



South Salem Seniors Inc.

Dear Members,

In my yard numerous snow bells are already in bloom and a small patch of lavender crocus has recently popped up. An indication that Spring is just around the corner, even though we just had a snow storm!

At February's membership meeting Karen Smith from NW Disability Services, she acquainted us with a variety of services they offer. It was exciting to learn about an opportunity to bring a Tai Chi class to SSS. Check out the information she left with us in a binder on the Lobby table.

We also have a another new activity in the works. Member Mary Adams, is working on forming a quilting group. See page 2 for further information. We have recently received two sewing machines, a Pfaff Performance Icon and a Singer Serger that will be put to work with the new group.

After a recent cupboard cleaning in Craft room, we discovered at least a dozen chess games. Is there any interest in putting together a chess tournament for fun and/or possibly a fund raiser to benefit SSS? Any interested chess players please contact me. I would appreciate any expertise and input.

As part of the cabinet cleaning, we gathered an entire collection of scrapbook-making materials. Does anyone have any interest in continuing scrapbooking as an activity? There are paper materials, scrapbook guide manuals, many tools, cutters and stencils available. If there is no interest indicated, the materials and tools will be sold.

With the recent donation of a large-screen TV, we are going to add speakers, a DVD player and HDMI cable hookups to provide us an improved audio-visual presentation platform. Think of opportunities such as introducing educational materials, utilizing DVD's for exercise classes such as Yoga or strength-building or playing DVD movies for an afternoon matinee (popcorn included)!

Spring cleaning to spruce up the Center begins in March. You will find sign-up lists on the Lobby table. We need help with cleaning and applying wood treatment to the oak-wood paneling on all cabinets, as well as cleaning and organizing the kitchen. Don't be shy about joining in. We always have lots of fun and great treats!

At the February Board meeting, Alta Gardner volunteered to head the Nominating Committee for the 2023-24 election of Officers and Directors. She will work to form a search committee and will be reaching out to people interested in running for office. Our present Bylaws indicate there will be five Officers and four Directors serving on the Board. It is a most important that we have an active and informed governing body to manage both our financial and operational objectives.

I am excited to note the continuing increase in membership and the participation in activities. Your interest and positive attitude are greatly appreciated. Please let me know of additional activities you would like to see implemented here at the Center. Contact the Business Office 503-588-0748.

AARP Tax program has all appointments booked. Free filing available at IRS.gov & Oregon DoR. I will close with a sweet poem shared by Mary Adams.

Being At Peace Means That

You no longer have the need to prove anything to anyone.

You don't need outside validation.

You don't need to tell your side of the story anymore.

Even when you hear a dozen rumors that tell an untrue version

You used to guard your heart, but now you need to guard your peace,

Because you know your peace is worth more than proving yourself to anyone.

Anonymous

Share the peace within yourself and be part of something contagious and fun.

Happy St. Patrick's Day Laurene Brousseau

Popular Seminar on Health and Aging Returns

This important free seminar in the form of roundtable discussion returns to the Center for a second six weeks beginning Thursday, April 13th from 10 am to 11:30 am and will continue through the five following Thursdays: April 20th, 27th and May 4th, 11th and 18th. Members participating in the first series gave it high marks for being informative and encouraging lively interaction among the attendees. The forum is provided by a coalition of Center 50+, Marion County Older Adult Behavioral Health Initiative, Western Oregon University’s Gerontology Department and Salem Health’s Community Health and Education Center (CHEC). These sessions are relaxed and discussion-oriented. Upon registration, each participant will receive a free 95-page booklet titled Promoting Healthy Aging. Topics include illness prevention strategies, medical screenings, exercise, sleep, nutrition, mental health, mind-body work, supplements, loneliness and methods to change health behaviors. Patrick Brodigan and Karen Sunderland return to lead the group. For questions regarding the series contact Patrick at 503-588-5624 or by email at pbrodigan@co.marion.or.us. To register contact the SSS Center office at 503-588-0748 or sign up in the Lobby. The maximum is 12 participants per session so sign up soon.

