



# Happy New Year

Hello Friends and Members

Hope you had a wonderful holiday and that we'll all have a happy and healthy new year. Make it even better by coming to the Center and enjoying our offerings.

Thanks to all of the participants in the Christmas Party. The Choir and entertainment was great, and lots of yummy cookies - so much for losing those Thanksgiving pounds.

What is our Senior Center? To me it's our clubhouse like in the old show "Our Gang". It's a place where it's fun to hang out and meet and make friends. And, there are a variety of fun and enlightening activities we members can participate in, see the list of Current Weekly Activities later in the newsletter.

We're still working on volunteers for the possible return of the Saturday breakfast.

Have you noticed our new sign on Fairway Ave? It lets people know that our building is not the counseling building. I think it really looks great. As an added feature, it has a place where we can advertise upcoming events. Our thanks go to Roger Brousseau for getting the sign set up.

When it rains it leaks! That's the story of our roof. After many years and many patches it's become apparent that our building needs a new roof. And guess what, it won't be cheap. We're looking at replacing the roof later this year. Again, thank you Roger for getting the bids and helping move forward on this.

Just remember as members of the Senior Center, we're all part of "Our Gang", so let's enjoy it all.

President Gary M

**Dates to make note of:**

**January 6<sup>th</sup> - We will start taking appointments for AARP Tax Preparation**

**January 8<sup>th</sup> - Board Meeting at 10:30 am.**

**January 15<sup>th</sup> - January Birthdays Celebration - Cake at 11:00 am**

**We'll be closed January 20<sup>th</sup> - Martin Luther King Holiday**

**January 22<sup>nd</sup> - Salem Public Library Best Books 2024 Presentation 1:00 pm**

## NEWS FROM TRAVEL DESK

### City of Salem 50+ Center Spring Trips

- 1). April 17: \$38 - **Wooden Shoe Tulip Farm & Food Trucks**
  - 2). May 12: \$82 - **Crystal Springs Rhododendron Garden / Old Spaghetti Factory**
- Call = 503-588-6303 / Hours = M-F 10:00am-12:00Noon / Ask for Travel Desk  
Register Early = 11 Seats Available / Pay 30-60 days in advance credit or debit card

### Visit Museums Virtually This Winter

- 1). Van Gogh: <https://www.vangoghmuseum.nl/en/visit/enjoy-the-museum-from-home>
- 2). Louvre: <https://www.louvre.fr/en/online-tours>
- 3). Peabody Museum Glass Flowers: <https://www.hmn.harvard.edu/glass-flowers>

### Visit Local Museums

- 1). Bush Barn Art Center – Bush’s Pasture Park – Salem Art Association
- 2). Corban University – Prewitt-Allen Museum Archeology Displays
- 3). Mt. Angel Abbey Museum – Art and Natural History Exhibits

### Fly With Avelair.com to Burbank or Las Vegas

- Burbank roundtrip – as low as \$200; Las Vegas roundtrip – as low as \$180

### Call Amtrak Train – Get 15% Senior Discounts Age 62+

- Coast Starlight – Portland to Los Angeles 30+ hours - \$100-\$340

## Greetings from the Needlecraft folks

As we enter a new year, (2025) our needle craft team continues to be hard at work. We are crocheting and knitting lap robes and shawls for various centers and organizations that need them. Some of our beautiful afghans end up in our Center’s gift shop also.

We are making hats and scarves for children and adults who need them to stay warm in this winter weather. Some folks in our group make very cute baby clothes, and some are working on embroidery projects and making stuffed animals as well.

And as we work together we get a lot of talking done too.

We meet on Mondays wandering in at about noon and later and some of our crafters are still there working and visiting until nearly time to close the center. If Monday is a holiday, we meet at the same time on Wednesday afternoons instead.

If you do not know how to do any of these crafts, show up anyway. Someone will be glad to teach you what you want to know.



## Salem Public Library’s Best Books of 2024 Presentation Save the Date

Three Salem Public Librarians will join us Wednesday, January 22, 2025 at 1:00 P.M. for a presentation on the Best Books of 2024 as voted on by library staff, library patrons, and critics in a fun and fast-moving presentation.



### 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
"	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
"	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
"	Indoor Walk/Freestyle	10:00 am - 11:00 am	Bingo Rm
"	Rummikub	12:30 pm - 2:30 pm	Card Rm
"	Chess	10:00 am - 12:00 pm	Dining Rm
"	Chair Exercise	1:00 pm - 2:00 pm	Bingo Rm
"	Creative Card Making	1:00 pm - 3:00 pm	2nd Wednesday Craft Rm
Thu	Hand & Foot Card Game	10:00 am - 3:00 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
"	Indoor Walk/Freestyle	10:00 am - 11:00 am	Bingo 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 & Happy New Year!

