



South Salem Seniors Inc.
Newsletter



Happy St. Patrick's Day



Hello Fellow Members

Welcome to March, the beginning of Spring. It is also the month when we lose an hour of sleep to Daylight Savings Time and evidently Basketball fans catch “March Madness”. We can also celebrate St. Patrick’s Day, but of more relevance to the Senior Center, we can celebrate our fantastic new roof. Yeah! It was done with minimum impact on our activities. Sometimes even the sounds of the nail guns sounded like music! Once again thank you Roger Brousseau for getting us through this major project so well.

Our new substitute Office Manager Pam Panther needs volunteers. Our previous Office Manager left in February and Pam (thank you so much) has graciously volunteered to take over the task of staffing the front desk. Volunteering to work the front desk is a fun and fulfilling way to help the Center. This is an important job where your duties include welcoming members new and old, collecting money from our sales, and keeping the Lobby a pleasant place with coffee and goodies (while they last). So, if this sounds like an appealing way to help out, Pam would love to hear from you. For the time being, our board members have stepped up to handle some of the other duties of the Office Manager.

In the past some member activities or groups apparently paid “fees” for the use of some of our facilities. These “fees” are now a thing of the past. If you are a Senior Center member, there are no “fees”, however, if you or your group wishes to cover some of the facilities expenses, we will gladly accept donations towards those expenses.

The annual cost of membership has remained the same for many years. The Board of Directors is proposing that the membership increase to \$25 annually. This increase will be considered and voted on at the next membership meeting in May.

Where I lived years ago there was a car dealership that advertised their “Happy, Merry Workers”, that’s how I like to think of our members as “Happy, Merry Members”. Enclosed with this newsletter is our “Code of Conduct” and I’d like to add to that – be Happy and Merry here at the Center.

President Gary M

Dates to make note of:

March 9th - Daylight Savings Time Begins

March 12th - Board Meeting at 10:30 am.

March 17th - St. Patrick’s Day

March 19th - March Birthdays Celebration at 11:00 AM

South Salem Seniors, Inc.

Code of Conduct

The South Salem Senior Center believes in strength in diversity. Every person has a different perspective and valuable input to offer, whether it's solving a problem or contributing to new ideas. Not understanding someone's perspective does not mean that their view is incorrect. Remember to keep the focus on creative resolutions and continuous learning.

Be Respectful. Although opinions may differ, it is important to remain civil and respectful. Join together to foster a productive environment where everyone is allowed to have an opinion without repercussions.

Be Inclusive. We welcome people from all backgrounds in our Center, including members of any race, ethnicity, culture, class, orientation, education, age, size, family status, political or religious beliefs, and mental and physical ability.

Be Considerate. Treat others how you would like to be treated. Each person is important, and each person's decisions and actions affect our outcomes and morale.

Be Professional. Conducting yourself professionally includes being kind to others. Maintain professional interactions when communicating with others at all times.

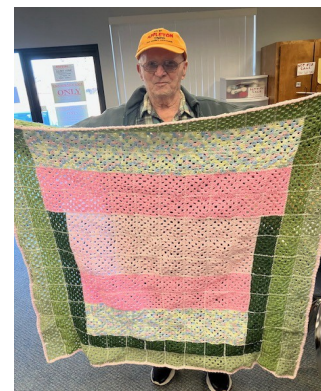
The Code of Conduct was approved by the Board of Directors on Feb. 12, 2025 and is the responsibility of all Members.

Crafters' Group

In this picture John is showing us the very nice child sized blanket he crocheted. It has now been given to one of the charities that serves babies, children and their mothers. There is always a need for items like this and for all the other projects we make with yarn donated to us..

Needlecraft meets on Monday afternoons starting at noon and occasionally a few of us are still here when the Center is ready to close at about 3:30. We meet in the card room that is next to the pool table. And if Monday is a holiday then we meet on Wednesday afternoon that week.

We not only crochet and knit and do embroidery, but if you are interested in learning any of these skills someone in our group will be glad to teach you.



