



**South Salem Seniors**



Hello Dear Members and Friends,

This is my last letter to you. I like to thank you for your support and the privilege and opportunity to lead this great organization. It has been a nice ride. Lots of nice and friendly members out there!!!

I would like to say a long overdue "Hello" to our member friends living outside Oregon who still support us and like to hear from us: Joan Rollins, who still like to come and see us every so often; Kate Floyd, ex yoga instructor, John Root, long time member. Also our two long time volunteers and friends: Ramona Peck, Nifty Thrifty and dear heart Alice Wells, past President, Office Manager and much more.

**Hope you are all doing great and we miss you! Hello from all of us!**

Looking back at this fiscal year I can say that we did accomplish a few things:

- \*We spruced up our building with much needed maintenance: we cleaned carpets and bare floors; cleaned air ducts; painted rooms; installed thermal insulating window film.
- \*The acoustics panels have been ordered and we are waiting for the delivery and installation hopefully by August 31. "*Per chiudere (kee-u-de-re in be lle zza*" meaning to "to end on a high note".
- \*We added an additional exercise class and a few other activities.
- \*The Travel program started up again.
- \*We signed up for the Panera Day-End Dough-Nation Program.
- \*We held a Fall Craft Fair and a Spring Craft Fair.
- \*We held a Christmas Party, a Volunteer Pizza Party and Karaoke for Fun.

I'll like to thank all the volunteers for their help and dedication this year to the South Salem Seniors.



Lately we have been having problems receiving our USPS Mail on time therefore we decided to rent a PO Box at the Vista Post Office. Our New Mailing Address for all correspondence is:

**South Salem Seniors Inc. PO Box 3094 Salem OR 97302**

**Mark your Calendar:**

**August 5 - NW Medicare Advisors with Linnea 11:30 am to 12:30 pm**

**August 13 & 14 - AARP Driver Safety Class (call us to register at 503-588-0748).**

**August 14 - Board Meeting 10:30 am.**

**August 15 - Deadline to Submit Election Ballots.**

**August 21 - Starting at 10:30 am**

**Annual Membership Meeting - Installation of New Board Members**

**South Salem Seniors 35<sup>th</sup> Anniversary Celebration**

**August Birthdays Celebration**

**35<sup>th</sup> Anniversary Quilt Raffle Drawing.**

**August 25 - Let's Dance (Riverfront Park - Salem) 6 pm-9 pm Music from the 50's, 60's and 70's**

♪♪ Yes, there were times, I'm sure you knew  
 When I bit off more than I could chew  
 But through it all, when there was doubt  
 I ate it up and spit it out  
 I faced it all, and I stood tall  
 And did it my way! ♪♪

...and with this last try @ Karaoke, Stay Well and I'll See You Around. Ciao, Ciao! Renata Pilotto

### Hooray for Summer!

The “Nifty Thrifty” rooms are full to overflowing. We know everyone is “downsizing” and “spring cleaning” and we are grateful that you think of us first but perhaps we can ask you to hold off until September 1. Thank you so much for the beautiful things we are getting. We are pricing, boxing and storing at Alta’s until the October sale.

Alta & Staff

### Creative Painting Class

Join Center member Lilly Winders and daughter Dennie Page in a class where you will decorate your own laser-cut wooden strawberry themed “bouquet” that attaches to a separate wall hanging wooden basket. A variety of theme-based bouquets reflecting seasons of the year and other celebratory events make this a fun project to either keep or give as a gift. Paint, paint brushes and glue are provided. Cost per participant is \$49 which covers product only. There is no instructional fee. See the sample and sign-up sheet in the Lobby.



### Do You Enjoy a Good Laugh?

Member Lynne Albright, since 1999 a certified yoga instructor in laughter therapy, is volunteering to bring a new addition to the Center’s already robust variety of exercise classes. Laughter being one of the best medicines, Lynne says “Let’s go on this journey together, enjoying improved health, making new friends and simply having more fun in life!” There are no restrictions regarding physical ability. See the sign-up sheet in the Lobby.

### Let’s Dance

Put This one on your calendar! Center 50 Plus, Keizer Salem Area Senior Center, local radio station KBZY, Bonaventure Senior Living and South Salem Seniors teamed together to co-sponsor three evenings of dance at the Salem Riverfront Park Jerry Frank Amphitheater this summer. The first, held Sunday July 14<sup>th</sup>, saw folks dancing and enjoying the music as the weather cooperated with temperatures dropping into the 80’s just in time for event to begin. The next dances will be held **Sunday, August 25<sup>th</sup> and Sunday, September 22<sup>nd</sup>, six to nine p.m.** DJ Freddie and KBZY Radio’s Charlie Fox will spin records of your favorite 50’s, 60’s and 70’ songs. Look for our booth and stop by to say hello. Five dollars at the gate.