Now that the holidays are over, it's a perfect time to pause and take a look at the world – but only as it exists to you! Maybe just celebrate the good, and contemplate how to keep it going – or, make a wish list of things you'd like to get done (and number them – believe me, it makes things easier!)

With the Center in mind, we can add some thoughts as well. Our exercise program is growing to be a daily option – Linnea's Monday morning Energize and Thursday's Tai Chi/Yoga Flow are continuing, with Chair Exercise remaining as our Wednesday afternoon option. We're adding ballroom dance on Tuesday morning, plus indoor walking and open gym on Wednesdays and Fridays (we are loving cardio drumming and line dance on those open gym days)! Gina's Tuesday yoga class will be on a short break – however, you'll be seeing her again soon!

Not being a gym enthusiast, I can honestly say that the fun in all this exercise stuff is the "group participation." Improved movement and learning to adapt to our physical limitations without worry – combined with shared laughter and friendship – keeps us coming back for more.

It would be nice, however, to comfortably hang out somewhere during the day, maybe just to learn new unrelated things, or simply to chat. The underused Dining Room is a good option; we could invite experts (retired members or outside volunteers) to enlighten us on topics of current interest – books, downsizing, investments, potlucks, art, mortgages, cellphone tricks, travel, etc. – the possibilities are endless. (with coffee and snacks included, of course!)

What's currently missing is 'how to get it started.' If you have an idea that might be of interest, personally or for a group, drop it in the Suggestion Box in the lobby, and let's explore the possibility of connecting the right people together. We all have something to offer, and even if it makes a difference to just one other person on a one-time basis (even a shared laugh or story), we've succeeded!

The Center is a safe and member-friendly space for all of us, so let's make 2025 our most memorable year ever!

Michi

#### Happy New Year from the Nifty Thrifty!

As always we thank you for your donations and patronage.

Please look us up for your household and medical equipment needs.

We have a selection of walkers, shower chairs, and other equipment at a fraction of what you would be paying at a medical supply store.

Come see us.

The Staff

#### 2025 AARP Driver Safety Classes

Call **503-588-0748** between 9:00 am - 3:30 pm  
To make reservation.

January	14 & 15	Tue & Wed 9:30 am to 1:00 pm
February	11 & 12	
March	11 & 12	
April	8 & 9	
May	13 & 14	
June	10 & 11	
July	8 & 9	
August	12 & 13	
September	9 & 10	
October	14 & 15	
November	11 & 12	
December	9 & 10	



Driver Safety



**New Members - Nov-Dec 2024**

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

**Robert Metcalf  
Karen Metcalf  
Jon Bates  
Linda Wollam  
Laurie Long  
Kim Fulter  
Norm & Judy Desmon**

**Louis Wakefield  
Marge Smith  
Chris Stewart  
Gaylen & Joe Cashman-  
Jan May  
Carl Peterson  
Esther Puentes**

**December Birthdays Celebration**



**Happy Birthday! To Kent Noble  
and from November John with sweet Fajita**

**From the Writing Group:**

Come on Wednesdays, 10:00AM, to share your creative thoughts. The Life Story Writing Group encourages you to write down your life stories, one page at a time. We meet in the game room.

**Lines of Thought**

It is said an unexamined life is not worth living. As a child, I often awoke with glee with the joy of living! "I'm back!" I have ten toes and ten fingers and wow, a voice! The art of being quiet, is just that, and art. It doesn't come easily, but when embraced it can fill a soul with wonder and peace! With the presence of mind, I can leave the past behind. I will not be distracted by looking outward. I will give myself back to me!!!!

Please check us out Wednesdays 10:00 to 12:00 , or so. Our Writing Group is great place to share short stories, thoughts, or poems. Just come and listen as your presence will be appreciated.

John Brandeberry

**Happy New Year from The Gift Shop!**

Here are some treasures we currently showcase:

- Seiko Chime Wall Clock;
  - Emperor Grandfather Clock;
  - Lot of earrings, necklaces and bracelets starting at \$1;
  - Lot of greetings cards still priced at \$.25/each.
- We also have lots of vintage, collectable and unique things.

Come see us! Renata

**Garden Group News**

Happy New Year to my gardening friends! It will be 2025 when we meet again. I'm so looking forward to the daylight hours getting longer. As of this writing, there is nothing special planned for our meeting, but I just found out a neighbor may be able to find a guest speaker or two going forward. Meanwhile, there's always holiday stories, individual garden news or questions, and discussion regarding the May rummage/book/plant sale. We need plants! Anyway, hope to see you at 1:00 on January 21 in the meeting room!

