



South Salem Seniors Inc.  
Newsletter



**Spring Rummage Sale! May 2 and 3, 2025 9:00 am - 4:00 pm**

Hello Fellow Members

"The world's favorite season is the spring. All things seem possible in May." Attributed to Edwin Way Teale and immortalized here in the South Salem Senior Center's newsletter.

Update on donations – thank you for your donations, we love them and keep them coming, but, we can no longer accept furniture. We have a shortage of space and our “manpower” is “stretched” so we’ve had to limit the size and weight of what we can handle. To me it’s like the airlines, nothing bigger than a normal suitcase and the lighter the better (50 pounds is too much). Our workshop crew can still take some larger, metal items if they’re able to break them down, cut them up and recycle the parts.

We are a very active Center with many activities, and we seem to be adding more, thank you Michi Kohlhoff. If you want to play games, socialize, add a hobby or an exercise program, come down and visit. Thanks to Kate Bayne our activities manger, for updating our activity signup sheets.

Do you have some free time and want to use your talents to help out the Center? If so, we’re here to provide you with the opportunity to be a part or our volunteers. There are many places you might find attractive. One of our eminent needs is on our Board. **The Board election will be held in July. 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. There are signup forms available at the front desk and you can talk to any of the currently serving members.

To restate our 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, in a meeting with other area Senior Centers our proposed increase to \$25 is in line with many of the other centers and significantly less than some. Also, consider that we’re open 5 days a week and that we are a totally volunteer run facility with many fun and interesting free activities for members throughout the week.

President Gary M

**Dates to make note of:**

**May 2<sup>nd</sup> and 3<sup>rd</sup> – Rummage Sale 9:00 am to 4:00 pm**

**May 14<sup>th</sup> – Board Meeting 10:30 am**

**May 21<sup>st</sup> – Membership Meeting 10:30 am and afterwards May Birthday celebration**

**May 26<sup>th</sup> – Closed for Memorial Day**

## South Salem Seniors Inc. Spring Rummage Sale

**Household goods, Clothing, Tools, Books  
Collectibles, Plants and many other Items!**

**Great bargains!**

**May 2 & 3, 2025 9 am to 4 pm**

**6450 Fairway Ave SE, Salem OR**

**503-588-0748**



### Travel News: Upcoming Senior Trips & Performances by Bus Travel

#### Call 50+ Center – Salem Resident Prices Noted – Sign-up 2 Months Ahead

- 503-588-6303: Call Mon-Fri 10:00–12:00noon ask for Travel.
- Bus trip departs/returns: City of Salem 50+ Center 2615 Portland Rd NE, Salem, OR.
- Non-Salem residents: Call for price.

- May 22 - \$ 48** Alpaca Farm / Lou's Kitchen/ Mt. Angel Museum
- Jun 5 - \$120** *Riverdance Performance* at Hult Center
- Jun 22 - \$128** Portland Spirit Brunch Cruise on Willamette River
- July 19 - \$ 85** *Sherlock Holmes Performance* at Clackamas Rep Theater
- Aug 17 - \$ 93** Anything Goes Performance at Broadway Rose Theater

### MEDICARE INFORMATION & ENROLLMENT MEETING May 2025

**May 20 - NW Medicare Advisors with Linnea  
10:00 am – 11:00 am**

#### Interested in Great Books of the Western World?

Wayne Estes invites members to join him in discussing and reading writers spanning 2,500 years of civilization from Homer to Freud. This may be either a one-time gathering or can expand depending on interest. See sign-up sheet in the Lobby on May 1st.

#### Membership Meeting and Zoo Tales... A Reminder

You are invited to the Quarterly all member meeting on **May 21, 2025 at 10:30 a.m.** Several important topics of discussion are on the agenda including the request for a vote on Board's recommendation to increase the membership annual fee from \$20 to \$25. Following the meeting Nancy Emery, an Oregon Zoo Guide, will be with us to share her experiences as a Zoo volunteer. Her stories are amusing, sometimes poignant and often hilarious. Please join us for both business and fun.