Calling All Interested Quilters

Longtime member Mary Adams and friend Karen Scharf are inviting members to join them in starting a Seniors Quilting Circle. Members who are already quilters to, as Mary states, “folks who have never quilted but have some sewing background and want to learn” are invited to enjoy the time spent socializing and working together. The group will begin with hand-stitching techniques working on small projects creating items such as pot-holders, “bowls”, table mats, table runners, baby quilts, etc. to be donated for sale through Nifty Thrifty and the Gift Shop in financial support of the Center. Advancing to the creation of larger items will include lap-ropes and fidget quilts to be donated to area nursing homes, senior living and hospice facilities. And finally, working together on an exciting collaborative project, members will create a large quilt to be raffled (or auctioned) at an annual Center event.

Already-donated fabric is currently in good supply and several members are ready to offer their skills to help in cutting fabric and machine-stitching. Anyone wishing to work on personal projects will provide their own notions and batting.

Mary says that donations of fabric and notions will be appreciated. For those of us who may not know what’s included under “notions” here is a list: Needles, needle pullers, seam rippers, thread, cotton batting, scissors, cutting shears, cutting wheel, gauge, and thimbles.

Questions may be directed to Mary at 503-877-7852.

The group (**limited in size to 8-10 folks**) will meet in the Craft Room on Fridays, 1pm to 3pm beginning April 7th. You may register by calling the office at 503-588-0748 or look for the sign-up sheet in the Lobby.

Nifty Thrifty Sales of Tools and Shop Equipment

Charlie Musgrave

Small tools in the lobby are priced half off until sold.

Also the following items are for sale as priced:

| | |
|---|------------|
| Pride GO Chair electric powered, joy stick control, new batteries, charger included | \$1,000.00 |
| Sears Craftsman 10” Table Saw (with box of extra saw blades) | \$ 125.00 |
| Sears Craftsman 12” Band Saw | \$ 125.00 |
| Sears Craftsman 6” Joiner/Planner | \$ 75.00 |
| Upright Piano in the Bingo Room—Free, buyer moves | \$ free |

Current Weekly Activities

| | | |
|----------|---------------------------|---------------------|
| Mon | Needle Crafts | 12:00 pm - 2:pm |
| Tue | Bridge | 11:00 am - 3:00 pm |
| “ | China Painting/Arts | 10:00 am - 12:00 pm |
| Wed | Life Story/Writers’ Group | 10:00 am - 12:00 pm |
| | Rummikub | 12:30 pm - 2:30 pm |
| Thurs | Hand & Foot Card Game | 10:00 am - 3:00 pm |
| “ | Scrabble | 11:00 am - 3:00 pm |
| | Painting | 1:00 pm - 2:30 pm |
| “ | Singing Group | 2:00 pm - 3:30 pm |
| Fri | Mexican Train | 10:00 am - 3:00 pm |
| “ | Double Deck Pinochle | 12:00 am - 3:30 pm |
| Mon-Fri | Pool playing | 10:00 am - 2:00 pm |
| 3rd Tues | Garden Club | 12:00 noon |

Happy Spring from the Gift Shop!

We have new things and big discounts; greeting cards for .25 cents.

Arbor Acoustic Guitar 70’s, 80’s with case, sounds great! \$120
 Beautiful rattan chair and table at a great price too.
 Come say Hello!

Renata

Crafters News!

One of our longtime knitters was having pain in her arm, so she made an appointment to have it checked. The doctor said, “You have carpal tunnel. Wear this brace and NO MORE KNITTING!”

“Horrors! What am I to do?”

Well, in this computerized world, Karen went to the Internet and then to YouTube. She found videos of knitting machines and other alternatives.

She decided to purchase a Sentro Knitting Machine. It sets on a table. Then the yarn is placed around the wires. This is “casting on”. Just like in regular knitting. Then a crank is turned and the yarn is quickly woven around the metal wires.

During the 2 hours that our craft group meets, Karen “knit” two hats. It was amazing to watch the process.

We meet every Monday from noon to two. On the first Monday of the month, all of the items that have been donated during the month are given to various charities. In February 151 items were donated. Very impressive.