A Card Maker's Invitation

Enjoy creating your own personalized cards? Meet John Eells, Center member and well-known artist. John takes a different approach to the process in that it uses basic blank cards easily purchased from any number of sources. It's what he does with those cards that makes it so much fun! The process is simple, easy to learn and the results are amazing. The two- hour class, yes just two hours to learn the technique, is scheduled for Thursday March 27th 1 PM in the Craft Room. Class size is limited to eight, initial supplies provided. See sign-up sheet available in the Lobby on March 3rd.

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
"	Social Dancing	10:00 am - 11:00 am	Bingo Rm
"	Line Dancing	1:00 pm - 2:00 pm	Bingo 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
"	Cardio Drums/Indoor walking	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
"	Osteo Dance	11:00 am - 12:00 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
"	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

Friendship-curiosity-resilience.

Key factors to keep in mind for aging smart, and great reasons for membership at the South Salem Senior Center. There's always something to explore, whether physical or mental - and our motivated membership makes exploration a pleasure. If you have an activity you'd like suggest, contact Kate Bayne, Director of Activities, by leaving a message at the front desk or by dropping a note in the suggestion box as you enter. The Center's education programs are volunteer-driven, and Kate is always looking for interesting new ideas. It's all about staying curious and making new friends! Mini-classes are welcomed!

We are offering a new Thursday 11am class - Osteo Dance! Member Lynn Albright will lead a group of members, targeting those with bone density concerns, using gentle dance and music. First class is Thursday, March 6th in the Bingo Room and the schedule is ongoing. All are welcome.

Also worth mentioning is our very fun Line Dance class on Tuesdays at 1pm. Linda & Dawn give solid instruction and the music is great! Line dancing challenges both body and mind - if you can move with music and are looking for a variation beyond your usual daily walk, this class is it.

We continue with our regularly scheduled group exercises, hoping to keep everyone moving during the winter months. Please note that due to an AARP Driving class on Tuesday/Wednesday March 11-12, Bingo Room classes will be cancelled. (No worries, we'll be back to a normal schedule in May once the tax season is over!) Hoping to see you soon - stay safe and remember to keep moving!



**Happy Birthday
January & February
Members!**

2025 AARP Driver Safety Classes

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

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 - Jan 2025 - Feb 2025

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

**Dale & Kathy Moreau
Barbara Rubenstrunk
Scott Sather
Debora Osborne-Debber
Tula Bornholt
Margaret Fizer
Gwen Stark
Debby Corey**

**Vanessa Zhong
Tawny Lambert
Yenong Qi
Blanca Muniz
Claudia Gahagan
Susan Diggs
Mary Ericksen**

Writing Group

Mother's Love

Mothers are a gift from grace's gentle hands
They inspire the heart of human lands
They bandage up our many wounds both seen and unseen,
Restoring our smiles, keeping our spirits serene.
With words of kindness, they light our way,
Especially when clouds obscure the day.
They toil and care with love as their song
In the rhythm of life, where they belong.
Seldom do they complain, content in their role
Embracing the challenges, nourishing the soul.
With creativity, they weave old into new
Transforming the world with a vision so true.

Mothers are gentle like an early morning dove
They wrap us in warmth of infinite love.

Garnet Granger 1994

Which Way are We Going!

At the Wed Feb 12, 2025 Board Meeting, and after previous discussion and research, it has been confirmed that the Card room doors are indeed designated a fire exit, as indicated by the lighted fixture above them. They are to be used **only** to exit the building and members may do so at any time during business hours, taking into consideration not interrupting scheduled activities. Persons or companies needing to utilize the doors for deliveries are to first check in at the Front Office. All Center members are to enter the building through the front doors and are asked to sign in. This information could become helpful in cases of emergencies and in long term planning. Equally important, the data can be useful in identifying how the building is being utilized, in facility planning and in publicizing the Center and grant writing.

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. Thanks to those who have kindly made donations and contributions. If you have need of minor clothing alterations, replace buttons or zippers, feel free to contact me.