#### From Painting Class to Drop-In-Studio

The word "Painting Class" which originally described this activity offered on Thursday afternoons from 1:00 pm to 3:00 pm. in the Craft Room has long since morphed into a rather expanded version thereof. With the departure of our well-known Arizona artist Terry Nagel, over time people were not only still painting pictures (acrylics and water colors), but bird houses, assorted ornaments and extraordinarily whimsical creatures and messages on rocks! Of note we do have a very talented member, Patrick McCaffrey, who is happy to give asked for advice. So, bring your artistic bent and join the group. See sign-up sheet in the Hallway.

#### AARP Does It Again!

The South Salem Senior Center is proud to have once again hosted a dedicated team of AARP volunteers who spent over three months on site assisting 548 people in filing their 2024 taxes. The many expressions of gratitude reflect the importance of this free service. Anyone interested in volunteering to help AARP at tax season may contact the Front Office for information. AARP will train you.

And even more people can then be helped.



#### UPDATE ON JEWELRY CLASS

We are having so much fun that we decided to make Jewelry Making an ongoing, drop-in group which will continue indefinitely. Bring your project or learn something new from friends. The meeting place has changed to the Card Room, but we will continue to meet on Mondays from 10:00 AM to 12:00 PM.

Contact Lorna at 503-881-3922 or  
Joscelyn at 563-271-9816

### Current Weekly Activities

Mon	Needle Crafts	12:00 pm - 3:00 pm	Card Rm
"	Engize with Linnea	10:00 am - 11:00 am	Bingo Rm
"	Single Deck Pinochle	10:00 am - 2:00 pm	Meeting Rm
"	Mahjong	12:00 pm - 3:00 pm	Craft 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
"	Book Group	1:00 pm - 3:00 pm	3rd Wednesday Craft 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 pm	Bingo Rm
"	Drop in Studio	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

### Aging Smart

Friendship-curiosity-resilience  
This month's topic is Curiosity

We have some incredible volunteer instructors in our new dance classes. Line dance instructor Linda Richison is a novelist with six published works based on familiar Oregon locales, combining romance, history and fantasy. Her co-instructor, Dawn Killlough, besides being a great teacher, is also an author, specializing in technical writing for the construction industry, a skill requiring an in-depth understanding of a very complex subject. (Tuesday afternoons at 1pm)

George Hutmacher at age 94 has shown us how to waltz and foxtrot, but in social dance, blows us away while smiling and urging us to keep up! We even added polka thanks to Sandra Carlson, our very energetic dancing queen! Open to everyone ... if you know how, we'll find the music! (Tuesday morning at 10am).

Osteo Dance's Lynn Albright joyfully curates open dance sets, helping anyone with bone density issues and sharing her background in Laughter Yoga and with a focus on bone strengthening dance. Very private, lights down low - no judgment. (Thursday morning at 11am).  
 Finally, we are happy to welcome World Beat Festival's Chinese Dance group to our dance classes! Swan and Chi are opening their practice sessions to SSSC members, to either join in or observe them at work. Their love of their cultural traditions and their colorful music and costumes will add much to our member community. Stop by and check it out! (Wednesday afternoons at 2pm)  
 Join us as we all work on muscle, lymph and fascia health and brain/memory enhancements through dance. Hope to see you soon!  
 Michi



### April Birthdays

Kathi Schie and  
 Rosemary Cooper



**Happy Birthday!**

### NOTICE!

This article is to tell you about a major change to the items our SSS Center accepts to sell to raise money. Because we wish to rent our building for events (like we did before COVID), we will no longer be able to store large items in the Dining Room or Bingo Room. Therefore, the only donations we will be able to accept from now on are the regular kind of items currently for sale in the Nifty Thrifty.

