



## South Salem Seniors Center Newsletter



Happy Valentine's Day South Salem Seniors. Many of us will not have that special person in our life to woo us with cards, gifts, or flowers. Maybe this could be the day that we all show some special kindness to those around us. So, if you would prefer another way of celebrating just think of it differently. There was one man named Valentine who was a priest in third century Rome. He defied Emperor Claudius ban on marriage. Valentines was caught illegally marrying people and was sentenced to death. There are parts of the world where people still cannot marry who they want. Another legend suggests that Valentine was killed for attempting to help Christians escape prison in Rome, and he sent the first valentine message to himself while imprisoned, writing a letter signed "From your Valentine." One could surmise that you truly cannot truly love anyone else until you love yourself. Some believe that it originated from a Pagan fertility festival called "Lupercalia," It was celebrated on February 15 in Rome. The day was celebrated by sacrificing animals and smacking women with animal hides, a practice that was believed to encourage fertility. One could also believe the practice was a great form of birth control. "Catch me if you can fellow" I would never have had my two girls if I had to practice that. At the end of the 5<sup>th</sup> century, Roman Pope Gladius officially declared the date of February 14 "St Valentine's Day". During the Middle Ages, though, that the holiday became associated with love and romance, a tradition that first started from the common belief in France and England that birds started their mating season on February 14. I would guess there might be more births after Valentine's Day. Personally, I would just say give me some goodies and the rest are for the birds. By this time most of us Senior's know that an open heart, exuding respect and kindness can make or break someone's day. Let us spread the love and joy.

Now that I have given you some possible facts about the history of the big day, I will just give you a bit of information regarding the Center. We still are not serving meals inside of the building. No information has been given to us regarding any changes. You may call the Center regarding AARP and taxes. Please just be patients because the phones are ringing nonstop. We have card players using the facility now. All we ask is that you use the sanitizing products we provide when you are through. Please help us with this. We still have a skeleton crew, and they cannot be all over the building. I think that the China painters are back, as is the knitting group. I really believe if you

are interested just call or come in. We have a list of activities on the bulletin board. Renata Pilotto has a brief article in this newsletter regarding Bingo. I urge you to call if you have any questions.

Please be aware that we still have a very small group of ladies working at the desk. We are still only open 10:00 a.m. until 2:00 p.m. It stands to reason we cannot offer everything we did before in such a brief time period. Please consider training to work a volunteer job to help out. We are still requiring a mask within the Center. We do not ask for proof of vaccinations currently. Time will tell regarding this. In case you did not know we have a full-time janitor. His main goal is to sanitize to the best of his ability to eliminate the threat of Covid. His name is Michael and I consider him highly professional and thorough. In telling you this I hope it alleviates some fears you might have regarding returning to the Center. Michael has been with us for several years. He has stayed with us throughout Covid. We are in discussion regarding when we will have a pancake breakfast again. It most likely will not occur until Spring. So please be patient, much work must be done before it is accomplished.

In my last newsletter I referred to my health and emotional wellbeing. During this period, I believe I might have had a mental breakdown. You see I woke up one day and I had purchased a 9-week-old female Chihuahua. Her name is Loony Luna. She weighs 2lbs and 6 Oz's. She and I are residing in the kitchen and family room. All of her toys and piddle pads are in here. I was told to give her an Atta girl and a treat when she uses them. I often have to go and look to see if there really is a piddle, smart little girl. My husband builds us a fire and we just hang out. He says I smile a lot more now. I hope to get her outside when she completes her vaccinations. I am going to look silly walking a 2lb puppy.