### Crafter’s News

Every month the Crafter’s distribute articles that have been made by the members to several facilities: hospice, memory care facilities, nursing homes, and Liberty House, an organization to help abused children. One month we donated these darling dolls, handmade by Maria, one of our members, and a volunteer in the Nifty Thrifty. After the child has an appointment, they are able to select a toy. Liberty House sent the following note to our group: “Your group’s talent and artistry is incredible and our kids love your gifts. Thank you so much for your kind hearts and generosity. We so appreciate you!”



**Current Weekly Activities**

Mon	Needle Crafts	12:00 pm - 3:00 pm	Card Rm
"	Energize with Linnea	10:00 am - 11:00 am	Bingo Rm
"	Mahjong	12:00 pm - 3:00 pm	Card Rm
Tue	Bridge	11:00 am - 3:00 pm	Card Rm
"	Cribbage	1:00 pm - 3:00 pm	Dining Rm
"	China Painting/Arts	10:00 am - 2:00 pm	Craft Rm
"	Garden Club	1:00 pm - 3:00 pm	3rd Tuesday Mtg Rm
Wed	Life Story/Writers' Group	10:00 am - 12:00 pm	Card Rm
"	Rummikub	12:30 pm - 2:30 pm	Card Rm
"	Chess	10:00 am - 12:00 pm	Dinning Rm
"	Chair Exercise	1:00 pm - 2:00 pm	Bingo Rm
"	Quilting Group	1:00 pm - 3:00 pm	Craft Rm
Thu	Hand & Foot Card Game	10:00 am - 3:00 pm	Card Rm
"	Single Deck Pinochle	10:30 am - 1:00 pm	Card Rm
"	Scrabble	11:00 am - 3:00 pm	Card Rm
"	Tai Chi/Yoga	10:00 am - 11:00 am	Bingo Rm
"	Painting class	1:00 pm - 2:30 pm	Craft Rm
Fri	Mexican Train	10:00 am - 3:00 pm	Card Rm
"	Double Deck Pinochle	12:00 pm - 3:00 pm	Card Rm
"	Quilting Group	11:00 am - 3:00 pm	Craft Rm
"	Mahjong	12:30 pm - 3:00 pm	Card Rm
Mon-Fri	Pool playing	10:00 am - 2:00 pm	Pool Library

**Aging Smart**

Everyone knows walking on a regular schedule is important for balance and strength as we age. So the "why" of we should do it is very obvious -

But the "where-when-how" is often the problem, especially with our variable weather, or when we are using adaptive devices such as walkers and canes and maneuvering around uneven sidewalks and curbs.

We'd like to propose a parkour-type walking track at the Center for members, using the Dining and Bingo room perimeters, initially logging in our number of steps after each session, but then adding some strength and balance challenges to keep things interesting. These challenges would be simple exercises along the walking track using the walls, counters and chairs for stability but targeting specific "use it or lose it" areas and balance.

If interested, please let us know by signing up at the reception table. If you indicate your preferred time to walk, we might get some group walks started just for fun.

Making things simple and challenging is what "aging smart" is all about. Maximize your time spent at the Center by taking a quick walk before your card game or crafting class, or before checking out the new bargains at Nifty Thrifty .

Either way, keep moving and we hope to see you soon!

Michi

**Interested In Playing Single Deck Pinochle?**

Kay Rentchler, along with several other members, have indicated interest in reprising this much enjoyed, easy to learn card game. Kay reports remembering when there were four tables playing single deck. To test the current interest a signup sheet will be available in the Lobby. Kay will follow up, identifying best times and days of the week to play.

**MEDICARE INFORMATION & ENROLLMENT MEETING / WALK-IN**

**NW MEDICARE ADVISORS with Linnea**

**MONDAY August 5  
11:30 AM – 12:30 PM**

**Marion-Polk Food Share Lunch  
Pick-up time is  
9:30 am - 10:15 am**

Lunches are available in our kitchen accessible thru the Dining Room.

