



**South Salem Seniors Inc.
Newsletter**

hello Spring



Spring Craft Fair ! April 4 and 5 10:00 am - 4:00 pm

Hello Fellow Members

“The first of April is the day we remember what we are the other 364 days of the year.” - Mark Twain. Not sure how to take this, but I'll go with the interpretation that we're never fooled, even on April Fools Day!

The result of our Breakfast survey showed that there was insufficient interest in restarting our Saturday breakfasts. Consequently, the board voted to no longer consider restarting the Breakfast. In the same vein, the Bingo room has not been used for Bingo since before COVID and it was money loser when we did have Bingo. But, we've continued to pay for a Bingo license so, the Board decided to give up our license.

A quick roof update from our man on the job - Roger Brousseau. The new roof is now complete. But, there was some bad areas on the soffit or fascia (I always get those confused) discovered and Roger is taking care of it.

Last month I noted in my message that Pam Panther was taking over as our acting Office Manager and I asked for volunteers to help out. At our March Board meeting we removed the acting title and I Appointed Pam Panther as the new Office Manager. She graciously accepted. Her appointment was Ratified by the Board of Directors. We are all very grateful for the job she's been doing and her willingness to help out when we needed her.

The election for the new Board will be held in a couple of months. In preparation, we've formed a Nominating Committee. The following positions: President, Vice President, Treasurer, Secretary, Office Manager and two Directors may be open. If you're interested in serving the center in any of these positions, the Committee would love to hear from you. Just leave your info at the front desk.

To clarify our new policy eliminating members fees for the normal usage of our clubhouse (I think of the center as our gang's clubhouse) this does not eliminate fees for consumable items. For example we will continue to charge 10 cents per page for black and white copies and 25 cents per page for color copies.

The annual cost of membership has remained the same for many years. The board has proposed increasing the membership to \$25 annually with a corresponding increase in our lifetime membership. This is a reminder that the increase will be considered and voted on at the May membership meeting. FYI, the Keizer Senior Center is planning on raising their annual membership to \$25, even though they're only open 2 days a week.

President Gary M

Dates to make note of:

Spring Craft Fair ! April 4 and 5 10:00 am - 4:00 pm

April 9th - Board Meeting at 10:30 am

April 15th - Tax Day

April 16th - April Birthdays Celebration at 11:00 am

CRAFT FAIR !!

South Salem Seniors will be hosting the Spring Craft Fair on Friday, **April 4 and Saturday, April 5, 2025, from 10 am to 4 pm.** Home cottage crafters will be selling their lovingly made items for personal use or gift giving. This year, crafters will also be able to sell their extra craft supplies in case you want to start crafting. Come have fun with us!

We will have a full house of crafters presenting lovingly-made articles for you shopping pleasure: Knitted and crochet articles, wine bottle covers, Christmas stockings, Christmas ornaments and decorations, fleece blankets to cuddle with, baby blankets and clothing, bookmarks, hand quilted casserole dish wraps, Christmas Lace Ornaments, Beautiful handmade greeting cards, Wood-working, Jewelry and much more.

So come, shop and fill your gift shopping needs. A listing of the crafters and their offerings will be available on site. Over 30 crafters are participating in this event.



An Invitation to a Mix of Business and Zoo Tales!

Please plan to attend the Center's **Quarterly Membership Meeting on May 21, 2025 at 10:30 a.m.** where Nancy Emery, an Oregon Zoo Guide, will be sharing some of her most memorable personal experiences as a Zoo volunteer. Her stories are amusing, sometimes poignant and often hilarious. Preceding Ms. Emery's presentation, on the business agenda will be several items of interest including discussion regarding the Board's request to increase the annual membership fee from \$20 to \$25.

Results Are in From the Pancake Breakfast Survey

Of the 651 questionnaires' mailed, 62 responses were received. A total of 26 members were willing to help with the breakfast and 35 reported not being able to help but might attend the breakfast if the cost was reasonable. Three members had food handler's cards and 4 reported some type of restaurant experience. The results were presented to the Board at the March 12, 2025 where it was determined by unanimous vote that the Breakfast be removed from further consideration at this time.

The Noise Is Gone...well Mostly!

Our beautiful new roof work is nearly completed, the solar panels installed and while some follow-up work remains, quiet has essentially descended upon the building. Thanks to Roger Brousseau for his skillful job in coordinating this major project and to the membership for their patience.



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	Craft 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	April 11th Bingo Rm
Mon-Fri	Pool playing	10:00 am - 2:00 pm	Pool Library

Aging Smart

It's been two years now that group exercise - Linnea's Monday Energize and Thursday's Tai Chi/Yoga - has been offered at the Center. Wow, time sure flies! Thank you, Linnea, for modifying Jazzercise-style dance for us seniors and for volunteering while holding down a full-time job as a patient advocate and Medicare Advisor. Thanks also, Gina Reinhardt, for your medicine yoga instruction, now available online from your Mill City location. And our final thanks to the one who made it all possible - Renata Pilotto - who reopened the Center as the world slowly returned to normal after Covid and who welcomed new members & innovation with open arms.