Dan

New Members - March 18-April 21

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

<b>Dawn Killough</b>	<b>Ann Brownstone</b>	<b>Lara Strong</b>
<b>Rick Church</b>	<b>Lynn Sundermier</b>	<b>Julia &amp; Jeff Abernethy</b>
<b>Swan Gardner</b>	<b>Diana Scholl</b>	<b>Cynthia Stevenson</b>
<b>Nancy Jostad</b>	<b>Lory Ann Bradley</b>	<b>Clair Zentner</b>
<b>Carol Kozlovich</b>	<b>LouAnn Spevacek</b>	<b>Susan Vandehey</b>
<b>Lois Rosen</b>	<b>Marsha Griffiths</b>	<b>Verla Benson</b>
<b>Cheryl Prella</b>	<b>Irene Taylor</b>	<b>Ji Wen</b>
<b>Dennis &amp; Karin Mansfield</b>		

**Writers Group**

**Spring's Awakening**

The sky was draped in winter's shroud,  
A world asleep, the trees bowed low,  
The winds would whisper, cold and proud,  
As earth lay still beneath the snow.  
Then gentle sunbeams kiss the land,  
Soft rains descend with tender grace,  
Green tendrils rise, by breezes fanned,  
And life awakens, sun warm upon our face.  
The buds unfurl, the blossoms sing,  
A symphony of pinks and golds,  
As birds take flight on eager wing,  
And all the world's beauty slowly unfolds.  
Our winter souls, both worn and gray,  
Now lift, now dance, now brim with light,  
For Spring has cast the gloom away,  
And dressed the earth in hope so bright.  
From hills to valleys, far and wide,  
The miracle of Spring takes flight,  
It stirs the heart, restores our pride,  
And fills the world with pure delight.

Sylvia Machado

**Volunteer Luncheon**

**Come join us for the Volunteer Thank You Luncheon!** If you have volunteered in the last year, please join us. The luncheon will be held on **Saturday, June 14**. Sign up to participate. Signup sheets are in the Lobby at the Center or call us at 503-588-0748. If you are interested in volunteering to help with the luncheon, there is a signup sheet in the Lobby or you can call us. Thank you for all you have done for the Center this past year.

Pam

**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.

Our table sales at the April Craft Fair yielded about \$200, so thanks to all who helped with the event. Special thanks to the members of our group: Jayne, Tracy B. and Tracy C, and Anne who helped at the table and contributed articles for the sale. We do still have some of the handmade quilts, microwave mitts, hot pads, lap blankets and baby blankets available for the next month or two or until we decide how they may be distributed to other charities.

In the meantime we have some new projects in process, so stop on in and join the fun!

Sew until next month, Laurene Brousseau – call the SSS Business Office 503-588-0748 or come in Fridays 11:00 – 3:30 and see what we are sew happy to share with you!

Laurene

**Gardening Group**

Hello All!

By the time you get this, we will have put another Spring plant sale behind us. We expect to have a larger than normal selection of plants so I'm anticipating a lot of sales. We will be talking about that at the meeting, so be prepared to offer suggestions for the next one in October. Meanwhile, my contact at Master Gardeners is looking for a speaker for our May meeting and I've asked that we have the first half hour for that review. Please try to arrive on time or a bit early as the speaker expects to start at 1:30.

Hope to see you all at 1:00 on May 20 in the meeting room for sure since there won't be any more tax work!

Questions or suggestions, call us!

Sandy 503-851-8250

Rose 503-581-4632

**Happy Mother's Day from the Gift Shop!**

Here are some treasures we currently showcase:

- \*Antique, early 1900's American Zither Mandolin Harp Musical Instrument;
- \*Antique, 1920's Ukelin (Ukelele & Violin Combo) Musical Instrument with Sheet Music;
- \*Vintage Japanese Hime Daruma Dolls;
- \*1980's Cabbage Patch Doll in original box;
- \*Beautifully Handmade Crochet Throw Blankets.

Check out our large selection of Jewelry, Crystal Glass and much more.

