



South Salem
Seniors Inc.



Spring Rummage & Book Sale May 5 - 6 9 - 4 PM

Dear Members,

As once written in 1961 by former President John F Kennedy: “Ask not what your country can do for you – ask what you can do for your country”. I am calling upon members to become involved in helping to make things happen at the Center. We are now over 600 members strong and membership continues to grow. Participation from members who volunteer is what gives the Center that special bond and insures the success of SSS. The more helping hands and minds working to solve issues, the easier the task becomes and members have a great sense of accomplishment. When we think of the cumulative years of experience volunteers have brought to the Center it is simply awesome!

Currently we need volunteer managers to oversee Bingo, the Pancake Breakfast and Travel to get these activities functional. So, if you see something of interest, please get on the volunteer train and join in the fun. It is very important for us to make use of our facility.

A nomination committee is being formed in anticipation of the upcoming July August election. Nominations will be accepted for all officer positions: President, Vice President, Treasurer, Secretary, Office Manager as well as two Directors. Alta Gardner has agreed to chair the committee. Please contact her if you are interested in becoming a committee member.

At the March Board Meeting, it was decided a committee will be created to address the following changes in the current Bylaws: 1) increase Officers terms from one to two years and 2) increase membership fees from \$20 to \$25 per year. If additional changes are to be considered, members are invited bring those proposed changes forward. Proposals will be brought before the membership for voter approval.

Please enjoy reading articles on page 2 regarding new activities, **Jam Session, Mahjong and Drop In Studio Art!**

Fitness Classes Member Michi Kohlhoff has volunteered to teach senior level classes including Strength Building, Walking, Yoga, and Tai Chi. Dates to be announced. Sign up in the lobby.

Kitchen Crew & Breakfast Planning There will be a Pancake Breakfast Volunteer Meeting Saturday, April 1st, 10 am. Coffee and donuts will be served. Dates scheduled for kitchen cleaning are April 14th and 21st. Please sign up to help us out.

See page 5 for information on the Spring Fund Raising (Rummage) Sale: The Center will be offering the usual vast variety of items offered by Nifty Thrifty, the Gift Shop and Bookstore. Games, Tools and Shop Equipment, Christmas Decor and more will be on sale. Dates are May 5th & 6th, 9 am to 4 pm Friday and Saturday. Donations for this sale will be accepted through April 28th. So get your spring cleaning done and please donate clean and usable articles you are no longer using. Help us with the sale and perhaps do some shopping as well.

Let us celebrate spring with the following charming poem from **2006 Earth Song Moon:**

Advice From A Hummingbird

Sip the sweet moments,
Don't get your feathers ruffled over little things,
Take yourself lightly,

Let your true colors glow,
Just wing it,
Keep your visits short and sweet.

Cordially, Laurene Brousseau, President.

JAM SESSION

Coming Soon to the Center Shake, Tap, Rattle and Play!

If you would like to shake a rhythm instrument, tap a drum, or even just your toes, this fun program is for you! You will enjoy an interactive, participatory rhythm program with authentic instruments from around the world. Banjo, guitar, violin and mandolin players may even occasionally surprise us by dropping in to play along.

This entertaining musical session, facilitated by one of our newest members, Maureen Mould, will begin **Tuesday, April 25th 10:30 am to noon** followed by a second session **Tuesday, May 23th 10:30 am to noon**. And, if there is enough interest, the program will continue with sessions scheduled the 2nd & 4th Tuesdays of each month.

So come join the “Jam”

If you have a question, you may give Maureen (aka “MO”), a call at **509-406-5452**.



Want to Play Mahjong At The Center?

Member Sherry Cornett is interested in forming a Mahjong group. All levels of skill are welcome including those wanting to learn the game. A sign-up sheet will be placed in the Lobby or you may contact the Office at 503-588-0748 to be added to the list. A follow-up call to those interested will be made to determine best available times to play. Questions may be directed to Sherry at 503-587-8715.



Drop-In Art Studio Available

As an outgrowth of the recently established (and very popular) Thursday afternoon Art class conducted by SSS member Terry Winkler, and with the thought to utilize Center rooms to optimum advantage, a Drop-in Art Studio will be open in the Craft Room Tuesday afternoons beginning May 2nd 1:00 to 3:00 pm. This is not an instructive class, but meant for folks who enjoy painting as a social activity. The space is limited to 8-10 people but could be managed on a rotational basis dependent on the level of interest. Look for the sign-up sheet in the Lobby.

Current Weekly Activities

| | | |
|---------|--|---------------------|
| Mon | Needle Crafts | 12:00 pm - 2:pm |
| | Scratch Art | 10:00 am - 12:00 pm |
| Tue | Bridge | 11:00 am - 3:00 pm |
| “ | China Painting/Arts | 10:00 am - 12:00 pm |
| “ | Drop-in Studio | 1:00 pm - 3:00 pm |
| “ | Garden club Meets 3rd Tuesday | 1:00 pm - 3:00 pm |
| Wed | Life Story/Writers' Group | 10:00 am - 12:00 pm |
| “ | Jewelry Making | 12:00 pm - 2:00 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 class | 1:00 pm - 2:30 pm |
| “ | Singing Group (presently on hiatus, contact Val Guerrazzi) | |
| Fri | Mexican Train | 10:00 am - 3:00 pm |
| “ | Double Deck Pinochle | 12:00 am - 3:30 pm |
| “ | Quilting Group | 1:00 pm - 3:00 pm |
| Mon-Fri | Pool playing | 10:00 am - 2:00 pm |

April showers bring May flowers ...

