



**South Salem
Seniors Inc.**



Semi-Annual Rummage Sale October 6 & 7 9 am - 4 pm
Craft Fair October 13 & 14 10 am - 4 pm

Hello Dear Members and Friends,
 Hope you are all doing ok. If you are not, all of us would like to send you good thoughts for better days to come.

This time of the year reminds me of “mosto” (grape must) that I would smell in the air in Italia where everyone who had a piece of land had a vineyard and made wine. My family grew Merlot grapes, and I loved to stomp the grapes in a bucket during “la vendemmia” or harvest. So if you see me stomping, you know why!

I would like to give A big Thank You! to one of our most quiet and dedicated volunteer, Roland Held. For years he is been taking refundable bottles and cans to the recycling station to make money for our center. You are greatly appreciated Roland!

At the last Board meeting we agreed to celebrate on the third Wednesday of each month all the member’s birthdays for that month.

Set the date for October 18 at 11:00 am for cake and “Happy Birthday” song.
 (We may even be able to sing it in other languages...)

Where does all the money go? Well, besides keeping the lights on, we have some maintenance to the building that requires prompt attention: a leak on a water line outside (fixed); a gutter cleaning and repair job has been scheduled; a backflow device replacement on the sprinkler system has been scheduled. We also have started changing/adjusting the lights in the Bingo and Dining Room to provide better lighting.

Due to the Rummage Sale and Fall Craft Sale, the scheduled activities and exercise classes will be affected:
 Oct 2 - Monday – All Activities and Energize class will be held as scheduled;
 Oct 3 - Tuesday - All Activities will be held as scheduled;
 Oct 4 thru Oct 11 – No activities and no exercise classes;
 Oct 11-12 – Activities will resume as scheduled. No Tai Chi on the 12th.
 Oct 16 – All activities including Energize class will resume as scheduled.

Medicare Open Enrollment is around the corner and we have several meetings scheduled for October. Please check page 4 of this issue for dates and time.

Tuesday October 31 is Halloween.
 Dress up in costume and you get a Treat, and that’s not Trick!

September Birthday Celebrations:

Millie Klecker 90th and Mered Franklel (39th?)

Mark your Calendar and Share:

Board Meeting October 10 at 10:30 am.
Semi-annual Rummage Sale - October 6 & 7, 9 am - 4 pm
Fall Craft Sale - October 13 & 14 - 10 am - 4 pm
Birthday Cake Social - October 18 at 11:00 am

Until next time, take care. Ciao!

Renata Pilotto



Taking Care of Business

Roger Brousseau, long-standing Center member and overseer of things needing taken care of, is back. It is good to see him about the building attending to business. Whether coordinating pick-up and delivery of donated items or supervising building maintenance, for years Roger has been the go-to guy for getting things done. While still recovering from a serious illness, with the help of his long-time fellow co-workers Dan Schie, Charley Musgrave and Arturo Guillen, he has continued to keep a watchful eye over the building and grounds.

At the September 12th Board meeting he gave a status report on recent completed and pending activities. Yellow striping to improve safety while walking has been completed in areas around the building; a leak at the main water source has been repaired; lightbulbs in the Bingo room have been replaced (greatly improving lighting) and new ones will soon be installed in the Dining room; Sonitrol will be on premise mid- September to update the security system; a rusted gutter on a corner of the building is scheduled to be replaced and bids have been accepted to repair a refrigerator in the kitchen and to replace degraded parts in the irrigation system backflow device (mandated to be tested annually by the City of Salem). It is dedicated volunteers like Roger, whose watchful eyes through the years have assured the Center's ongoing success.

knitting Group

Just look at all of those cute little animals! My 9 year old grandson tells me that they are called "stuffies"! No matter, they are all going to Liberty House this month. The kids there will love them! Also notice the bags in the background. These were made by one of our members and are made to hold coloring books, reading books, crayons, markers, or whatever a child needs.

Last month we featured a picture of the donated stuffies that were donated to the gift shop here at the Senior Center to be sold as Christmas gifts. Well, they are nearly gone!! But, this month they will all go to Liberty House. The children there love to play with them.