I am back at the Center a day or two a week. I hope to see your wonderful presence. Blessings Folks



Camille Lockling

### Current Weekly Activities

Mondays	Needle Crafts	12:00 pm - 2:00 pm
Tuesdays	Bridge	10:30 am - 2:00 pm
"	China Painting/Arts/Painting	10:00 am - 12:00 pm
Wednesdays	Life Story/Writers' Group	10:00 am - 12:00 pm
Thursdays	Single Deck Pinochle	10:00 am - 2:00 pm
"	Hand & Foot Card Game	10:00 am - 1:00 pm
"	Scrabble	10:00 am - 2:00 pm
Fridays	Arts/Painting	10:00 am - 12:00 pm
"	Double Deck Pinochle	10:00 am - 1:00 pm

Mon-Fri Pool playing



### BINGO UPDATE !!

Some of our members have been eager to start playing Bingo again. We have been discussing how to start up and these are some of the changes to Bingo we would be implementing:

1. Since our current business hours are from 10 am to 2 pm, we would only play 10 Bingo games and only use throw-away papers.
2. Minimum purchase for 10 games will be \$10. (Each throw-away sheet has 3 cards and 3 chances to win.)
3. The payout for each Bingo will be \$10 each or a prorated amount split between multiple winners.
4. The 10<sup>th</sup> and final game will have a regular Bingo of \$10 and a Blackout prize of \$40.
5. Players will need to bring their own dauber or purchase one on site.
6. We need a minimum of 15 people to start each Bingo session to offset the cost of supplies and prizes.

If you are interested in playing Bingo again, please contact us at the Senior Center 503-588-0748, leave your name and phone number. We would like to get a head count. Thank you.



### Needlecraft Notes:

In our photo please note all the cute critters we are making. Debi, Meg, and Claudia are great at creating knitted animals. We have dogs, cats, elephants, hippos, and others that we have donated. Megs dogs are so lifelike that a photo of Ann's little dog looks like a twin.

Other members create afghans, hats, scarfs, and wash cloths.

Join us Mondays 12-2 for lively conversations and fun and yes even some knitting and crochet.

In February due to Presidents Day on February 21, the group will meet Wednesday February 23 from 12-2 PM.

Arlene Williams, our former leader has stepped

down . We wish to thank her for all her leadership in keeping the group together over the years. Betty Pyle with the assistance of Linda Doerfler are attempting to fill her shoes.

We welcome anyone to join us on Mondays 12-2

Betty



### Garden News !

The Master Gardeners are beginning their Speaker Series, at locations around town. It was at the Salem Public Library, but it may not be that venue in these times of pandemic. Their meetings are in the evening, 7PM, which isn't the best time of day, especially in nasty weather. But if they meet in Summer, we may be more willing to drive, plus we can carpool. So, I have left a message that we would enjoy a speaker at the Senior Center for our Garden Club. So far, no speaker has been arranged. I rack my brains trying to think of a Spring subject for a speaker. PLEASE phone me if you have an idea for our meetings, in February, & March. It often takes a month to arrange for the availability of a speaker.

For February, we have a VHS tape to watch, that pertains to Gardening. PLUS I have a list of Perennials for everyone who attends the meeting.

This will help with plant shopping, to know what will be in your gardens for years to come. Now, some plants are ones we want to eradicate; I'm hoping none on my list will fit into that category. Our Garden Library is just packed with lovely gardening books, donated by a friend who gave ALL her books to us, PLUS the winter before we were shut-in, when COVID hit the world, a Master gardener living in ASSISTED LIVING, had to downsize, ALL of her Garden books AND Magazines came to us. Such an amazing large donation. Now our shelves are FULL. These books are available for our use, research, so please remember if, during our meetings you have a question, let's refer to our Library. Pictures of the plants are nice to see, too.

Our last meetings were not well-attended, which is sad, we need our members to be at the garden club to help us with our gardening questions, lots of you are experienced gardeners who are knowledgeable, we need your input, PLEASE COME, if you are ABLE. If the weather is not ICY or blizzarding, please come join us. WE NEED YOUR INPUT. Our last meetings were too close to the holidays, so we realize that was a hardship for many of our members; We are thinking that going back to our former scheduling would be better: The THIRD Tuesday of the month, at noon. Bring your lunch OR get a free one at the front entrance of the SR CTR. We can dine together while watching the VHS Garden Tapes.

For Questions re: our meetings, dates, please call me, Barbara Castle at 503-375-7723



## Writers Group!

Is It Pandemic or Is It Just Time?