SSS is not a Meals on Wheels distribution center. Call 503-364-2856 for home delivery

**New Members - July 2024**

**Thank you for supporting  
South Salem Seniors, Inc!**

**Stewart & Loree Hill  
Tammy Pratt  
Cheri Wright  
Kathryn Zendner  
Jane Elam  
Kate Busby  
Marilyn Perkins  
Jane Long  
Peter Niebel  
Donna Branson**

**Timothy Irwin  
Lorene Nord  
Shirley Fleischman  
Carol Bengel  
Jag Sandhu  
Jean Novotny  
Ron Noble  
Joyce Starck  
Darlene Hutchings**

**July Birthdays Celebration**



**From left: John Brandeberry, Regina Arnold, Jeri Nunley, Julie Amen & Rick Saul**

**Happy Birthday!**

**Friday Quilters**

A short note for August from "Fridays Quilters" this last month has been hit and miss. Our members have been on vacation, moving, having surgery and sick. We are all in contact and we plan to be back the end of July. It maybe slow because this summers heat has been bad for us all. By September we will be up and strong. See you soon!

Mary Adams

**IMPORTANT**

**The 50+ Center will be closed for their annual cleaning from August 17 to September 2, 2024.**

**No meals will be available for pick-up at South Salem Seniors during that time.**

**Meals for pick-up will resume on September 3.**

**Life Stories Group**

I never came home from the fair tonight.  
I may never come home anymore.

In my dreams I was ready to go to the fair.  
In my world it was clear I'd not go.  
In my dreams my good friend was my very best love.  
In m world he had promised to share.

But the world with its edges intruded on me,  
And I've lost my way home from the fair.

In my dreams I was riding on top of the air.  
In my world I expected to live  
And relive all the laughter, the fun and the joy.  
I somehow got lost at the fair.

In my world if it hadn't have been for my friend,  
I would never have known it was there.

I never came home from the fair tonight.  
I may never come home anymore.

Velma

\*\*\*\*\*

Come join our group at 10:00 AM on Wednesdays.  
You can share your own stories or just listen.

**South Salem Seniors Thank Madrona Hills  
for  
Recent Donation**

Center member Sharon Latshaw, a resident of Madrona Hills Independent Living, became interested in what, during a recent major remodel, was going to be done with furniture located in the facility's common areas. Happily, her inquiry resulted in the Center receiving a donation of three couches and a wingback chair enabling us to replace aging Lobby furniture. In addition, we received a group of chairs that are in use in the Game room. A special thanks to our intrepid SSS crew who made this acquisition possible by picking up the donated items.

And to Madrona Hills, many thanks for your much appreciated ongoing support throughout the years.



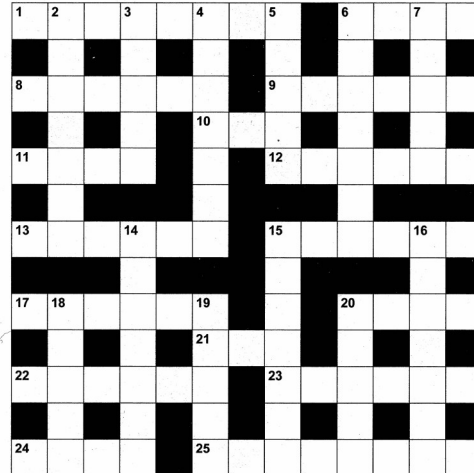


### Garden Group

Hello Garden Friends! Sorry about the two months of missing news, but that shouldn't happen again. Our next meeting will be August 20 at 1:00 PM in the meeting room. We might have a guest speaker, but otherwise we'll continue conversations about the October Rummage/Plant sale and any other topics of interest. Come early to visitor or browse the Nifty Thrifty, books, or Gifts. Stay cool! Questions? Call Sandy @ 503-851-8250 or Rose @ 503-581-4632



Sandy



**Across**

- 1 - Sanitary (8)
- 6 - Doubtful (4)
- 8 - Beepers (6)
- 9 - Yield (6)
- 10 - Young child; small quantity (3)
- 11 - First man (4)
- 12 - Herb with oil rich seeds (6)
- 13 - Cord (6)
- 15 - Continue (6)
- 17 - Candy (6)
- 20 - Cool and collected (4)
- 21 - Of recent origin (3)
- 22 - Exertion (6)
- 23 - Crazy (6)
- 24 - Vases (4)
- 25 - Relinquishing (8)

**Down**

- 2 - A long time ago (4,3)
- 3 - Small intestine (5)
- 4 - Tensing (anag) (7)
- 5 - Converses (5)
- 6 - Fills with (7)
- 7 - Meeting (5)
- 14 - Influxes (7)
- 15 - Beverage made from grapes (3,4)
- 16 - Dark pigment in skin (7)
- 18 - Suggest (5)
- 19 - Written account (5)
- 20 - Enclosed (5)