Come see us, Ciao, Ciao! Renata

### Needlework Group News

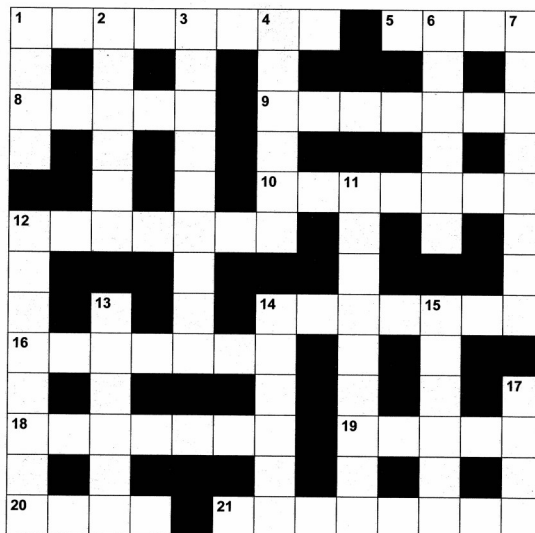
Some of you may have heard of our “Knitting Group” at the Center. We are much more than just a knitting group. Some of our members crochet, embroider, weave or do needle punch. So no matter what is the craft you choice, you are welcome to come. If you want to learn a craft, we have people who will teach you. We have yarn, knitting needles, crochet hooks and patterns you can use.

The group meets every Monday in the card room on the north side of the building near the books and pool table. We meet at noon and end at 3pm. Some people come for an hour or two and others find it more convenient to come at one pm. We are very flexible and friendly.

We focus on making items for donations to several non-profit organizations who provide services to needy people in our community. We donate to a veteran’s home, a hospice facility, a family services group and a young mothers service agency. They all appreciate the hats, scarves, lap robes, baby clothes and baby blankets that we make. We distribute our items every month.

Some of our members also donate items to the gift shop and the proceeds go to support South Salem Senior Center.

Submitted by Claudia Roberts



**Across**

- 1 - Lavish (8)
- 5 - Capital of Norway (4)
- 8 - Enters on a keyboard (5)
- 9 - Coatings (7)
- 10 - Hard white substances (7)
- 12 - Prevented (7)
- 14 - Disposed to love (7)
- 16 - Examined hastily (7)
- 18 - Let out (7)
- 19 - Live (5)
- 20 - Soaks up (4)
- 21 - Fated (8)

**Down**

- 1 - Essential substance (4)
- 2 - Obligate (6)
- 3 - A stopping (9)
- 4 - Taxed (6)
- 6 - Israeli monetary unit (6)
- 7 - Preoccupies (8)
- 11 - Tending to take in (9)
- 12 - Unit of length (8)
- 13 - Order to report for duty (4,2)
- 14 - Stick to (6)
- 15 - Choice (6)
- 17 - Horse breeding stable (4)

### Attention Friends & Members!!

**Nifty Thrifty** will no longer be able to accept anything we cannot sale in our two rooms or lobby displays.

**We just cannot accept any furniture as we have no space for it.**

We are truly sorry for the new regulations and know everyone will understand if they come in and take a look. We will still appreciate clothing, linens, small electric appliances, dishes, glassware, pots and pans and other special treasures to share with our special Gift Shop.

Have a wonderful Easter and we will see everyone at our Spring Rummage Sale on May 2 and 3. Bring your family and friends and browse the day away!

The Staff



**Board Meeting**  
May 14 @ 10:30 am

**May 21 @ Membership Meeting**  
and afterwards May Birthday Celebration

**South Salem Seniors, Inc.**  
Mail : PO Box 3094 Salem OR 97302  
6450 Fairway Avenue SE  
Salem, OR 97306  
503-588-0748  
www.southsalemseniors.org

<b>Editor</b>	Arturo Guillen
<b>Advertising</b>	Karen Sloan
<b>Staff Assist.</b>	Kate Bayne

President’s Email: [sssoffice@comcast.net](mailto:sssoffice@comcast.net)  
Treasurer’s Email: [sssoffice@comcast.net](mailto:sssoffice@comcast.net)

President:	Gary Metts	Director 1 YR	Dolly Allen
Vice President:	Jessie Martin	Director 1 YR	Julie Amen
Treasurer:	Karen Sloan	Director 2 YR	Irene Johnson
Secretary:	Kate Bayne	Director 2 YR	Yvonne Corzilius
Office Manager	Pamela Panther		

# Community Connections

## Mike Giertych

Pressure washing: Decks,  
Driveways, Houses etc.

