



South Salem Seniors Inc.  
Newsletter

# Happy Valentine's Day

Hello Fellow Members

Do you have what Shakespeare called a February face “so full of frost, of storm and cloudiness”? Come to the Senior Center and join “Our Gang” with our genial atmosphere and stimulating activities.

Hopefully, you'll change that February face to a smile.

Changing to a less genial topic, the first day for tax preparation here at the Center is February 3<sup>rd</sup>. A number of the AARP tax preparers have “retired” so this year there will only be appointments 3 days a week which means we only have 3/4ths the number of appointments we had in previous years. At the time of this newsletter all of the appointments have been filled. If you missed getting an appointment and you're lucky enough to call when someone has canceled you may have an opportunity to take the canceled appointment. We do not take call back numbers.

If you participated in our activities or visited in late December through the first part of January you were probably cold because some of our heating units were not working. Why is it that furnaces stop working when it's cold and air conditioners stop working when it's hot and our roof only leaks when it's raining? Once again we turned to Roger Brousseau to get the heat back on and as usual, he came through. It's nice and warm now and all 9 of our heating units have been repaired and serviced.

Picture this, the first day for making tax prep appointments and the phones aren't working! Oh no, maybe a hundred calls and no phones. Roger to the rescue. The phones were back up with a new system in a day. Another thank you to Roger.

And by the way, Valentines Day is this month. Another opportunity to eat candy. Later in this issue you'll find more information on the new “Life's Journey Women's Group” and developing travel opportunities.

President Gary M

## Dates to make note of:

**February 3<sup>rd</sup> - AARP Tax Preparation appointments begin**

**February 7<sup>th</sup> - Life's Journey Women's Group 1<sup>st</sup> meeting 1:00**

**February 12<sup>th</sup> - Board Meeting at 10:30 am.**

**February 14<sup>th</sup> - Valentines Day**

**February 19<sup>th</sup> - February Birthdays Celebration**

## Travel News: Bus Trips, Photo Exhibit, Arts Venues, Salem Airport

### 50+ Center Bus Trips - Salem Resident Prices, Reservation, Debit or Credit

**Apr 17 = \$38** Wooden Shoe Tulip Farm & Food Trucks (Woodburn) 11:00am-3:00pm

**May 12 = \$82** Crystal Springs Rhododendron Garden / Old Spaghetti Factory – Incl. Lunch of 2 Options. 10:30am-4:00pm

**May 22 = \$48** Alpaca Farm/Lou's Kitchen Lunch/Mt. Angel Museum = Covers entry fees & transportation .

**Jun 5 = \$120** Riverdance at Hult Center (Eugene) = Includes Ticket & Transportation 6:00pm-11:00pm .

**Jun 22 = \$128** Portland Spirit Brunch Cruise on Willamette River = Includes Brunch & Transportation .

Call 503-588-6303. Call to reserve a spot way in advance. Pay 4-6 wks ahead of trip. 1-2 Buses go on trip 11 per bus.

Call 50+ Center M-F from 10:00-12:00noon and ask for the Travel Desk Volunteer / make your reservation and payments.

Pickup/Drop off: Portland Road, Salem, Center 50+ Location.

Coordinator: Kris Yates [kyates@cityofsalem.net](mailto:kyates@cityofsalem.net) Fridays 10:00-12:00pm.

### Hallie Ford Art Museum New Photo Exhibit

Current exhibit by Guggenheim Fellowship Recipient Nancy Floyd = **For the Love of Trees**. Explores Oregonians unique bond with the forest and trees. = **Seniors \$5.00 = AAA Member \$4.00 or FREE Tuesdays.** **Hours:** Tue-Sat: 12:00pm - 5:00pm. **More info:** <https://hfma.willamette.edu/visit/index.html>.

### Performing Arts & Music Scene

> Hult Center Theater (Eugene) <https://hultcenter.prospect2.com/f/1> .

> Elsinore (Salem) <https://elsinoretheatre.com/> .

> Historic Grand Theater (Salem) <https://www.salemsHG.com/upcoming-events> .