GARDEN NEWS for March


Wild as a March hare we’ll be when Spring arrives. Seems as though we’ve had a long, drawn out winter, grey skies, chilly overnights, frost on rooftops and cars. But nothing like the Easterners and Midwest has experienced.

In February, we had a Master Gardener visitor who answered questions. In March, we’ll have another MG to chat with, please come prepared with lots of questions, so they’ll feel welcome and needed, too.

We’ll continue our garden groups on the second Tuesday of each month,, meeting to begin at 12:30, bring your lunch if you’d like.

Any questions, call me....Barbara Castle...503.983.6767 (CELL#) if calling close to our meeting time.....Other times; call our home line....503.375.7723, between noon..6:00 PM. Thankyou for your support in keeping our garden group going

Master Gardener speakers coming for our Upcoming meetings!

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <p>Please welcome new members January 24, 2023 to February 24, 2023</p> <table border="0"> <tr> <td>Linda Gooderham</td> <td>Tom Kerrigan</td> </tr> <tr> <td>Kathy Jamison</td> <td>Teresa Hoon</td> </tr> <tr> <td>Bruce King</td> <td>John Appleton</td> </tr> <tr> <td>Jeanne King</td> <td>Sandra Evans</td> </tr> <tr> <td>Charlene Zwegardt</td> <td>Nancy Wilson</td> </tr> <tr> <td>John LaVallee</td> <td>Maria Avalos</td> </tr> <tr> <td>Carol Hubbard</td> <td>Allen Baker</td> </tr> <tr> <td>Calvin Willison</td> <td>Gretchen Baker</td> </tr> <tr> <td>Patricia Groves</td> <td>Delbert Baker</td> </tr> <tr> <td>Donald Rodriquez</td> <td>Carolyn Bright</td> </tr> <tr> <td>Andrzej Pekalski</td> <td>Harriet Schoppert</td> </tr> <tr> <td>Krystyna Pekalsaa</td> <td>Brian Smith</td> </tr> <tr> <td>Elane Garley</td> <td>Dee Smith</td> </tr> <tr> <td>Daniel Knight</td> <td>Michelle Krenzin</td> </tr> <tr> <td>Beckie Culp</td> <td>Linda Morrow</td> </tr> <tr> <td>Diane Andrews</td> <td>Linda Galeazzi</td> </tr> <tr> <td>Lori Pomeranke</td> <td></td> </tr> </table> <p style="text-align: center;">Thank you for supporting SSS</p> | Linda Gooderham | Tom Kerrigan | Kathy Jamison | Teresa Hoon | Bruce King | John Appleton | Jeanne King | Sandra Evans | Charlene Zwegardt | Nancy Wilson | John LaVallee | Maria Avalos | Carol Hubbard | Allen Baker | Calvin Willison | Gretchen Baker | Patricia Groves | Delbert Baker | Donald Rodriquez | Carolyn Bright | Andrzej Pekalski | Harriet Schoppert | Krystyna Pekalsaa | Brian Smith | Elane Garley | Dee Smith | Daniel Knight | Michelle Krenzin | Beckie Culp | Linda Morrow | Diane Andrews | Linda Galeazzi | Lori Pomeranke | | <p style="text-align: center;">AARP Drivers Education for 2023:</p> <p>Class sessions on Tuesdays & Wednesdays:</p> <table border="0"> <tr> <td>Mar</td> <td>14 & 15</td> <td>Bingo Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Apr</td> <td>11 & 12</td> <td>Bingo Room</td> <td>8:45—12:15</td> </tr> <tr> <td>May</td> <td>9 & 10</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Jun</td> <td>13 & 14</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Jul</td> <td>11 & 12</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Aug</td> <td>8 & 9</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Sep</td> <td>12 & 13</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Oct</td> <td>10 & 11</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Nov</td> <td>14 & 15</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> <tr> <td>Dec</td> <td>12 & 13</td> <td>Meeting Room</td> <td>8:45—12:15</td> </tr> </table> <p>Please call the Business Office 503-588-0748 for scheduling your class time and additional information.</p> | Mar | 14 & 15 | Bingo Room | 8:45—12:15 | Apr | 11 & 12 | Bingo Room | 8:45—12:15 | May | 9 & 10 | Meeting Room | 8:45—12:15 | Jun | 13 & 14 | Meeting Room | 8:45—12:15 | Jul | 11 & 12 | Meeting Room | 8:45—12:15 | Aug | 8 & 9 | Meeting Room | 8:45—12:15 | Sep | 12 & 13 | Meeting Room | 8:45—12:15 | Oct | 10 & 11 | Meeting Room | 8:45—12:15 | Nov | 14 & 15 | Meeting Room | 8:45—12:15 | Dec | 12 & 13 | Meeting Room | 8:45—12:15 |