Hello from the Gift Shop!
where we have lots of beautiful things available at a great discount price.

- Beautiful wooden box with over 60 pairs of vintage clip-on earrings for \$30!
- Lanikai Hawaii LU-21T Tenor Ukulele With 2 manuals \$75!
- Collection of about 15 pieces of David Winter Cottages, made in England, sold individually or as a lot.

We will be open for the Spring Sale, May 5th and 6th, 9 am to 4 pm.

See you at the Gift Shop! Renata

Crafters News!

IT'S HAPPENED!

It's almost unbelievable, but it has really, truly happened!!!! After being in existence for many, many years, the crafters group has had a MAN join our group! Knitting and crocheting are normally thought of as a woman's activity. However, if one perused the historical crafters' articles, one would find many men involved in these activities.

John is one of those men. He married in 1952 and one day his wife was having trouble turning the heel of a bootie that she was making for their new baby. John applied his ability to figure out how things should work and showed her how. She then taught him how to knit and crochet.

The picture shows John and an afghan that he knit several years ago. Nowadays, he prefers to crochet. That's what he brings with him now to work on and all of us gals are very impressed with his creations and his choice of colors.

What is even more impressive is that he continues to join our group every Monday from noon to 2:00. Our group continues to grow. There were 21 attendees on the day this article was written.

This was also the day that all items that had been created during the past month were collected and divided up as to which group would receive them. This month 138 hats, afghans, mittens, socks, sweaters, slippers, fingerless gloves, etc. were collected and distributed. Very impressive. Keep up the good work, ladies and John!



Garden News for April!

We'll continue our garden groups on the third 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.....Thank You for your support in keeping our garden group going.

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <p>Please welcome new members February 24, 2023 to March 23, 2023</p> <p>Carlene Selander Kathleen Gomez James Perkey Bob Kerper Laura Van Eaton Sherry Cornett</p> <p style="text-align: center;">Thank you for supporting SSS</p> | <p style="text-align: center;">AARP Drivers Education for 2023:</p> <p>Class sessions on Tuesdays & Wednesdays:</p> <table border="0"> <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> | 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 |
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| <p style="text-align: center;">Donation Acknowledgements, Thank You!</p> <table border="0"> <tr> <td>Mary Rein</td> <td>Anonymous</td> </tr> <tr> <td>Val & Lynn Andermatt</td> <td>Betty Lacey</td> </tr> <tr> <td>Laura Van Eaton</td> <td>Ruth Hewett</td> </tr> <tr> <td>Camille A. Wolke</td> <td>Orville Hatfield</td> </tr> <tr> <td>Kathy Augustine</td> <td>Irene Akers</td> </tr> </table> | Mary Rein | Anonymous | Val & Lynn Andermatt | Betty Lacey | Laura Van Eaton | Ruth Hewett | Camille A. Wolke | Orville Hatfield | Kathy Augustine | Irene Akers | <p style="text-align: center;">Medicare Walk-In Informational & Enrollment Opportunity (Meeting Room)</p> <p style="text-align: center;">Providence Insurance April 2, 2023 10:30 am - 12:30 pm</p> <p style="text-align: center;">Regence BCBS of Oregon April 25, 2023 10:00 am - 11:00 am</p> | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mary Rein | Anonymous | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Laura Van Eaton | Ruth Hewett | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Camille A. Wolke | Orville Hatfield | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kathy Augustine | Irene Akers | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="text-align: center;">American Heart Association Family and Friends Class Coming To SSS!</p> <p>Members interested in simple life-saving measures that might one-day help to save a friend's or family-member's life will want to consider attending a Family and Friends class offered by Center member Amy Richarme, a certified American Heart Association instructor. This particular class lasts approximately one hour and is designed to provide general knowledge on how to administer CPR (Cardio Pulmonary Resuscitation) and use an AED (Automated Electronic Defibrillator).</p> <p>Since retirement Amy determined this was a project she wanted to pursue to help others. Her goal is to train 50 people in these life-saving skills over a two-year period. The first two classes will be held in the Meeting Room April 14 11-12 pm and April 28 11-12 pm. Look for a sign-up sheets in the Lobby.</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> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="text-align: center;">Putting on the Glitz</p> <p>Member Lorna Matte will conduct a class in jewelry making to be taught each Wednesday beginning April 5th, 12 to 2 pm. All items, including tools, will be provided to create a set including earrings, a bracelet and necklace. Lorna always had a thing for jewelry "but often not the price", so she took one class and the rest is history! Call the office or sign up in the Lobby. For questions contact Lorna at chailorna@yahoo.com.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Hello from the Nifty Thrifty Gang!