This month our Craft Group donated 86 items to several charities. If anyone would like to join us to knit, crochet, or do other crafts, we meet on Mondays from noon to 2:00. We have all of the materials needed to create items. Come and join us. We have a wonderful time!!!



Arlene Williams

Aging Smart

Please note some changes in our exercise schedule going forward, and especially during the first 3 weeks of October due to set-up and tear-down for the Rummage Sale and Craft Fair.

Exercise classes are cancelled on October 5, 9 and 12, resuming on Monday, Oct 16.

Monday @ 10am - Energize with Linnea - Oct 2, 16, 23 & 30 (confirmed)

Thursday @ 10am - Tai Chi/Chair Yoga - Oct 19 & 26 (confirmed)

We continue to welcome anyone interested in keeping fit (and kudos to the guy members who have recently joined in)! We have added a Chair Pilates component to the Thursday schedule to mix it up a little, and continue to benefit from Linnea's clear and fun routines on Monday, along with her expert thoughts on Open Enrollment issues. Her industry contacts are donating some great Trivia prizes, so read up on the current Newsletter to answer and win!

All in all, we are a small, relaxed and friendly group. We are excited to add our Spanish-speaking members, our courageous guys, and of course - Shep the service dog and Shep's mom. We will miss our friend Norma as she is scheduled to return to Mexico this month, but hope she will remember us when she returns, hopefully next year.

As is obvious, this is a no-judgment zone - just come in and have some fun!

Michi

Current Weekly Activities

Mon	Needle Crafts	12:00 pm - 2:00 pm	Card Rm
"	Energize with Linnea	10:00 am - 11:00 am	Bingo Rm
"	Mahjong	1:00 pm - 3:30 pm	Craft Rm
Tue	Bridge	11:00 am - 3:00 pm	Card Rm
	Cribbage	11:00 am - 3:00 pm	Dinning Rm
"	China Painting/Arts	10:00 am - 2:00 pm	Craft 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
"	Jam & Sing Fest	11:00 am - 12:00 pm	2nd and 4th Wed Bingo Rm
"	Rummikub	12:30 pm - 2:30 pm	Card 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
"	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 - 3:30 pm	Card Rm
"	Quilting Group	11:00 am - 1:00 pm	Craft Rm
Mon-Fri	Pool playing	10:00 am - 2:00 pm	Library

Benefit of Recycling

Value of Recycling efforts this last fiscal year. We received 84 ink and laser cartridges for recycling that yielded \$168 in Office Depot Rewards we utilized to give discount in purchasing office supplies such as copy paper, receipt books, envelopes and mailing labels. We also received just over \$611 in funds from redeeming returnable containers for deposits on bottles and cans. An additional \$2,945 was raised from recycling scrap metals and batteries. Total dollar benefit to South Salem Seniors yielded \$3724.00. Please keep us in mind for donating these articles,
Thank you members! Laurene Brousseau

Welcome to "Nifty Thrifty" and our busy month, not only because of our big sale just past, but the "clean-up" and "clean-out" that always follows. We keep our Christmas supply of "goodies" on sale at least through November to help keep your decorating costs down. Come check out our many gift ideas at great prices! We are already looking forward to the Holidays right around the corner!

Alta Gardner and Wonderful Staff

The Fridays Quilters will not meet the Month of October due to the Rummage Sale, Craft Sale and members going on vacation. See you all the first Friday in November.

Mary Adams

Mahjong and Cribbage Games

Sherry Cornett, coordinator of both activities is now on vacation, returning to the Center in March. The vacation is a scheduled event for her each year but, as she recently fell and broke her leg, she left sooner than expected in order to recuperate with the help of family. On a recent call she said she expected the **Mahjong group** would continue, business as usual, playing Mondays from 1 to 3:30 p.m. Seven people have signed up to learn to and/or play **Cribbage**. Member Sharon Latshaw will teach the game, presently scheduled for Tuesdays 1-3:30 p.m. in the Dining room, beginning in October. Please contact the desk 503-588-00748 with any questions and look for the signup sheet in the Lobby.

