



**South Salem Seniors Inc.
Newsletter**



**NIFTY THRIFTY AND GIFT SHOP OPEN
SATURDAY NOVEMBER 4 10 am - 2 pm**

Hello Dear Members and Friends,

As a mother of a veteran myself, I would like to extend to all of our Member Veterans our gratitude for your service, bravery, sacrifice and commitment to this great country. Thank you!



November reminds me of caldarroste (roasted chestnuts) and “ Vin Brule’ ” (mulled wine). What a great combination and so good! If you never roasted chestnuts you have to slit them or they’ll explode like popcorn. They are very farinaceous so you need to drink something with it, a good red wine will do.

We had a successful Fall Rummage Sale with sales totaling \$6,500. I would like to thank all our members for participating in volunteering, donating and purchasing; not to mention our seasoned volunteers for all their hard work to make this work. To all A Big Thank You!

Do you know? **Social Interactions Boost the Immune System.** Group activities for senior citizens that involve fun and laughter can reduce stress and improve blood circulation. Having said that, **Saturday December 9** the Salem Community Choir will be performing “Let There Be Music” at our **Christmas Holiday Celebration at 1:30 pm here at our Center.** After the performance we’ll have a white elephant gift exchange. If you would like to participate please bring a wrapped gift on that day and come prepared for some fun, laughter and friendship. **Refreshments will be served.** **Please RSVP by calling (503) 588-0748 or Sign Up in the Lobby.**

Help us spread the word about our center that we are welcoming new members 50 years and older. We do need new younger members to help this center thrive and always looking for new willing and able volunteers.

Medicare Open Enrollment ends December 7, 2023. Check out page 4 of this issue for scheduled insurance meetings. It is good to know your options and have your questions answered.

Mark your Calendar:

November 4 - 10 am to 2 pm – Nifty Thrifty and Gift Shop open for business.

November 8 - 10:30 am – Board Meeting.

November 15 - 10:30 am – Membership meeting. ALL Members Welcome!

November 15 - 11:00 am – November Birthday Celebration. ALL Members Welcome!

We will be closed Thursday November 23 (Thanksgiving) and Friday November 24.

November 27 – 10:00 am – Trees Decoration. Please come if you can help...for a cookie?

Reserve this date:

December 9 at 1:30 pm Christmas Holiday Celebration with Salem Community Chorus.

Until next time, take care. Ciao! Renata Pilotto

October “Happy Birthday” to:
Joan Massey,
Laurene Brousseau,
George Hutmacher (says he is 24),
Bruce Jones;
Mary Adams,
Randy Miles,
Barbara Alonso-Gonzalez



Dear Valued Senior

Safety Grab Bar

Offer Guide: 9/25/2023 through December 31st 2023

It is the goal of the inventors to reduce injuries including dangerous falls, and equally important to raise confidence and assurance of safety while performing daily activities. Every effort has been made to assure that individual homeowners are able to install these by themselves. These Safety Grab Bars are designed for this purpose and are installed in the homes of the inventors and their trusted associates and are in daily use.

This new Safety Grab Bar is very unlike any other and is currently being offered for donation and sale. It has been awarded a United States Patent; ***U.S. Patent No.11,571,092*** . This Grab Bar can be installed on a wide variety of surfaces including ceramic tiles (both smooth and textured), mosaic tiles, granite, and glass. It can be installed across grout lines and at various angles. There is no need to drill any holes or modify the wall except to clean it. Everything you will need is provided in the package.

Through South **Salem** Seniors, I (Mike 253-709-2547) and Renata (503-588-0748) are offering, as a donation, a single Grab Bar per household at no charge. For additional detailed information, please reach out to either Renata or Mike at our above phone numbers.

If you desire any additional Grab Bars there will be a charge of \$36.00 each.

Thanking you in advance for your investment in your safety.

Mike & Team

253-709-2547

mike@rinaker.net



Fiber glass shower stall



Glass block shower stall across grout lines

Knitting Group

Pictured below are the empty bins in our craft room. On the first Monday of every month, they are emptied and the contents assigned to the various charities that we support. This month we donated a lot of red, white, and blue items to several hospices for the veterans celebrating Veterans' Day in November. We also donated lots of hats to Operation School Bell now that school is back in session. Hats were also donated to a local church that donates them to various other churches in the area.

Along with that fingerless gloves, lap robes, afghans, shawls, slippers and other items were donated to nursing homes, and baby items were donated to a birthing center.

All in all, 110 items were donated in October.

As the month progresses, the bins will again fill up as the crafters complete items. We have lots of yarn available for use. Some people work on their own projects using their own yarn. We welcome everyone who enjoys knitting and crocheting. We also have those who embroider and do other crafts.

We meet on Mondays from noon to 2:00. If that Monday is a holiday, we'll meet Wednesday. Come join us!