The days hurry by  
Wearing Sun, clouds and rain  
One day like the past day  
And the next day again.

One week like the next week--  
Oh WOW a holiday!  
But no one can come visit  
And no one can stay.

The months blur together  
into blurred seasons gone  
Do I keep track?  
Does it matter?  
It's just one more dawn.

Is it me? Is it us?  
Is it them? Is it you?

How long does it matter?  
Do we know what to do?

Before the pandemic  
The days felt so swift,  
Now time rushes by  
Like a leaf in the wind.

How long will this go on?  
Do you know? I do not.  
I wonder if pandemic  
Has sped up the clock?

I wonder at my age  
if time could have slowed  
Had there not been pandemic  
Or if age caused time load.

Velma Hampson



### Medicare Informational Walk-in Opportunity

United HealthCare Insurance  
February 16, 2022  
10:00 am - 12:00 pm

Providence Insurance  
February 24, 2022  
10:00 am - 12:00 pm

### Senior Center Lunch Pick Up

Marion-Polk Food Share has resumed lunch service Monday through Friday from 12:00 – 1:00 PM daily. Boxed lunches will be **"Handed Out"** at the side of the building near the kitchen. **"Drivers are asked to remain in their cars"**. Stacy will greet you and take your orders; two option will be available daily. For the present no donations or fees apply.

SSSC is not a Meals on Wheels distribution center. If you would like home delivery call 503-364-2856

## AARP 2021 Tax Preparation

We are now booking appointments for

2021 tax preparation provided by AARP Volunteers.

Please call us at 503-588-0748 for more details.

### Is Your Membership Current?

If you noticed the date on your mailing label is marked in yellow, your membership is due for renewal. Please stop by Monday thru Friday between 10 am and 2 pm to renew your dues or send a check. The cost is still \$20 per year. We value your membership to support the functions of our Senior Center.

Thank you!

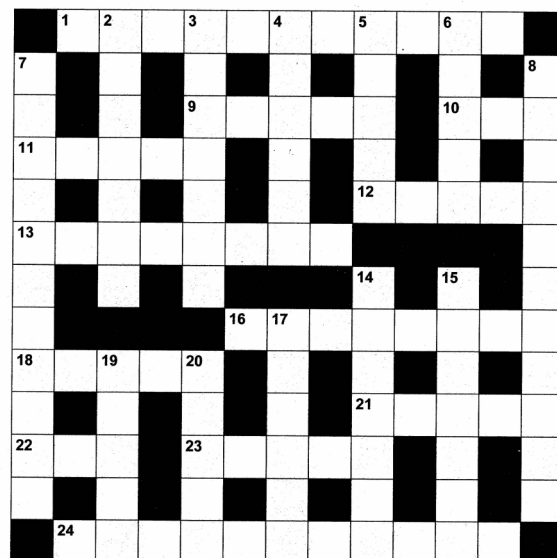
**The Center will be closed February 21, 2022  
For President's Day**

**South Salem Senior Center  
6450 Fairway Ave SE  
Salem, OR 97306  
503-588-0748**

www: southsalemseniors.org  
sssoffice@comcast.net

### Officers:

<b>Camille Lockling</b> , President	503-269-1463
Heather Rivas, 1st Vice President	818-618-2180
Paula Hindman, 2nd Vice President	503-362-9038
Linda Peyton, Office Manager	503-363-4290
Alice Wells, Secretary	971-719-4438



### Across

- 1 - Rural areas (11)
- 9 - Lifting tools (5)
- 10 - Zero (3)
- 11 - Dairy product (5)
- 12 - Reports (5)
- 13 - Allocated (8)
- 16 - Unauthorized writing on walls (8)
- 18 - Bunches (5)
- 21 - Not concealed (5)
- 22 - Male sheep (3)
- 23 - Speak (5)
- 24 - Someone on radio or television (11)