Sneak Peek: Be sure to mark your calendars for Craft Fair April 4th & 5th. We will have a special table for articles made by the Quilt Group, **with all proceeds going to SSS**. The picture below has three items I will donate for the sale: a three piece RxR toy for young engineers, a baby quilt, and a microwave oven mitt. Many other things will be contributed from other crafters, so there will be some surprises in store.

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!



Laurene B

Hello gardening friends!

Well, Winter sure decided to happen in a big way! The rain is a welcome change for now. The leftover sale plants appear to have survived under some coverings on my deck, so that's a relief. I just wish there were more. It looks like I have a good contact at the Master Gardeners now so we should have a guest speaker for March, possibly on adaptive gardening, and a way to ensure future speakers. The speaker is invited for 1:30 so we can have a brief meeting beforehand. Hope to see you at 1:00 on March 18 in the meeting room! (Or maybe the cafeteria if the tax folks are there)

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

Osteo Dance

Thursdays beginning 3/06/25 11 am – 12 pm

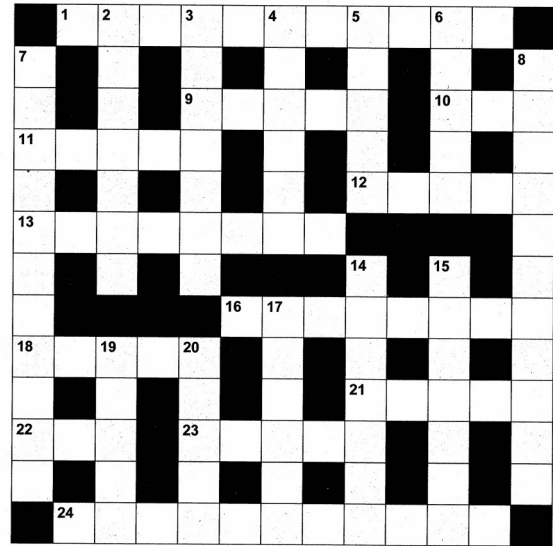
Do you have osteopenia or osteoporosis?

Join us for a fun and easy way to strengthen your bones. Dancing is a weight-bearing exercise which can help us:

- build bone density
- strengthen muscles
- improve balance and coordination
- prevent falls and fractures

Warm-up for about 12 - 15 minutes by watching dance videos, including tutorials to help us learn the steps, followed by about 45 minutes of free-form dancing to a variety of music – all designed to get you up and moving. Wheelchair users - clap, move your upper body, wave your arms - anything as long as you have fun!

“Dance is a conversation between body and soul”



Across

- 1 - Gallant (11)
- 9 - Customary (5)
- 10 - An edible mushroom (3)
- 11 - Loans (anag) (5)
- 12 - Very simple (5)
- 13 - Eternal (8)
- 16 - Envy (8)
- 18 - Public transport vehicles (5)
- 21 - Dessert (5)
- 22 - Airtight container (3)
- 23 - Big cats (5)
- 24 - Pointlessly (11)

Down

- 2 - Symbols (7)
- 3 - Roll (7)
- 4 - Escapes (6)
- 5 - Spontaneous remark (2-3)
- 6 - Laps up with tongue (5)
- 7 - Transfer responsibility (4,3,4)
- 8 - Prophetic of devastation (11)
- 14 - School groups (7)
- 15 - Universal remedy (4-3)
- 17 - Register (6)
- 19 - From a specified time (5)
- 20 - Grain stores (5)

Interested In Joining a Book Group?

During a seminar on **Best Reads of 2024**, recently presented by folks from our Salem Public Library, several Center members expressed a desire to form a Readers Group. Group size is limited to 10 people but, if there is considerable interest, a second group could be launched. See the sign-up sheet available in the Lobby on March 3rd.



Board Meeting
March 12 @ 10:30 am

Birthdays
March 19th @ 11:00

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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 Deadline for submissions is **March 13** for the **April 2025** newsletter.

South Salem Seniors, Inc.
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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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