



**South Salem Seniors Inc.
Newsletter**



Semi-Annual Rummage Sale October 4 & 5 9 am - 4 pm

Fall Craft Fair October 25 & 26 10 am - 4 pm

Hello Members and Friends,

Well it's happened, Fall is here! No more 100° days for awhile. Fall's arrival is a big deal for the Senior Center because there are two special October events I want to call your attention to: Our Fall Rummage Sale October 4th and 5th when we have many household items, pictures, lamps, variety of small kitchen appliances, clothing for men women and children, tools, electronics, sporting goods, etc. managed by our Nifty Thrifty crew and in our Library: books, puzzles, CDs, DVDs and VHS tapes. In our Gift Shop we also will have selected higher quality items such as watches, cosmetic jewelry, glassware, and collectible quality items from around the world. In addition, we have a wide variety of furniture as well as exercise equipment, DME: for example, walkers, wheelchairs, potty chairs etc. Come browse for your treasure to take home. Sales by cash or check only.

But wait, there's more! October is also the month when we have our 2 day Fall Craft fair on the 25th and 26th featuring very talented home crafters selling wonderfully made treasures for personal use or gift giving. We will have a good selection of fabric crafts: quilts, placemats, pillows, aprons, fabric bowls, doll clothes, towels dishcloths; chocolate candies; greeting cards: pottery articles: knitting and crochet crafts, paper crafting and much more. For interested crafters, a few tables are still available at \$10 / table per day for SSS Members or at \$20 / table per day for non-members. Crafters must sign up by October 15, 2024 for renting table space. Call our Business Office at 503-588-0748 during business hours 9 am to 3:30 pm for more information. South Salem Seniors is a charitable non-profit or 501(C)(3) organization and we use the proceeds of the fundraising sale to support operating costs of running our facility.

Also included in this newsletter is a copy of the summary of our financial statements to close the fiscal year ending 8/31/2024. These financial statements are prepared from year end reports for the Statement of Financial Position Comparison as of August 31, 2023 and 2024 along with the Statement of Activity for August 31, 2023 and 2024, Also included is a summary Statement of Cash Flow (all are cash basis) to analyze the increase in Cash \$ 14, 422.35 for the fiscal year ending August 31, 2024. If there are any questions or need for additional explanation, please contact either Karen Sloan or Laurene Brousseau.

Mark your Calendar:

There are a number of Medicare Meetings scheduled for October. The dates, times and entities presenting the information are included in the newsletter.

October 4 & 5 – Rummage Sale 9:00 a.m. to 4:00 p.m.

October 8 & 9 – AARP Drivers Safety Class 9:30 a.m. to 1:00 p.m.

October 9 – Board Meeting 10:30 a.m.

October 16 – October Birthdays Celebration. Cake at 11:00 a.m.

October 25 & 26 – Fall Craft Fair 10:00 a.m. to 4:00 p.m.

Fall Travel Desk News

Email - SSSTRAVEL@comcast.com
 Call - Ask for Travel Desk **503-588-0748**

Bus Trips – South Salem Seniors

Cost: = **About \$70** paid 30 days in advance, have signed waiver on file
Nov 6 Oregon Gardens, Silverton Sausage Company, Willamette Pie Company
Dec 3 Thompson Mill Built in 1800s
Feb 14 Tillamook Creamery, Air Museum

Fall Travels On Your Own

- > **Sep 12-14 - Silverton Oktoberfest**
- > **Sep 20-21 - Salem Rodeo Finals – State Fairgrounds**
- > **Oct 12-28 - Peak PNW Fall Colors - All Parks**
- > **Free Daily - Schreiner Farms - Exotic Animal Drive-thru**
 360-561-2813 WA-14 Lyle, Washington across from The Dalles

Portland Art Museum FREE Dates / Exhibits

- * **Free 1st Thursdays** 10:00am-7:00pm
- * **Free Oct 3, Nov 7, Dec 5, Jan 2**
- * **Sep 14 - Jan 19** Paul McCartney Photo Exhibit
- * **Oct 19 - Mar 30** Psychedelic Poster



Remembering Friends and Neighbors

Fall is in the air with all its beauty. Trees displaying their beautiful colors, leaves scattered everywhere, cool-weather clothing making an appearance are all reminders of Winter on the way. We welcome rain back into our parched valley and the cooler winds helping to abate the terrible fires our state has endured. As many of us prepare to participate in a wonderful variety of holidays, religious celebrations, social and family gatherings, the exchange of gifts and the writing of letters to, and the receiving of, letters from friends far away, please consider donating both people and pet food to the Marion Polk Food Share collection barrel located in the Lobby. A way of saying “South Salem Seniors are thinking of you.” Cheers!

A REMINDER..... to all Members Participating in Scheduled Center Classes

Regular Center activities will be suspended for brief periods of time in order to set up for the **Rummage Sale held October 4th and 5th** the **Craft Fair held October 25th and 26th**.
Rummage Sale All activities suspended **October 2nd and 3rd**.
Craft Fair All activities suspended **October 23rd and 24th**.