### Great Trip to Cottage Grove

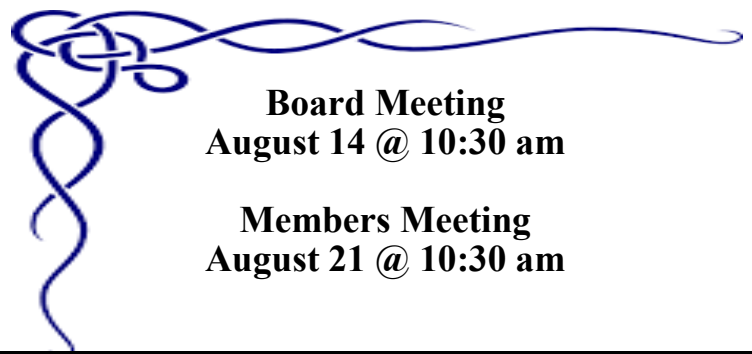
#### Great Trip to Cottage Grove

We had two full buses, saw 5 covered bridges, toured around Dorena Lake and visited the Cottage Grove Historical Museum with some cool Titanic Survivor memorabilia. Lovely lunch at the Inn there and great feedback all the way around. Drop by the Travel Office Mon - Fri 9:00 AM - 12:00 PM to speak with a volunteer about upcoming sign-up lists for events, to pay for events and sign your waiver, and to learn more about Carnival Hawaii Cruise in Sep. 2025.

#### Travel Corner - Bus Trips

July 31 Tillamook Cheese Factory and Tillamook Air Museum  
 Aug 8 Grande Ronde Native American Museum  
 Aug 22 Brothers Car Collection FREE to SENIORS Hours 10 - 3:30

Contact: SSS 503-588-0748 and ask for Travel Office



**Board Meeting**  
**August 14 @ 10:30 am**

**Members Meeting**  
**August 21 @ 10:30 am**

**South Salem Seniors, Inc.**  
**Mail : PO Box 3094 Salem OR 97302**  
**6450 Fairway Avenue SE**  
**Salem, OR 97306**  
**503-588-0748**  
**www/southsalemseniors.org**

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**Mike Giertych**

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Driveways, Houses etc.

Gutter Cleaning.

**(503) 315-8953**  
**mikegiertych@aol.com**

Solution for July 2024

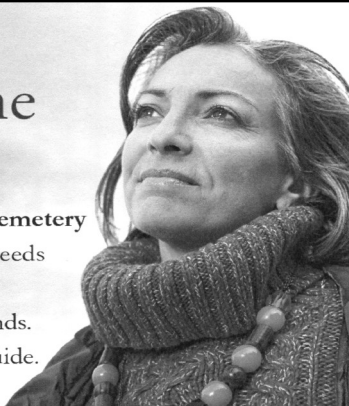



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underlined text will be a LINK to webpages!

Click to visit the site.

Keep updated on the latest news by visiting our

Webpage

<https://www.southsalemseniors.org/>

**David L. Carlson, Lawyer**  
**503-365-0373**

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# Community Connections



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South Salem Seniors Newsletter  
Monthly Publication

Articles and editorials printed in the SSS Newsletter reflect individual opinions and are not necessarily the Center's opinion.

Advertisements in the SSS Newsletter do not necessarily carry the endorsement or guarantee of this organization.

Would you like to write an article for the newsletter? Have something to share? Drop your article off at the front office or email it to [arturojg@comcast.net](mailto:arturojg@comcast.net) Deadline for submissions is **August 13** for the **September 2024** newsletter.



South Salem Seniors, Inc.  
PO Box 3094  
Salem OR 97302

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You can receive your newsletter by mail, email or reading on the website: Call **503-588-0748**

If your membership expiration date is highlighted in yellow, please renew to support SSS Center. Please advise the Business Office for any changes in address or status. Thank You.

## Looking to downsize?

We're here for you every step of the way!



**Jeff Harrison**  
971.277.0647

Jeff@HarrisonStoneRE.com  
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We're a brother/sister real estate team who treat our clients like family!

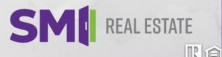
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**Melissa Stone**  
503.508.7278

Melissa@HarrisonStoneRE.com  
License #201238867  
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[www.HarrisonStoneRE.com](http://www.HarrisonStoneRE.com)



### 2024 AARP Driver Safety Classes at South Salem Seniors, Inc.

Call **503-588-0748** between 9 am and 3:30 pm to make reservation.

Aug 13 & 14	Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Sep 10 & 11	Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Oct 8 & 9	Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Nov 12 & 13	Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Dec 10 & 11	Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm

**South Salem Seniors Business Hours**  
Monday – Friday 9:00 am to 3:30 pm

**Nifty Thrifty and Gift Shop Hours**  
Monday – Friday 10:00 am to 2:00 pm