### Flights Out of Salem Airport – AVELO Airlines

1) Burbank/Los Angeles Airport = Roundtrip approx. \$176 = Depart Monday am and return to Salem Friday am.

2) Las Vegas = Spring/Summer 2025 = Roundtrip approx. \$200 = Depart Thursday/Return Sunday.

## Crafters' News

Take a look at some of the items in this picture.

They are finished products that we are sharing with the Salem community. Somebody in California sent our needlecraft team some flat felted Comfort Bears. Some of them have already been delivered to a memory care home. They are precious.

Another afghan is ready to go and so are several crocheted animals. Some of our items are sold in our center's gift shop. Some items get delivered to schools, care programs and other distribution locations.

We do enjoy gathering every Monday afternoon in the game room to share our projects We also share a lot of chatter. And if you would like to join us we would love to have you come on in.

You don't know how to knit or crochet? Come anyway. Someone will be glad to teach you.



Velma

## LET'S LEARN TO DANCE

Many of you have expressed interest in learning to dance, and if you were able to attend last summer's Dance at the Gerry Frank Pavilion, you would have seen South Salem Seniors' George Hutmacher in action.

George has generously offered to show our members how to dance, beginning with a simple box step waltz, then adding his personal favorite, the foxtrot.

The class is free and is scheduled for Tuesdays at 10 a.m. in our spacious Bingo Room. For those of you who would like to simply observe and enjoy some music, seating will be available. Join us and enjoy the beauty of movement, music and laughter during our rainy season! (Note: No class on Feb 11th)

### 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
"	Life's Journey Woman's Group	1:00 pm - 2:30 PM	1st Friday of the month Bingo Rm
Mon-Fri	Pool playing	10:00 am - 2:00 pm	Pool Library

#### Aging Smart

Exercise is only one part of enjoying and extending life as we age. Especially during the winter months, we look for activities that might make life more interesting - not necessarily to conquer to perfection, but maybe just to satisfy a curiosity or answer someone else's challenge (usually from our well-meaning families).

That's what is so great about this Center. We have options and they are included in our membership! Since we are mainly post-career and empty-nesters, we have a pretty diverse pool of talent available from our former lives; but we also have some time on our hands! So, how can we find some new experiences without getting entangled in some long-term commitment?

The answer is: try (or share) something new on a one-time basis with a mini class! Invite a friend for coffee and a chat in the Center's open dining room. Coffee and bottled water are available for purchase in the lobby, with baked goods donated on most days - or you can simply bring your own. Share something that interests you, whether a book, recipe, music or some local activity - you won't regret it!

#### February Exercise Program Schedule \*(conflicts with AARP Driving 2/11-12 & 2/17 holiday)

- 10 am Monday - Energize with Linnea - seated versions too!
- 10 am Tuesday - February Dance - Ballroom with George Hutmacher & other dance styles
- 1 pm Tuesday - Line Dance with Linda and Dawn - traditional line dance
- 10 am Wednesday - Cardio Drumming & Indoor Walking/Open Gym
- 1 pm Wednesday - Chair Exercise - seated stretch, chair yoga and light cardio
- 10 am Thursday - Tai Chi Flow - building on the Yang Style 24 Form
- 10 am Friday - Open Gym

#### Happy Hearts Day from Nifty Thrifty!

So far we have been having a great new year.

Be sure and watch for our 50% off weeks and tell all your friends and family.

We are always getting new treasures and our prices are great all the time!