But first some news - we have added new dance options to the exercise roster! On Tuesdays we now have social/ballroom dance for beginners and line dance with Linda and Dawn for a beginner/advanced crowd. Thursday has the new Osteo Dance group with Lynn Albright for those working on a bone density diagnosis using Bollywood and freestyle dance fun and laughter. And don't forget existing chair yoga dance options on Wednesdays for those preferring seated exercise, with tai chi on Thursday mornings to really slow it down, balance and relax.

Studies have shown that dance carries more benefits for us as we age than many other forms of exercise. In a review published in the Journal of Physical Activity & Aging, researchers concluded that regular dancing improves aerobic capacity, body muscle endurance, strength and flexibility, balance, agility, and even helps with walking.

The evidence also suggested that dancing reduces falls. The studies in the review included a variety of dance styles, so any style could be beneficial to health. By practicing and learning new dance moves to music, you also exercise memory skills and mind/body connections.

Take advantage of your \$20 per year membership and join us with these no-judgment, no-fee activities. And, of course, have some fun!



March Birthdays

Pam Panther

Happy Birthday!

Hello from The Gift Shop!

Here are some treasures we currently showcase:

*Did you ever want to be a cat lady? We have one lot of approximately 20 cat figurines.

*Crosley Musician Entertainment Center (Turntable, Radio, Cassette Player, CD Player, Remote Control)

Check out our large selection of jewelry and other vintage and unique things.

Come see us, Ciao, Ciao! Renata

New Members - Feb 2025 - Mar 2025

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

Alex Mactaggart	Amy Dalton	Ann Engelson
Ann Engelson	Barbara Souter	Beatrice Johns
George McVey	Jan Perin	Jane Maute
Jean Brougher	Jean Sheridan	Jollen Kerr
Judith Steele	Julie Crippin	Karen Grisham
Kathleen Forbes	Lani O'Callaghan	Linda Johnson
Linda Richison	Margaret Martin	Marina Pearson
Nitza Hernandez	Rena Duman	Robert Driskell
Sue Armintrout	Timi Lalonde	Toni Simpson
Vivianna McCoy	Wendy Cerdena	

Writers Group

Threads of the Unseen

We walk as strangers, side by side,
 Yet something stirs, unseen, inside.
 A whisper felt but never heard,
 A silent song, an unuttered word.
 A mother wakes from restless sleep,
 Senses her child afar, yet in sorrow deep.
 A friend is thought of, then they call,
 As if the void was never there at all.
 Across the miles, across the years,
 A vibe beyond our doubts and fears.
 The space between is but a gossamer thread,
 Woven strong where our mighty souls have bled.
 In laughter shared, in sorrow's weight,
 In hands that caress, in love innate—
 We sense, we feel, we understand,
 A bond unbroken, souls hand in hand.
 For there is no distance, I know that for sure.
 Between two souls, who's connection is pure.
 We are all connected, in so many ways.
 And will remain so, through our eternal days.
 For time and space may stand apart,
 But hearts will speak to longing hearts.
 And in the quiet, soft and true,
 Your soul can feel me, as I can feel you.

Sylvia Machado

Rummage Sale !!

SSSC is hosting its semi-annual fundraising sale of donated goods on Friday, May 2 - Saturday, May 3 from 9 am to 4 pm. We have many household items, furniture, small kitchen appliances, tools & electronics, clothing for men and women, all managed by Nifty Thrifty. There will be books, puzzles, CDs & VHS tapes and plants for sale. The Gift Shop has watches, costume jewelry and many collectible items. We also have walkers and wheelchairs. Donations will be accepted through April 25. These must be clean and in usable condition. We are a charitable non-profit 501(c)(3) organization. Proceeds are used to support operating costs of running the Center.

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 to see if we may help you for a small donation to SSS for the effort.

Be sure to mark your calendars for Craft Fair April 4th & 5th and please come to this fabulous event. The Quilting and Sewing for Fun will have articles for sale with all proceeds going to SSS to help fund for needed notions or services of the sewing activity. Many nice items have been designed and sewn by our members with a good selection of microwave mitts, hot pads, baby blankets, lap size fleece blankets, lap quilts, adult bibs, aprons and a few surprises that haven't been finished yet.

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.

Garden Group

Hello gardening friends!
 Gee, for a while there I thought Spring had come early but I guess it was just teasing us. I hope all of you had a chance to enjoy the warm, sunny days while they lasted. My roses are all pruned and the yard looks more cheery with a few primroses here and there. I even helped Rose with her rose bushes! Apparently, the Master Gardeners have some activities on Tuesdays for now, so I'll try again for May since the upcoming meeting will focus on the plant sale scheduled for May 2 and 3. We will need some setup help on April 29 and 30 as well. Plant delivery is planned for the 30th and sale days need people to help.