Gutter Cleaning.

(503) 315-8953  
mikegiertych@aol.com

Solution for April 2025



## Thank you for your donations !!

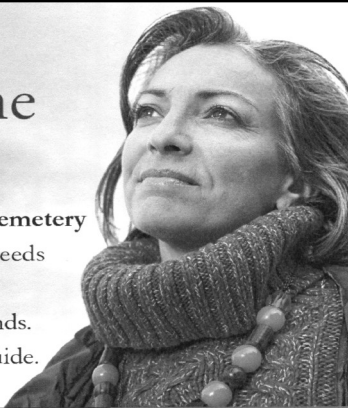
Your generosity allows the Center to add new activities and continue to provide services. You are appreciated.

Joe Fowler  
Paul Hildebrand  
Roger Brousseau

Gregory L. Page  
Marjorie Newkirk  
Ann Salvatori

*When you  
need someone  
to turn to*

City View Funeral Home & Cemetery is committed to fulfilling your needs regardless of religious beliefs, ethnicities or cultural backgrounds. Call today for a free planning guide.



# City View

Funeral Home & Cemetery  
Mausoleum & Crematorium

390 Hoyt St. S. • Salem, OR 97302  
cityviewfh.com • info@cityviewfh.com

*Family Owned  
and Operated  
Since 1893*

503-363-8652

*Overlooking  
Historic Pioneer  
Cemetery*

## 5-Star Care & Back to Home

- 5-Star Quality Care
- Personalized Recovery Plans
- Rehabilitation Services
- A Team You Can Trust



Call (503) 877-8351  
to start your recovery journey!

**SALEM**  
TRANSITIONAL CARE

Tyler Bolin Administrator  
TBolin@Avamere.com

Shannon Becerra DNS  
SBecerra@Avamere.com

## Virgil T. Golden Funeral Service

605 Commercial St. SE  
Salem, Oregon 97301  
503-364-2257  
www.vtgolden.com



*Your answer in time of need  
for a life remembered,  
celebrated and cherished.*

David L. Carlson, *Lawyer*  
503-365-0373

Wills & Trusts/Probates  
Estate Planning/Elder Financial Abuse  
Conservatorships/Guardianships

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


Moser Roofing  
Licensed Bonded Insured  
CCB # 55274

Don Moser

503-378-1107 Office  
www.moserroof.com

503-378-0229 Fax  
info@moserroof.com

# Community Connections



**PremiumNW**  
landscape


LCB - 9119

**Lawn  
And Yard  
Maintenance**

Salem, Oregon  
(503)930-9922  
[www.premiumNW.com](http://www.premiumNW.com)

General Clean-up	Apartment Complex/Commercial Buiding
Debris Clean-up	Landscape Maintenance
Repair irrigation	Retaining Walls
Pressure Washing, Bark & Gravel Placements	
Monthly Maintenance	Fencing

*Must present coupon at time of estimate.*



**Seniors  
Receive!  
20%  
OFF**

Call for details  
with this  
coupon.

Bark  
Dust  
Special



Join us for Lunch **SALEM**  
and a Tour! by COGIR

503.362.9141 [SolistabyCogir.com](http://SolistabyCogir.com)  
707 Madrona Ave. SE Salem, OR. 97302






**MELISSA BEEKS**

971-600-5949

[WWW.AGOLDENHANDHOMECARE.COM](http://WWW.AGOLDENHANDHOMECARE.COM)

[admin@agoldenhandhome.com](mailto:admin@agoldenhandhome.com)

BONDED • INSURED • LICENSED

♥ Companion Care	♥ Alzheimer & Dementia support
♥ Personal Care	♥ Respite/Emergency Care
♥ Wellness Check Ins	♥ Hourly/24 Hours On-Call
♥ House Keeping & Daily Living Assist	♥ RN On-Call 24/7
♥ Transportation 	♥ Chronic End of Life Care
♥ Meal Preparation & Medication Management	

HOLIDAY RETIREMENT | **Hidden Lakes**  
Independent Retirement Living



Hidden Lakes has received a "Best of Senior Living Award" for the 3<sup>rd</sup> year in a row.