| Linda Gooderham | Tom Kerrigan | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kathy Jamison | Teresa Hoon | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bruce King | John Appleton | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jeanne King | Sandra Evans | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Charlene Zwegardt | Nancy Wilson | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| John LaVallee | Maria Avalos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carol Hubbard | Allen Baker | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calvin Willison | Gretchen Baker | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Patricia Groves | Delbert Baker | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donald Rodriquez | Carolyn Bright | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Andrzej Pekalski | Harriet Schoppert | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Krystyna Pekalsaa | Brian Smith | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Elane Garley | Dee Smith | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daniel Knight | Michelle Krenzin | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Beckie Culp | Linda Morrow | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Diane Andrews | Linda Galeazzi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lori Pomeranke | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mar | 14 & 15 | Bingo Room | 8:45—12:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Apr | 11 & 12 | Bingo Room | 8:45—12:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| May | 9 & 10 | Meeting Room | 8:45—12:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jun | 13 & 14 | Meeting Room | 8:45—12:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jul | 11 & 12 | Meeting Room | 8:45—12:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aug | 8 & 9 | Meeting Room | 8:45—12:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Oct | 10 & 11 | Meeting Room | 8:45—12:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nov | 14 & 15 | Meeting Room | 8:45—12:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <p style="text-align: center;">Donation Acknowledgements, Thank You!</p> <table border="0"> <tr> <td>Calvin Willison</td> <td>Linda Morrow</td> </tr> </table> | Calvin Willison | Linda Morrow | <p style="text-align: center;">Medicare Walk-In Informational & Enrollment Opportunity (Bingo Room) Providence Insurance March 14, 2023 10:30 am - 11:30 am</p> <p style="text-align: center;">Regence BCBS of Oregon March 28, 2023 10:00 am - 11:00 am</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Calvin Willison | Linda Morrow | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="text-align: center;">Scratch Art a big Hit!</p> <p>Member Polly Moore who will be conducting her Scratch-Art class on Monday, March 6th from 10am - 2pm (with a break for lunch) reports the class is nearly full with nine people already signed up.</p> <p>If you are interested you may contact her at polly@inspiredartstudio.com</p>  | <p style="text-align: center;">Marion Polk Food Share Lunch Pick Up 12:00 to 12:30 pm</p> <p style="text-align: center;">Friday's pick up inside center</p> <p>Marion-Polk Food Share provides lunch service Monday through Friday from 12:00 – 12:30 PM daily. Lunches will be “Handed Out” in the parking lot Monday through Thursday. “Drivers are asked to remain in their cars”. Stacy will greet you and take your orders. For the present no donations or fees apply.</p> <p style="text-align: center;">SSS is not a Meals on Wheels distribution center.</p> <p style="text-align: center;">Call 503-364-2856 for home delivery</p> <p>Please stay tuned for lunch room changes in 2023.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

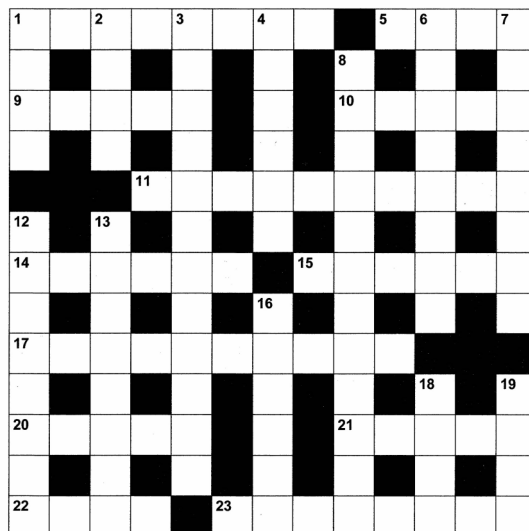
Happy St. Patrick's Day From the Nifty Thrifty Gang!