Seven people have signed up to learn to and/or play **Cribbage**. Member Sharon Latshaw will teach the game, presently scheduled for Tuesdays 1-3:30 p.m. in the Dining room, beginning in October. Please contact the desk 503-588-00748 with any questions and look for the signup sheet in the Lobby.

New Members July 22 to August 21, 2023:

Alex Perivel	Donna Dillard
Judith Laugseh	Kathy Clarke
Al & Irma Devous	Stephen & Cherry White
Paul Wilson	Rosalie Peck
Marla White	Ronald Fox
Chris Pimentel	Katie Fox
Mike & Judy Lucas	Esther Richardson
Eva Winchester	Mike Tricarico
Mary Sayers	Margaret Buhr
Scott Fletcher	Sharon Langberg

Thank you for supporting
South Salem Seniors!

AARP Drivers Education for 2023:

Class sessions on Tuesdays & Wednesdays:

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

Please call the Business Office 503-588-0748 to schedule your class time and additional information.

Donation Acknowledgements, Thank You!

Helen Matthews

Hello from the Gift Shop!

We have beautiful trinkets, knick-knacks, bric-a-brac, and collectables for great Christmas gifts. Lots of greeting cards at a super low price. **Bijoux** (bēZHoo) **Galore** (gə'lôr). An abundance of jewelry. New things displayed weekly, come and check it out!

Renata

When life gives you pumpkins, make pie!

**Medicare Information & Enrollment Meetings
Month of October 2023**

October 11	Atrio Insurance	10:00 am - 11:00 am
October 17	United Healthcare	10:30 am - 11:30 am
October 23	Atrio Insurance	10:00 am - 11:00 am
October 24	United Healthcare	10:30 am - 11:30 am
October 25	Atrio Insurance	10:00 am - 11:00 am
"	United Healthcare	1:00 pm - 2:30 pm
October 31	United Healthcare	10:30 am - 11:30 am

Terrace Lake Park

HOLIDAY CRAFT FAIR & BAKE SALE

@ the Park CLUBHOUSE
2120 Robins Lane SE
(Off South Commercial Street)

OCT Fri 13 & Sat 14
9 AM – 4 PM

Jewelry, Textile Art, Paintings,
Ornaments, Fall &
Holiday Décor and more...

CPR Class

Member Amy Richarme will offer a full four-hour course in First Aid/CPR/AED on Friday, October 20, in the "Bingo" room at South Salem Seniors, 9:30am to 1:30pm. The instruction includes practice on both adult and infant manikins. At the end of the course, an official certification of completion will be issued. The cost is \$30 (thirty dollars) per person. Of this amount, \$20 goes to the American Heart Association for the certificate, and \$10 covers the participant manual (which each person keeps) and a key-chain breathing mask and all one-time use supplies, including gloves, practice breathing masks, and more. Amy provides her time and training and equipment at no charge. This is a retirement project for her, not an income producer! A sign-up sheet is on the table by the office. Questions? Amy's phone is 817-637-3618.

Garden Group

Another year has quickly flown by, and oh what a year climate change has been very evident, all around us; our gardens, yards have struggled either too much rain; first 6 months of 2023; then heat overdone, causing our plants to turn up their toes, shrivel, and fall over at my house

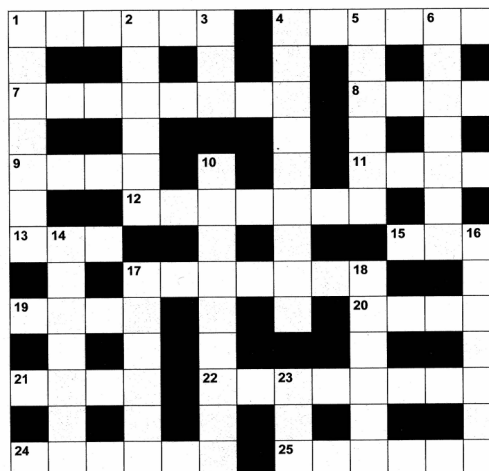
we can only hope/pray our new year will be easier for us to deal with.