Join us for lunch, a special event, or for a great cup of coffee.

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

**South Salem Seniors Newsletter  
Monthly Publication**

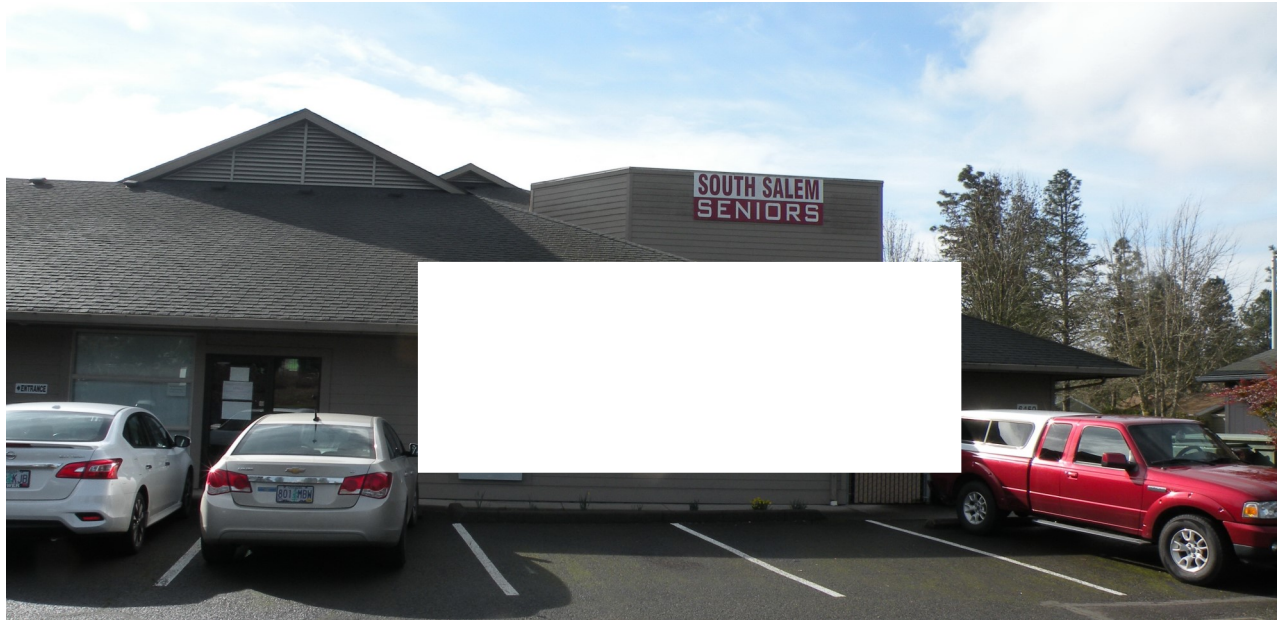
Articles and editorials printed in the SSS Newsletter reflect individual opinions and are not necessarily the Center's opinion.

*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](mailto:arturojg@comcast.net) Deadline for submissions is **May 13** for the **June 2025** newsletter.

South Salem Seniors, Inc.  
PO Box 3094  
Salem OR 97302

Non-Profit  
U S Postage  
PAID  
Salem Oregon  
Permit No 41



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!

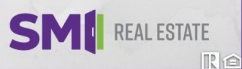
Check out our website below for a complimentary home valuation.



**Melissa Stone**  
503.508.7278

Melissa@HarrisonStoneRE.com  
License #201238867  
Broker Licensed in Oregon

[www.HarrisonStoneRE.com](http://www.HarrisonStoneRE.com)



### 2025 AARP Driver Safety Classes

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

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