Arlene Williams

Current Weekly Activities

Mon	Needle Crafts	12:00 pm - 2:00 pm	Card Rm
"	Tai Chi/Yoga	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	Dining 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
"	Energize with Linnea	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

Garden Group

Happy Halloween & Winter Gardening

Well, we've finally had a good drenching rain; our shrubs, trees are looking much better; perking up nicely.

Do you lovely members; realize that I have been your garden leader for many years now? Hubby and I co-chaired for a year, just after we joined the SSS, perhaps In 2002, right after we had retired from our daily jobs. I joined to be in the garden club (not to run it, But) Gregg joined so he could play bridge, & work on the jigsaw puzzles.

I'm reminiscing, because I'm thinking it is time for me to hand over this position to a new thinking member; I'm feeling a bit stale in my ideas, etc. Thank goodness, 3 members are now assisting me, as my abilities are weakening from having CMT so many years now (FMI on CMT; just google that, you'll get a great bunch of info I wish I wasn't the poster girl)

A garden club at the beach does amazing activities; they just had their autumn plant sale, too. Soon, they will have a xmas greens sale; they create beautiful wreaths, winter décor of various things, decorated birdhouses, simple arrangements (Like Ikebana, Asian, using a branch with leaves). Pemberton's welcomed us for a fun interesting meeting, perhaps I will call them for another demo. I think we all enjoyed that. Or 13th st. Nursery, on a dry day, if possible.

Until, November 21, 1pm, I will await our next gathering; hopefully some new fresh ideas will spring forth and someone else will step up and volunteer to be in charge of our fun group. It has been almost 20 years for me... Don't hesitate to be on the lookout, please, Antoinette talked about a nursery, I'd never heard of, on old river rd. A tea plant Business I will call asap. Thanks so very much, everyone, for your patience.

Barbara @ 503-375-7723

Sing/Jam Fest

If you like to **SING**, clap, shake a rhythm instrument, tap your feet or just listen. come join in the **FUN!**

Join us on **Wednesday, November 8**. We will meet in the **-Bingo Room** from 11:00- 12:00. (The 2nd Wednesday of the month).

****We will NOT be meeting on the 4th Wednesday due to Thanksgiving.**

Come and experience an interactive singing time along with Banjo and guitar accompaniment and authentic instruments from around the world.

This entertaining musical session will be facilitated by member, Maureen Mould.

NO need to sign up...just show up!

If you have a question, you can give Maureen aka MO, a call at: **509-406-5452**.



New Members July 22 to August 21, 2023:

Barbara Perkins	Donna Dillard
Michael Rowe	Kathy Clarke
Joseph Scheyer	Stephen & Cherry White
Kevin Ziegler	Rosalie Peck
Elanie Cookingham	Ronald Fox
Linda Brandon	Katie Fox
Sharon Grassetty	Esther Richardson
Paul Fitch	Leslie & Maggie
Martha Nicoloff	Karna Berry
Sally Harrison	David & Susan Cassens
Judy Buhrman	Richard Rossman
Judy & Ken Tennant	Linda Bossen

Thank you for supporting
South Salem Seniors!

Nifty Thrifty wants to thank the many members and public participants for the success of our October sale! We will have some changes coming up before the new year. We are receiving many new things in all departments so come see us and think Christmas for gifts!

Alta Gardner & Great Staff

Writers Group

You can share your life stories with others at this weekly Gathering of kind souls. We meet Wednesdays 10-12

Who Knows?

What's in my future?
What will it be?
How Can I change my reality?
Should I plan?
Should I plot?
Or is my life predestined or not?
Am I immortal?
Is this a dream?
What is reality?
What is the scheme?
There's no need to ask questions?
There's no need to doubt?
Just believe in yourself and it will work out.

Poem by John Brandeberry

This is a report on the Road Sign set up for our semi-annual Rummage and Craft sales. Four good people signed up and helped get the word out with yard signs and notices on bulletin boards in stores, etc.

We want to thank Twila Shirley, Marilyn Lopnow, Bob Mason and Joseph Scheyer. By the way, when they took down the Rummage Sale signs, they traded them out for the Craft Fair signs!

Dan Schie

AARP Drivers Education for 2023:

Class sessions on Tuesdays & Wednesdays:

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.

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

November 6	Atrio Insurance	10:00 am - 11:00 am
November 7	United Healthcare	10:30 am - 11:30 am
November 14	United Healthcare	10:30 am - 11:30 am
November 15	United Healthcare	9:30 am - 11:30 am
November 28	United Healthcare	10:30 am - 11:30 am
November 28	Atrio Insurance	1:00 pm - 2:00 pm
November 29	Providence Ins.	11:00 am - 1:00 pm

Aging Smart

Interruptions and setbacks. We all have them! As we move into the fall and winter months, we'll all have the usual inclement weather to deal with, as well as seasonal health concerns. Or maybe there will be some defining event that leaves us flat out, or simply the stress of preparing for holiday travel or house guests leaving us exhausted.