Anyway, I hope to see you at 1:00 April 15 in Questions or suggestions, call us!
 Sandy 503-851-8250
 Rose 503-581-4632
 Sandy S.

**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.

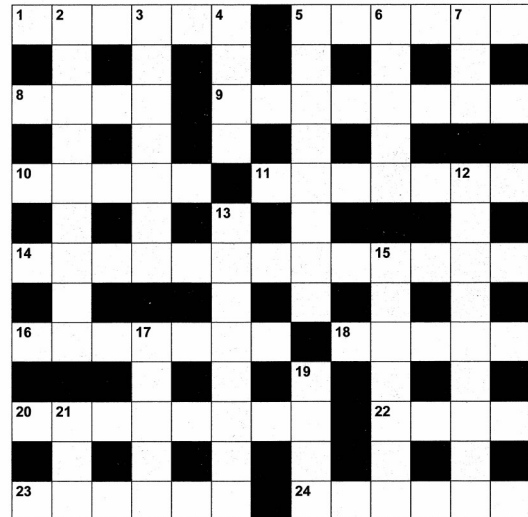
Needlecraft Group News

Every Monday (except if Monday is a holiday) you will find a lively group of women and men plying their various needle crafts or teaching others how to knit, crochet, embroider or weave between Noon and 3 pm. We meet in the Card room in the southwest corner of the center. Our primary focus is to make items to share with the people served by a number of our community non-profits. We have a supply of yarn that has been donated to us and lots of needles and hooks of all sizes so you can start something on your first visit. You are also welcome to bring your own projects to work on. In the past few weeks we received two thank you notes from programs we support. One came from Serenity Hospice thanking us for the lap blankets we donated we donated in February. A second thank you was a letter from Liberty House where we donated stuffed animals and dolls for the children of the families being served.

The photo shows one of our crocheters who also quilts who donated two baby quilts that she had made at home.

Drop by any Monday if you are looking for a friendly group who are using their skills to help others.

Submitted by Claudia Roberts



Across

- 1 - Rocks (6)
- 5 - British currency (plural) (6)
- 8 - Tool (4)
- 9 - Extreme bitterness (8)
- 10 - Equipment (5)
- 11 - Nonconformist (7)
- 14 - Opposing (13)
- 16 - Portable enclosure for infants (7)
- 18 - Involuntary muscle contraction (5)
- 20 - Printmaking technique (8)
- 22 - Before long (4)
- 23 - Miserly (6)
- 24 - Bear witness (6)

Down

- 2 - Speedboat (9)
- 3 - Citadel of Moscow (7)
- 4 - Heat; burn (4)
- 5 - Grated Italian cheese (8)
- 6 - Unwarranted (5)
- 7 - Small spot (3)
- 12 - Capitalists (9)
- 13 - Reassign (8)
- 15 - Prepare for printing (7)
- 17 - Long for (5)
- 19 - Tiny amount (4)
- 21 - Seed (3)


Belated St. Patrick's Day and early Easter

As usual, Nifty Thrifty is bursting at the seams with all the wonderful donations.

Come take a "look-see" and buy, buy, buy!

Our entire staff gave a "Thank You" luncheon to our hard working men that not only do so much for us, but for the entire South Salem Seniors organization. Our crew thanks Charlie, Dan, Roger, Bob, Mike, Arturo and Mered and their lovely wives.

Gratefully, The Staff



Board Meeting
April 9 @ 10:30 am

Birthdays
April 16 @ 11:00 am

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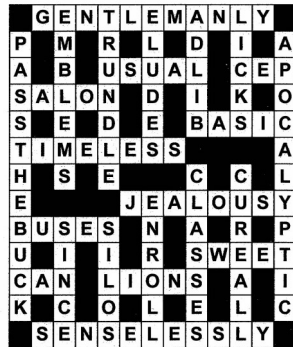
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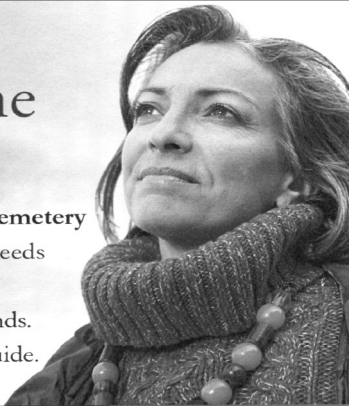



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**South Salem Seniors Newsletter
Monthly Publication**

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 **April 13** for the **May 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.

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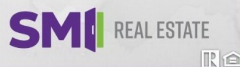
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May	13 & 14
June	10 & 11
July	8 & 9
August	12 & 13
September	9 & 10
October	14 & 15
November	11 & 12
December	9 & 10



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