Volunteers Wanted

Members interested in volunteering to work during the Rummage or Craft Fair will find sign up lists in the Lobby.

Jewelry Class Takes a Pause

Members participating in this popular class are reminded that the *last class* of the year will be held Monday October 28th and *will resume* the Monday, February 3rd, same time same location. Members are encouraged to join this fun group taught by the talented instructor Lorna Motte. By-the-way Lorna, enjoy your much deserved vacation and bring back lots of stories to share!

The Finance Committee is seeking a volunteer member to join the team. An interest in helping with the Center’s financial decisions is all that’s required. If interested, please see Karen Sloan, Treasurer, or call the Office at 503-588-0748

Halloween Costume Contest

Prizes for 1st, 2nd and 3rd place
Come and join the fun! Treats will be available.

October 31 10 am to 1 pm



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
"	Jewelry Class	10:00 am - 12:00 pm	Craft Rm
"	Single Deck Pinochle	10:00 am - 2:00 pm	Mtg 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
"	Yoga Our Home	10:00 am - 11:00 am	Bing 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
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

Getting older introduces the unexpected. Things we take for granted become "issues" - from maintaining balance to remembering where you put those darn car keys! Luckily for us, getting older also allows for more accumulated life experiences (wisdom), so we are able to meet those challenges with calm acceptance and adaptive knowledge.

On the plus side of life, the Center is available as a place of refuge and shared knowledge. From casual conversations about similar experiences and hobbies to maintenance drills like exercise, we create a community of optimists by just coming in and seeing what is happening each day. We are grateful for this.

We continue to offer Linnea's **Energize** on Monday mornings (10 am), Chair Exercise (**ChairX**) on Wednesday afternoons (1pm), and the **Tai Chi/Yoga** split class on Thursdays (10am).

The Center is also offering a new Tuesday morning **Yoga Our Home** by Gina Reinhardt at 10am. Gina teaches functional yoga using commonly available props. Her class is specifically designed for a continued home practice.

On Thursday, October 10th @ 11 am, **Laughter Yoga** will be presented by Lynn and Sophie, who have both certified in this form. Laughter Yoga is a new expressive yoga practice based on joyful laughter and openness, with breathing and gentle stretching, chanting, clapping, eye contact, and body movement. The goal of their initiative is social connection with improved physical and mental health.

Michi

From the Nifty Thrifty

Welcome to our semi-annual Rummage Sale
October 3 and 4!

Many new items on display for sale plus a huge selection of Christmas items just in time for the Holidays. Halloween is right around the corner, as well and we have some good things in that department too.

Thank you from the staff for everyone's participation in donations, shopping and setting up for the sale. Always a big job!
Alta & Staff

MEDICARE INFORMATION & ENROLLMENT

Walk-In Medicare Meetings

- Oct 1 - United Healthcare 10:30 am - 12:30 pm;
- Oct 15 - NW Medicare Advisors 11:30 am -12:30 pm;
- Oct 16 - United Healthcare 10:30 am - 12:30 pm;
- Oct 17 - Ted Hunt / SIG Brokers 9:00 am - 11:00 am;
- Oct 18 - Bonnie McCreery/Atrio 10:00 am - 12:00 pm;
- Oct 22 - United Healthcare 10:30 am - 12:30 pm;
- Oct 29 - United Healthcare 10:30 am - 12:30 pm.

New Members - September 2024

Thank you for supporting
South Salem Seniors, Inc!

Denise Holly
Shirley Fitts
Mark Clarke
Ralph Najera
Donna James
Michiko Kuroda
Noemi Bugar
Lacey Stark
Sheri Mowery
Vicky McCloskey
Margaret Gross

Liz Lewis
Thelma Jackson
Becky Gleason
Phyllis Najera
Janice Phillips
Jim Keehner
Margaret Wolf
Thelma Gran
Lois Nuss
Cristina Duke

Friday Quilters

This has been an awesome month. We have grown in members. We made many lap robes to donate to the Hospice. Feels so good to do good. Now we are getting ready for winter by organizing our space. Looking forward to returning quilting members. We have a small space.. Our members love the work we do. We are all learning as we go with our wonderful Brother sewing machines. This is a quilt made by Sandra Plata. It's October and starting to work on Veterans lap robes.



Mary Adams

Writers Group

Come share your stories at 10:00AM in the game room! We encourage you to write down your life stories and thoughts to preserve them for yourself and others.

Excerpt from Walking but not Talking by Amy Richarme

My fourteen-month-old grandson happily sat on my lap as I read his favorite book to him repeatedly. When he had heard enough, he slid down to the floor, took the book and returned it to the bookshelf. I still sat on the couch as he came back to me. With a smile on his face, he gently laid his head on my lap. That was his way to say "Thank you."

My 90-year-old grandmother could still shuffle around the house, but she couldn't talk any more. She would find me and take my hand, leading me to the cabinet or drawer where she needed something but couldn't get it. She could point, and I could open the drawer and get what she wanted. Then she would turn and kiss my shoulder. That was her way to say "Thank you."

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

September Birthdays Celebration



Happy Birthday!!!



Mered Frankel and Charlie Musgrave

Hello from the Gift Shop!