That's when we rely on our habits. So ask yourself - do you have any small exercise habits to fall back on when things get complicated? Nothing too crazy - it's the small stuff that keeps us going.

Some examples - Just breathe. Grab a kitchen counter and do some modified pushups or knee bends to stay flexible. When seated, stretch your back with a yogic cat/cow, or my favorite, ankle on knee with a small lean forward, both left & right, to stretch your glutes. Think of Linnea's steps when you are listening to music. The object is - just move!

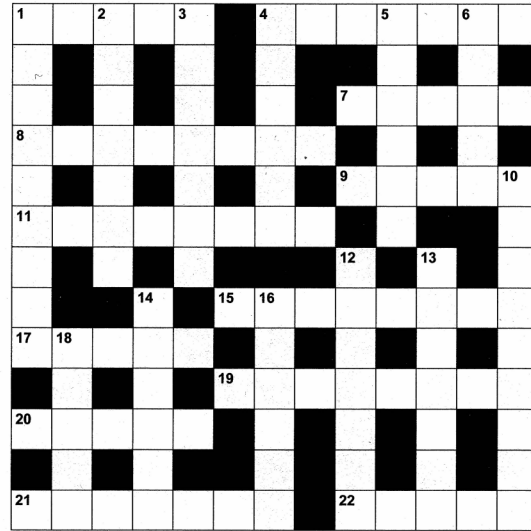
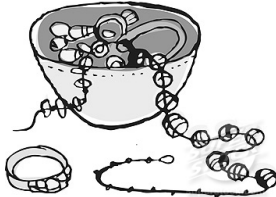
Here are some calming exercises we use in class. The teacher's audio instructions are easy to follow if you are not a visual learner or simply want to listen on your mobile phone. (The links should automatically take you to YouTube with a web browser)

https://www.youtube.com/watch?v=ukjWY5BVE18&ab_channel=IntegrativeMovementInstitute

https://www.youtube.com/watch?v=L_4e1Nb_bi8&ab_channel=OpentheDoortoTaiChi

Just in Time For The Holidays!

Back from her recent trip to Ireland, member Lorna Matte will officially resume her class in jewelry making starting Monday, November 6th from 10 a.m. to noon. The class will again be held in the Craft Room and all levels of crafters are welcome. Tools and beads, metal work etc. will be available for beginners. More experienced crafters are welcome to bring items they are working on. What a perfect time of year to be creating beautiful jewelry items for holiday giving!



Across

- 1 - Beer (5)
- 4 - Part of telephone (7)
- 7 - Burning (5)
- 8 - Impending (8)
- 9 - Altar stone (5)
- 11 - Engrave (8)
- 15 - Intelligentsia (8)
- 17 - Once more (5)
- 19 - Overflowing (8)
- 20 - Up and about (5)
- 21 - Normally (7)
- 22 - Kitchen appliance (5)

Down

- 1 - State in the S United States (9)
- 2 - A look (7)
- 3 - Competitors in a race (7)
- 4 - Fraternalize (6)
- 5 - Holds out (6)
- 6 - Acquires (5)
- 10 - Height-measuring instrument (9)
- 12 - Perplexed (7)
- 13 - Scared (7)
- 14 - Smallest quantities (6)
- 16 - Dishonor (6)
- 18 - Strong winds (5)

Marion Polk Food Share Lunch

Marion-Polk Food Share provides lunch service **Monday thru Friday from 12:00 – 12:30 pm**

Lunches are available in our kitchen accessible thru the Dining Room.

For the present no donations or fees apply.

SSS is not a Meals on Wheels distribution center.

Call 503-364-2856 for home delivery



Board Meeting
November 8 10:30 am

Membership Meeting
November 15 10:30 am

South Salem Seniors, Inc.
6450 Fairway Avenue SE
Salem, OR 97306
503-588-0748

[www/southsalemseniors.org](http://www.southsalemseniors.org)

Editor	Arturo Guillen
Advertising	Renata Pilotto
Staff Assist.	Kate Bayne

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

President:	Renata Pilotto	Director 1 YR	Alta Gardner
Vice President:	Paula Hindman	Director 1 YR	Rick Saul
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Solution for October 2023

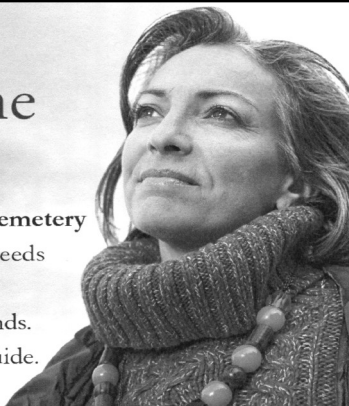



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**South Salem Seniors Newsletter
Monthly Publication**

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6450 Fairway Av. SE
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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.



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Monday – Friday 9:00 am to 3:30 pm

Nifty Thrifty and Gift Shop Hours
Monday – Friday 10:00 am to 2:00 pm

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