### Down

- 2 - Front of a coin (7)
- 3 - Small nuts (7)
- 4 - Fester (6)
- 5 - Impudent (5)
- 6 - Giver (5)
- 7 - Emphatic (11)
- 8 - Unwilling to part with money (11)
- 14 - Yields (7)
- 15 - Striped (7)
- 17 - Country person (6)
- 19 - Thighbone (5)
- 20 - Underwater apparatus (5)

## We appreciate your Donations

**John Jost  
Jean Ottaway**

**Board Meeting 2/14/22 1:00 PM**

### Board of Directors

Arturo Guillen	Linda Jones
Dick McCullen	Randy Miles
Linda Peyton	
Kathy Parlet	
Roger Corrado	



# Community Connections

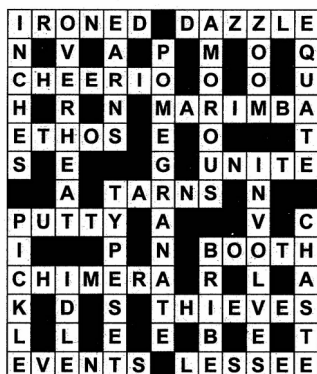
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(503) 315-8953  
mikegiertych@aol.com  
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Solution for Jan 2022



## Virgil T. Golden Funeral Service

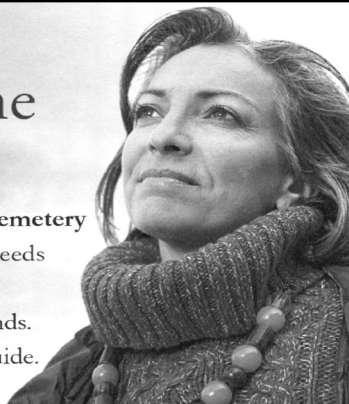
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Click to visit the site.

Keep updated on the latest news by visiting our  
**Webpage** <https://www.southsalemseiors.org/>

Follow our **Facebook Page**  
<https://www.facebook.com/southsalemseiors/>

We post helpful tips, plenty of photos, plus  
happenings in and around the South Salem  
Senior Center on our Facebook Page.

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

**Wills & Trusts/Probates  
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# Community Connections



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Sequoia & Yosemite - May 9-13  
Portland Spirit to Astoria - May 11-13 or Oct. 5-7  
Motor Coach Mystery Tour - May 29-June 3  
Canadian Rockies - June 18-24  
Montana & Glacier N.P. - September 8-14  
Great Smoky Mt. - October 23-28



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EXCURSIONS

Call for Details or See them  
on the Bulletin Board

**(503) 585-3979 ♦ (800) 333-0774**  
[www.orwest.com](http://www.orwest.com)

HIP HIP HOORAY, IT'S

**Chocolate Day!**

CELEBRATION OF A SWEET TEMPTATION

THURSDAY, FEBRUARY 10

Call 971.283.5345 for the event schedule and to reserve your spot!

400 Madrona Ave SE, Salem, OR 97302

How much do we ADORE chocolate? Let us count the ways!  
We're throwing a party in honor of the world's most beloved confection.

Join us for a smorgasbord of tasty treats, smooth tunes and other sweet surprises! All are welcome to connect with chocolate-loving residents, family members, and staff for the ultimate cocoa-covered event.

Appropriate safety precautions related to COVID-19 will be practiced.

2021 BEST OF THE MID-VALLEY  
statesman journal

2021 BEST OF THE MID-VALLEY  
statesman journal

2021 BEST OF THE MID-VALLEY  
statesman journal

## South Salem Seniors Newsletter Monthly Publication

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

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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, please renew to support your Senior Center.  
**Renewal membership \$20.00 a year**



Soup 'R Meals  
Chef Todd Wieweck  
503-428-1102

Meal Pick up Tuesdays at SSSC Kitchen  
4-7:00 PM

6450 Fairway Ave SE  
Salem, OR 97306

**Meals available for purchase during the center closure**  
<https://souprmeals.com/>



**Breakfast will resume**  
**When we open again**

Join us for pancakes or homemade  
Biscuits and gravy. Served with eggs,  
Sausage or ham, orange juice,  
Coffee or tea