Nifty Thrifty Staff

#### 2025 AARP Driver Safety Classes

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

- 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



**New Members - Dec 2024 - Jan 2025**

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

- |                          |                                 |
|--------------------------|---------------------------------|
| <b>Cherie Fishel</b>     | <b>Joscelyn Welshons</b>        |
| <b>Phyllis Brown</b>     | <b>Jodi Snook</b>               |
| <b>Cindy Poulin</b>      | <b>John Emlen</b>               |
| <b>Gordon Hanson</b>     | <b>Mary-Alice Poulin</b>        |
| <b>Irene Satterwhite</b> | <b>Sandra Carlson</b>           |
| <b>Rosalind Elgin</b>    | <b>Jerom &amp; Karen Rudolf</b> |
| <b>Gail Richards</b>     | <b>Sally Cummins</b>            |
| <b>Loretta Hardison</b>  | <b>Ila Elder</b>                |
| <b>Marylou Denham</b>    | <b>Jim &amp; Sally Mackey</b>   |
| <b>Julie Hamilton</b>    |                                 |

**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.

Snowflake, by Garnet Granger

The year of me is the year of the tree.  
I bloomed, I blossomed, I shed, I grew.  
I was like a ghost in the crowd.

I became the snowflake in the snow.  
I became the strong in the throng.  
I cried but now the tears are gone.

My skin is pure, my soul is near.  
I only need to breath the air and  
Remember the cycle of life  
I became reality and shouted out loud  
I'm free and proud.

**Announcing a 7-Week Jewelry Making Class**

Join Our Jewelry Making Class!

We are excited to announce a 7-week jewelry making class starting Monday, March 3, 2025. The sessions will be held from 10:00 AM to Noon each Monday, offering a perfect opportunity to explore and enhance your creativity.

Class Details: **Duration: 7 weeks**

Start Date: Monday, March 3, 2025  
Time: 10:00 AM to Noon  
Location: Craft Room

Sign-Up Information: **Please sign up on the clipboard in the lobby starting Monday, February 10, 2025. Spaces are limited, so be sure to sign up early to secure your spot.**

Who Can Join? **We welcome both beginners and experienced jewelry makers. This class is designed to cater to all skill levels, providing personalized guidance and support to help you create beautiful pieces.**

Don't miss out on this fantastic opportunity to learn and create in a fun and supportive environment. We look forward to seeing you there!  
For any questions or additional information, please contact Lorna Motte at [chailorna@yahoo.com](mailto:chailorna@yahoo.com)

**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. Each of our ladies is busy with new quilt projects. Tracy has a good start on a strip Oriental print. Anne is finishing her quilt top. Jayne has several quilt tops in process. We have received more fabric and notions – thanks to those who have kindly made donations and contributions. Next month we will try to get some pictures of finished articles ready for donation. 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 11 – 3:30 and see what we are sew happy to share with you!

***Buon San Valentino from the Gift Shop!***

This month featuring:

- \* Emperor Grandfather Clock New Low Price \$250 (valued at \$500);
- \* Antique Rotating Copper Food Warmer/Server with Five Pots with Lids and Two Kerosene Burners. (A must see..)
- \* Beautiful Vintage Fostoria American Cubist Pedestal Cake Stand with Rum Well -10 W x 7 T

Come see us for lots of vintage and unique treasures. Renata

**Garden Group News**

buurrrrrrr! I hope all the gardening friends with outside plants have taken steps to freeze-proofing them. I've been busy this week and didn't get out to insulate some of my in-ground plants so I hope they are OK. I visited with some folks from OSU when they don't have speakers available. I'm looking into this and hope to find a way to make that work for us. Anyone have a laptop? Meanwhile, keep an eye out for sign of spring to share with the group. I have large snowdrops starting to bloom!

See you at 1:00 on February 18 in the meeting room!  
Questions or suggestions, call us!  
Sandy 503-851-8250  
Rose 503-581-4632

**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

### Life's Journey Women's Group

Center member Sylvia Machado is offering a program designed for women in their senior years interested in personal growth, meaningful discussions, building connections and engaging in conversations focused on relevant issues. A different topic will be addressed each month through the end of 2025.

The group will meet from **1:00 to 2:30 p.m. once a month on Fridays** beginning on February 7<sup>th</sup>.

Additional meeting dates are: 3/7, 4/11, 5/9, 6/6, 7/11, 8/1, 9/5, 10/10, 11/7 and 12/5.