Here we are at April and Easter Sunday time!

Our semi-annual rummage sale will be held Friday May 5 and Saturday May 6, 2023, 9 am – 4 pm.

Donations are wonderful and the “backbone” of many organizations, but we would like to remind you they must be clean, useable and sellable.

Those things that come to us unusable must be disposed of with the cost falling on the organizations that accept them.

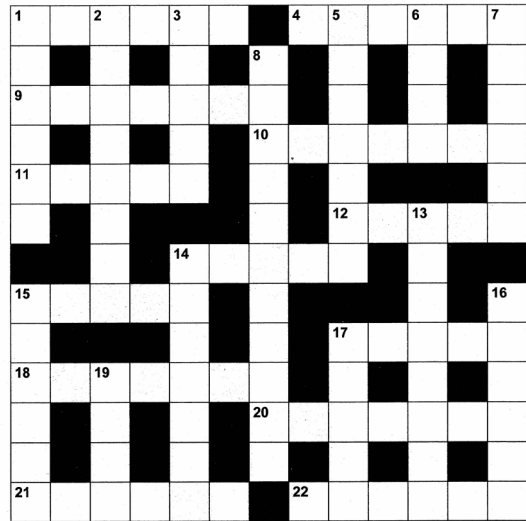
Some things South Salem Seniors will no longer accept:

- Golf clubs;
- Wedding/Cocktail dresses;
- Men’s suits;
- Vinyl LP or 45 records;
- Medical things – Crutches/Body braces, C-Pap machines
- Wallpaper;
- Incontinence hygiene products.

We are sorry for these decisions, but we just don’t have room to display or store many of the above items.

Thank you for understanding and your help in checking your donations before dropping them off.

Alta Gardner and Staff



Across

- 1 - Colorless flammable gas (6)
- 4 - Small chicken (6)
- 9 - Dark pigment in skin (7)
- 10 - Washing and finishing (7)
- 11 - Sound (5)
- 12 - Kinswoman (5)
- 14 - Utilizing (5)
- 15 - Pertaining to bees (5)
- 17 - Upper part of the leg (5)
- 18 - Pasta pockets (7)
- 20 - Stimulated (7)
- 21 - Even paced (6)
- 22 - Remarks (6)

Down

- 1 - Fur (6)
- 2 - Capital of Finland (8)
- 3 - The present occasion (5)
- 5 - Mixing up (7)
- 6 - Cab (4)
- 7 - Injure severely (6)
- 8 - Shoddiness (11)
- 13 - Allowed (8)
- 14 - Relaxed (7)
- 15 - Projectiles (6)
- 16 - Protects from heat (6)
- 17 - Tortilla wraps (5)
- 19 - Ballot choice (4)

Coming Soon to Our Neighborhood

Heidi Miller, Senior Community Program Director at Center 50+ recently sent us a flyer (see Main Entrance bulletin board) describing several service offerings available to seniors through their **Villages Network** program. Under the heading **Neighbor-to-Neighbor Assistance** is scheduled a day of community service on May 26th in South Salem. Teams of volunteers will be working in the area to offer assistance in accomplishing tasks some of us would relish help with. Do you need a light bulb changed, an errand run, assistance in doing some light yard work, help in decluttering a space or a similar task? Email them at connect50plus@cityofsalem.net or call 503-588-6303. Thanks, Heidi for the heads up!

Board Meeting April 11, 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](http://www.southsalemseiors.org)**

| | |
|----------------------|----------------|
| Editor | Arturo Guillen |
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| Staff Assist. | Kate Bayne |

President’s Email: sssoffice@comcast.net
Treasurer’s Email: sssoffice@comcast.net

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

Community Connections

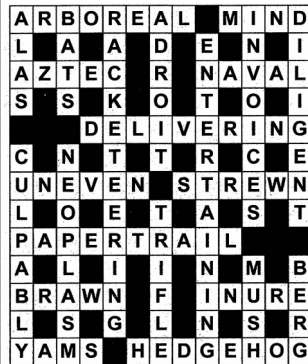
Mike Giertych

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mikegiertych@aol.com

Solution for March 2023

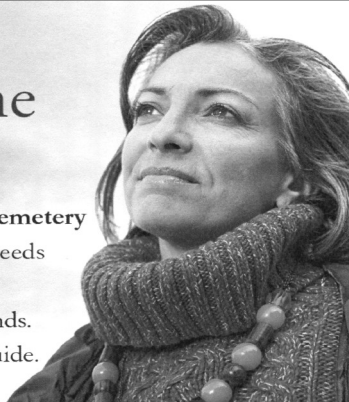



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Wills & Trusts/Probates
Estate Planning/Elder Financial Abuse
Conservatorships/Guardianships

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



If you are reading YOUR newsletter online,
underlined text will be a LINK to webpages!

Click to visit the site.

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<https://www.southsalemseiors.org/>

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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.

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



HELP NEEDED !

We have an incredible list of volunteers waiting to help restart the pancake breakfast.

All we need are one or two good people to coordinate and manage the program.