We currently have not one but 2 sets of beautiful Noritake Fine China Dinnerware.

The first set includes 86 pieces in great condition. This pattern is from the 1920's. Asking \$300 or Best Offer.

The second set is called Somerset 5317 and includes 77 pieces in great condition. Asking \$300 or Best Offer. Always nice to see you at the Gift Shop!

Renata

Garden News

Hello gardening friends! It's truly looking like Fall is just around the corner! Already I'm seeing a small change in foliage color and my asters are blooming. The fall "crocuses" are popping up as well. We should have some information on how the plant sale went and we can talk about what can help make the Spring sale a big success. Come with questions you might have on winterizing and anything else plant related. Our meeting is at 1:00 on October 15 at 1:00 pm in the meeting room. See you there!

Sandy 503-851-8250
Rose 503-581-4632

Sandy

As most of our members know, the **Crafters' Group** donates the items they make to several different organizations—hospice, nursing homes, Operation School Bell, plus others. To emphasize the importance of our donations, we often receive "thank you's"

A portion of the note from Serenity Hospice follows: I see by the large bag of blankets that you have all been very busy! I 'm so impressed and a bit humbled by your talents. We are genuinely blessed to have you as friends. Sincerely, SERENITY HOSPICE
Another note from Liberty House:

Thank you for providing a comforting gift to the children who visit Liberty House every day. These children have experienced horrible things, and a stuffed animal is often one of the most soothing gifts given to many of them in a very long time. You are making it possible for these children to change Hurt into Hope- Thank You.

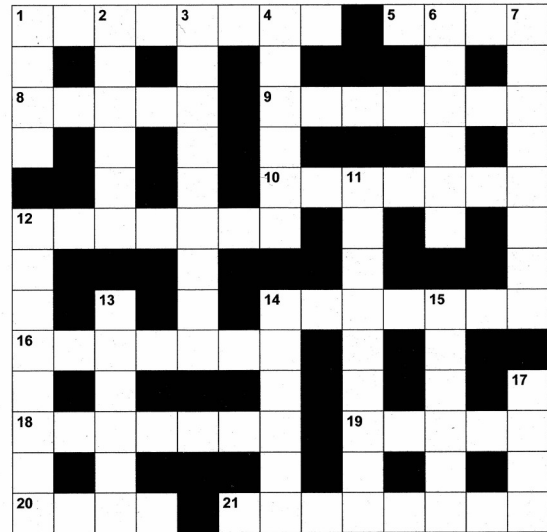
If you would like to join our group, we meet on Monday from noon to three. We have yarn, needles, hooks, books, and instruction plus friendship!

Calling All Scrabble and Single Deck Pinochle Players

There has been some member interest indicated in reinstating and or expanding participation in these two games. Scrabble is being played Thursday mornings by a small group and other Center members have indicated there is likely enough interest in forming a single deck group if a mutually agreeable date and time can be identified. Look for sign up lists on the Lobby table.

And Early "Thanksgiving"

Early one recent morning a Center member appeared at the front desk, propped her elbows on the counter, leaned over and declared "I have never been this happy in my life." She went on to say that in the past few years, after having lost not only her husband but a significant number of dear friends and family members in a short period, she essentially had limited herself to staying home and working in her garden. She said she thought she was "happy enough" but as time passed, and with some encouragement, she decided she might try joining South Salem Seniors. As she began getting to know members and participating in various activities, she felt herself "come alive" in ways she hadn't experienced before. The feeling of always being welcome, the camaraderie and nonjudgemental culture and many kindnesses shared had indeed changed her. Thank you dear member for sharing your story, a reminder of how much the little things in life matter.



Across

- 1 - Make fun of (8)
- 5 - Confine (4)
- 8 - Requirements (5)
- 9 - Court game (7)
- 10 - Shuns (7)
- 12 - Traveler (7)
- 14 - With an oblique glance (7)
- 16 - Plots (7)
- 18 - Put into action (7)
- 19 - Rustic (5)
- 20 - 24 hour periods (4)
- 21 - Surreptitious traveler (8)

Down

- 1 - Outer covering (4)
- 2 - Showy (6)
- 3 - Reprimand severely (9)
- 4 - For more time (6)
- 6 - Moved about aimlessly (6)
- 7 - Fence of stakes (8)
- 11 - Bottle opener (9)
- 12 - Front of an advancing army (8)
- 13 - Sandy (6)
- 14 - Feature (6)
- 15 - Of little width (6)
- 17 - Associate (4)



**Board Meeting
October 9 @ 10:30 am**

South Salem Seniors, Inc.
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Community Connections

Solution for September 2024

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Estate Planning/Elder Financial Abuse
Conservatorships/Guardianships

Senior Center members will receive a 25% Discount on all estate planning

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



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CALL (971) 283-5345 to reserve a time.

**South Salem Seniors Newsletter
Monthly Publication**

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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!



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We're a brother/sister real estate team who treat our clients like family!

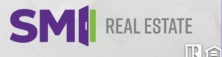
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2024 AARP Driver Safety Classes at South Salem Seniors, Inc.

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

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