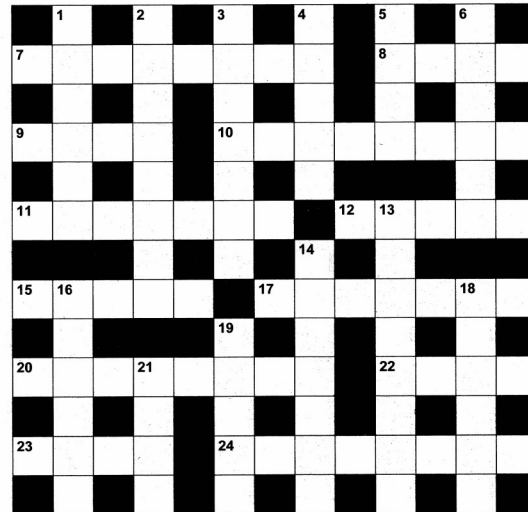
Group size is limited to 15 persons. See the sign-up sheet on the Lobby Table

Questions may be directed to [ladymachado@gmail.com](mailto:ladymachado@gmail.com)

#### Calling All Members

The second quarter Membership Meeting is scheduled for **Wednesday, February 19<sup>th</sup>, 10:30 a.m.**

Topics including building maintenance projects (recent and future), financial status reports and Center activities are on the agenda. Members are encouraged to join in the discussions, ask question and offer suggestions. Coffee and cookies will be provided and there is a rumor a pop-up entertainment is on the schedule!



#### Across

- 7 - Assailed (8)
- 8 - Very small (4)
- 9 - Irritation (4)
- 10 - Pest in the roof (8)
- 11 - Title of respect (7)
- 12 - Horned ruminant mammal (5)
- 15 - Extra terrestrial (5)
- 17 - Planned (7)
- 20 - Extraordinarily good (8)
- 22 - Crazy (4)
- 23 - None (anag) (4)
- 24 - Rays of light (8)

#### Down

- 1 - Prestige (6)
- 2 - Asylum (8)
- 3 - Long pins (7)
- 4 - Supplementary component (3-2)
- 5 - Pack (4)
- 6 - Food starter (6)
- 13 - Hotel-keeper (8)
- 14 - Graceful in form (7)
- 16 - Hired out (6)
- 18 - Live in a tent (6)
- 19 - Wash off soap or dirt (5)
- 21 - Large quantities (4)

### Wednesday, February 19 Line Dancing Demonstration (following the 10:30 Member Meeting)

For those of you who would prefer learning to dance in a group, we have a treat for you! The Terrace Lake dance group will demonstrate traditional line dance following our Members' Meeting on February 19th. You will be amazed at the beauty of their synchronized yet simple movements.

Line dance is an activity that will challenge your brain and balance, important as we age. If you would enjoy learning to move to music with a group, this activity is made for you.



### Board Meeting February 12 @ 10:30 am

### Membership Mtg. and Birthdays February 19th @ 11:00

**South Salem Seniors, Inc.**  
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# Community Connections

## Mike Giertych

Pressure washing: Decks,  
Driveways, Houses etc.

Gutter Cleaning.

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

Solution for January 2025

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O	A	D	O	O	B	E					
M	A	D	N	E	S	S	N	A	S	A	L
B	G	L	I	G	C	F					
A	R	E	I	N	I	N	U	R	E		
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Y	E	A	R	N	I	N	G	D	E	F	Y

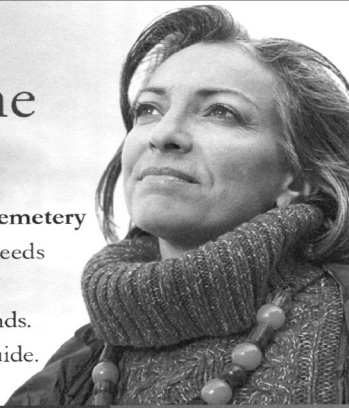


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# Community Connections



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

**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.  
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South Salem Seniors, Inc.  
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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  
License #201238952  
Broker Licensed in Oregon

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

Check out our website below for a complimentary home valuation.



**Melissa Stone**  
503.508.7278

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



## Nervous about riding the bus? **WE CAN HELP!**



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