- Questions or suggestions, call us!
- > Sandy 503-851-8250
- > Rose 503-581-4632

**Quilting and Sewing for Fun**

We welcome any interested member to come participate with our Quilting and Sewing group. If you like, just stop in the Craft Room on Fridays to see some of the crafty work we have completed or are contemplating to complete. We work on a variety of articles and sew for ourselves or for charitable giving. If you have need of minor clothing alterations, replace buttons or zippers, feel free to contact me.

Sew until next month, Laurene Brousseau – call the SSS Business Office 503-588-0748 or come in Fridays 11am – 3:30pm and see what we are sew happy to share with you!

Laurene

**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

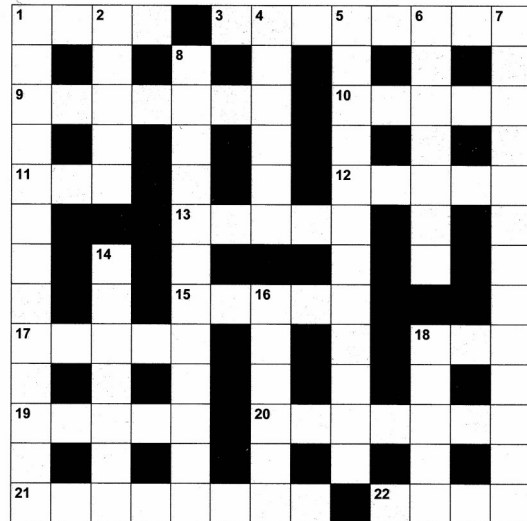


**December 14 - Holiday Celebration**

The Salem Community Chorus  
with their Christmas performance



Talented 9 years old Juniper Aguilar-Weaver played the piano with a nice selection of sing-a-long Christmas songs. **Great Job Juniper!**  
(She is the niece of Office Mgr. Michelle McMichael)

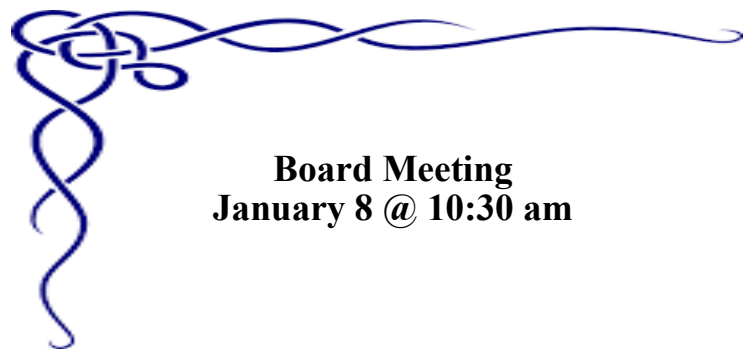


**Across**

- 1 - \_\_\_ Ruth: baseball star (4)
- 3 - Bivalve mollusks (8)
- 9 - Insanity (7)
- 10 - Of the nose (5)
- 11 - Era (anag) (3)
- 12 - Accustom (5)
- 13 - Thorax (5)
- 15 - Recorded (5)
- 17 - Small woodland (5)
- 18 - Affirmative vote (3)
- 19 - Iterations (5)
- 20 - Multi-span structure (7)
- 21 - Longing (8)
- 22 - Resist (4)

**Down**

- 1 - In a grandiose manner (13)
- 2 - Form of identification (5)
- 4 - Trigonometrical ratio (6)
- 5 - Running lengthwise (12)
- 6 - Unknown (7)
- 7 - Obviously (4-9)
- 8 - Food shop (12)
- 14 - Certificate (7)
- 16 - Established as true (6)
- 18 - Give pleasure (5)



**Board Meeting**  
**January 8 @ 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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# Community Connections

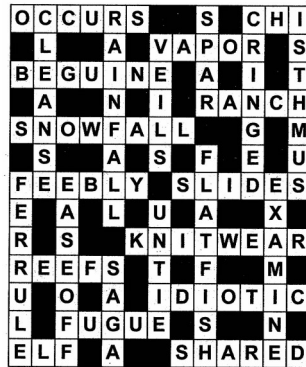
## Mike Giertych

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Driveways, Houses etc.

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mikegiertych@aol.com

Solution for December 2024

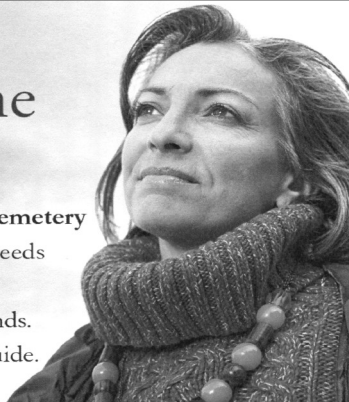



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Monthly Publication**

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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?

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**Jeff Harrison**  
971.277.0647

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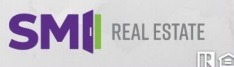
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