomers Outreach 6:00-7:30 pm	<b>9</b>  Breakfast 8:30-9:45 am	<b>10</b>  Breakfast 8:30-9:45 am  Card Games 1 pm	<b>11</b>
<b>14</b>  3 of Us  Blood Pressure 11 am to Noon Hooks & Needles 1pm-2:30 pm BINGO - 6 PM	<b>15</b>  Breakfast 8:30-9:45 am  Overcomers Outreach 6:00-7:30 pm	<b>16</b>  Breakfast 8:30-9:45 am	<b>17</b>  Breakfast 8:30-9:45 am  Card Games 1:00pm	<b>18</b>  Music by Guy & Mary
<b>21</b>  3 of Us  Blood Pressure 11 am to Noon  Hooks & Needles 1pm-2:30 pm BINGO- 6 PM	<b>22</b>  Breakfast 8:30-9:45 am  Overcomers Outreach 6:00-7:30 pm	<b>23</b>  Breakfast 8:30-9:45 am	<b>24</b>  String Thoeree Ukulele  Breakfast 8:30-9:45 am  Card Games 1:00pm	<b>25</b>  Susannah's Supper Methodist Church 6 pm
<b>28</b>  3 of Us  BINGO - 6 PM	<b>29</b>  Breakfast 8:30-9:45 am  Overcomers Outreach 6:00-7:30 pm	<b>30</b>  Breakfast 8:30-9:45 am		

Meals Served for February: 970

Volunteer Hours: 565



## Happy Birthday to our April Birthday Members

**Birthday Flower: Sweet Pea    Birthstone: Diamond**  
If your birthday is not listed or wrong, please contact the reception desk

4/1	Delaylah Laughlin	4/14	Kathye Beck
4/1	Dennis Williams	4/15	Lonna Walters
4/2	Pam McCormick	4/18	David Allen
4/3	Jerry Sexton	4/19	Barbara Foster
4/6	Judy Lepin	4/22	Janis Singleton
4/6	Shirley Roberts	4/27	Marylou Jamieson
4/11	Toni Johnson	4/29	Norman Gressett
4/12	Roger Cleveland	4/30	Cecelia Boyce
4/13	Ron Fadden		



### For April we are honoring Jan Rich

Jan has been President of the Rainier Senior Center since 2016. She fills many shoes around the Center with her main focus being continuation of the meal program for seniors and other community members. Because of her dedication, the Center has become a productive and welcoming environment where community members can spend their time. Jan has been a traveler in the past watching many sunsets from the deck of a sail boat. If she ever goes missing, you will be sure to find her playing Pinochle at the Center. Thank You Jan from everyone you have inspired at the Center.



**PAGE MAGNIFIER** - The Library has some page magnifiers for lending to anyone needing a visual aid for reading. Next time you are in the Center stop by the library and check this out to see if it might work for a reading project you have. You can sign one out at the front desk.


Along with books and puzzles, the library has a nice selection of Country and Country Woman magazines donated by Joann Bernard. They are full wonderful information from crafts to foods along with other interesting articles.

They will be in the Library for your reading pleasure on a "Grab and Go" basis. Please pass them on to others to enjoy when you have finished with them.



**51 prizes Ruffled off for the Luck of the Irish raffle with young and old participating!**





**First Monday  
Technology Help**

Bring your questions.  
with **Scott Cooper**  
**April 7**  
**1 PM**

## May EVENTS

**May 9**

Mother's Day Luncheon

**Memorial Day May 26**

The Center will be closed.

**CRMM Presentation May 30**

at 1 pm after lunch:

"Why Can't I Touch That?"



### PETS ARE FAMILY TOO!

When delivering Meals on Wheels, it is easy to see how many of those homes have pets. For some, that dog or cat is their only companion and best friend. Spring of 2024 we were fortunate to have access to sufficient donations of pet food to start a new program for the Meals on Wheels recipients which we call Pets Are Family Too. Pet owners receive a bag of pet food once every two weeks. The pet food is not a large amount, but as the grateful owners say over and over, "Every bit helps!" Unfortunately, the donation source is no longer available, but we want to continue the program to help feed these beloved family members. We are now seeking donations of dog and cat food (dry is preferred) and/or cash, on an ongoing basis. A donation jar is in the lobby and donations of food may be brought to the Rainier Riverfront Center (Rainier Senior Center). Donations may also be mailed to 48 W 7th St., Rainier, Oregon 97048. Thank you for helping us keep these pets in their homes with those they love unconditionally.

### FOOD TO GO!

Have you noticed the table-top refrigeration unit nestled next to the coffee dispenser? Due to a generous donation, we are so pleased to now be able to offer many refrigerated food items for your convenience and carry-out. Foods will change as new foods are available. Be sure to check before leaving and see if there is something you might like to use for a lunch, dinner or a snack later on. A food-donation jar is next to the refrigerator.



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**503-543-3844**



**APRIL IS POETRY MONTH**  
**Here is a little poetry for a smile!**

**GOING TO THE DOGS**

-Anonymous-

My granddad, viewing earth's worn cogs,  
Said things were going to the dogs;  
His granddad in his house of logs,  
Said things were going to the dogs;  
His granddad in the Flemish bogs,  
Said things were going to the dogs;  
His granddad in his old skin togs,  
Said things were going to the dogs;  
There's one thing that I have to state -  
The dogs have had a good long wait.

**BINGO! Starting on April 7, 2025**, Bingo will start at **6pm on Mondays** and continue on through the summer months.

The Rainier Senior Center is honored to have received a Memorial Remembrance Gift in the name of Rosalee Herstrom, and we wish to offer our deepest condolences to her family. This loving remembrance is a beautiful way expressing their love for Rosalee Herstrom.



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



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**Become a Member  
of the  
Rainier Riverfront Center**  
(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.

**Membership - \$20 individual  
\$35 per couple.**

No age requirement. Sign up today and begin receiving our monthly newsletter so you can plan to join us.

503-556-3889 for information.



# Easter Egg Hunt

## MEGGA EGG HUNT

St. Helens, Oregon is gearing up for another year! **April 19, 2025**, the Saturday before Easter, this **FREE Annual Family Event** is held in St Helens, OR at the Columbia County Fairgrounds.

They are offering a scavenger hunt, coloring contest, plant-a-seed and more,

**Gates open 10:30 am to 12:30 pm.**

Seniors! What a great place to spend time with those grand-kids.

For information contact Heather

Epperly 503-396-0081

Canterbury Inn  
Canterbury Park  
City of Rainier  
Columbia Bake House  
Columbia Food Bank  
Cornerstone Cafe Rainier  
Country Financial  
Deer Island Grange  
Delaware Plaza  
Deli & Mart  
Dog Zone  
Eagles  
El Tapatio  
Elevate Coffee & Decor  
Flowers & Fluff  
Fred Meyer  
Grocery Outlet  
Home Town Pizza

InRoads  
Samuel L. Johnson Foundation  
Kaiser Permanente  
Kiss My Glass  
Lowe's  
Means Nursery  
Mee Maw's Attic  
Miracle Ear  
MZ Collectibles  
Nys Tree Farm  
Ol' Pastime Tavern  
Rainier Liquor Store  
Rainier Oregon Historical Museum  
Rainier True Value  
Rightline Equipment  
Safeway  
United Way



***"A Great Place...For Great People"***

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