From last month's newsletter you all know that a valuable member of our team has retired.

Betty Lacey has worked in every department from yardage to linens, clothing, to housewares, from china to glassware and has done an exemplary job in all of them. She'll be missed by all of us, however, she said she'll help with our big sales, health permitting.

Thank you all for the many donations we have been receiving.

Alta Gardner & Staff



Across

- 1 - Resembling a tree (8)
- 5 - Intellectual faculty (4)
- 9 - Indian of Mexico (5)
- 10 - Pertaining to warships (5)
- 11 - Conveying to destination (10)
- 14 - Not uniform (6)
- 15 - Thrown about (6)
- 17 - A written record (5,5)
- 20 - Muscular strength (5)
- 21 - Accustom (5)
- 22 - Sweet potatoes (4)
- 23 - Small spined mammal (8)

Down

- 1 - Unfortunately (4)
- 2 - Flying mammals (4)
- 3 - Swindling (12)
- 4 - Nimble (6)
- 6 - Financial statements (8)
- 7 - Industrious (8)
- 8 - Amusing (12)
- 12 - Guiltily (8)
- 13 - New growth (8)
- 16 - Sweet dish (6)
- 18 - Sentimentality (4)
- 19 - Mass of floating ice (4)

Writer's Group Invites New Members to Join

Velma Hampson's writing group is issuing an invitation to members to join them in their creative endeavors. They meet Wednesday mornings in the Card Room from 10am to noon (and "sometimes a little longer") she says. She assures us that the informal class title "Writing My Own Story" *could* be interpreted only as penning one's autobiography but to quote her, "If I am writing *my own* story it could be anything from an autobiography, to a poem, a work of fact or fiction or who knows what else...it's all *my own* story!" So come join the fun. Listen to others' work, read your own and join in discussing how writing impacts your life.

Board Meeting March 14, 2023 1:00 PM

Next Membership Meeting May 17, 2023 1:00 PM

**Annual Election Member Meeting
And Installation New Officers & Board Members
August 16, 2023 1:00 PM**

**South Salem Seniors, Inc.
6450 Fairway Avenue SE
Salem, OR 97306
503-588-0748
www/southsalemseiors.org**

| | |
|----------------------|----------------|
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President's Email: ssscoffice@comcast.net
Treasurer's Email: ssscoffice@comcast.net

| | | | |
|-----------------|-------------------|---------------|---------------|
| President: | Laurene Brousseau | Director 2 YR | Alta Gardner |
| Vice President: | Renata Pilotto | Director 2 YR | Rick Saul |
| Treasurer: | Margie Talley | Director 1 YR | Roger Corrado |
| Secretary: | Kate Bayne | Director 1 YR | Dick McCullen |
| Office Manager: | Irene Johnson | | |

Community Connections

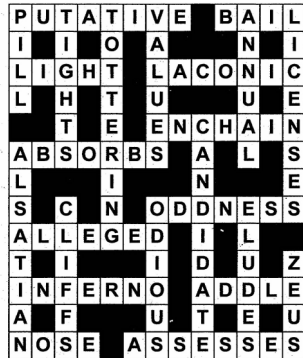
Mike Giertych

Pressure washing: Decks,
Driveways, Houses etc.

Gutter Cleaning.

(503) 315-8953
mikegiertych@aol.com

Solution for February 2023

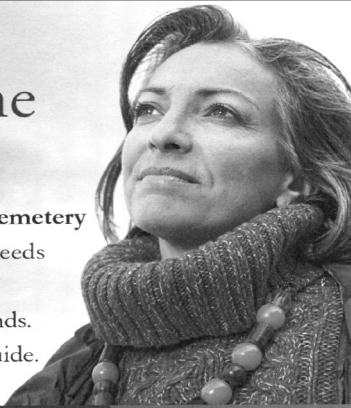



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