Don't forget to enjoy the autumn colors, they are becoming gorgeous. Take pleasure from as much as we can let's wear our autumn colors for the October meeting; Halloween colors, too.

We'll have a speaker for our October meeting, with a dvd show all about hummingbirds, we'll learn things about them we never knew. Please come; enjoy some treats, tricking not necessary; bring a friend/family member who is a gardener (OR not).

So until next month, let's enjoy this cooler weather, get our gardens tidied up, in preparation for winter, and whatever mother nature throws our way. Bring your smiling faces to our next meeting, October 17th; 1pm, p/up your lunches beforehand, too. Bring any gardening magazines that you may want to share with us.

Sincerely, Barbara Castle.....503.983.6767



Across

- 1 - Roman god of fire (6)
- 4 - Very milky (6)
- 7 - Piece for a soloist and orchestra (8)
- 8 - Content word (4)
- 9 - Official language of Pakistan (4)
- 11 - Greek god of love (4)
- 12 - Hit hard (7)
- 13 - Timid (3)
- 15 - Belonging to him (3)
- 17 - Slanted characters (7)
- 19 - Color properties (4)
- 20 - Entering (4)
- 21 - Sharp bristle (4)
- 22 - Warm to excess (8)
- 24 - Hankers after (6)
- 25 - Infuriate (6)

Down

- 1 - Empty spaces (7)
- 2 - Desert plant (6)
- 3 - And not (3)
- 4 - Held together by cultural ties (5-4)
- 5 - Wanted; desired (8)
- 6 - Radio pioneer (7)
- 10 - Spacious (9)
- 14 - Towage (7)
- 16 - Lessen (7)
- 17 - Line of equal pressure (6)
- 18 - Let out breath (6)
- 23 - Tree (3)

Living Well with Diabetes

In person at Willamette Health Council, Salem starts 10/12/23 @ 3 pm.

Cancer Thriving and Surviving

Virtual starts 10/18/23 @ 12:30 pm

Please call 833-673-9355 for more information or to register.

Sponsored by NWSDS & Oregon Wellness Network



Board Meeting

October 10, 2023 10:30 am

South Salem Seniors, Inc.
 6450 Fairway Avenue SE
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 503-588-0748

www.southsalemseniors.org

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Community Connections

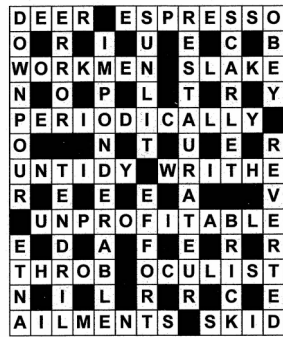
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Solution for September 2023

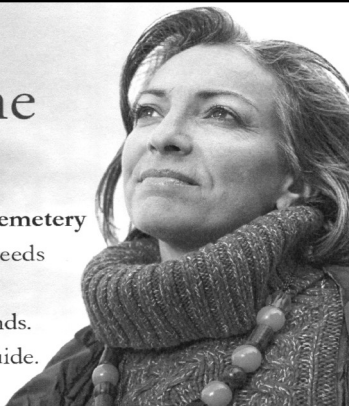



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Monthly Publication**

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If your membership expiration date is highlighted in yellow, please renew to support SSS Center.
Members become inactive after a lapse of 60 days, Please keep your membership up to date.
Members Renewal membership \$20.00 a year. Life time membership is available.
Please advise the Business Office for any changes in address or status. Thank You.

Fall Rummage & Book Sale

October 6 & 7, 2023
9 a.m. to 4 p.m.

Household Goods *Tools*
Small Appliances *Electronics*
Sporting Goods *Shoes & Clothing*
Christmas décor *Jewelry*
Books *Puzzles* *CDs* *DVDs* *VHS*
Collectables & Gift Items



Craft Fair

October 13 & 14 , 2023
10 am - 4 pm

40 Tables of beautiful handcrafted items

80 years old handmade quilt will be raffled
\$1 each ticket—\$5 for 6 tickets

