



**South Salem Seniors Inc.
Newsletter**

Merry Christmas

Hello Dear Members and Friends,

Buon Natale e Felice Anno Nuovo!

Merry Christmas and Happy New Year to all of you from all of us!
I hope that this holiday season will bring us, beside Santa's gifts, Health and Peace.

This month I would like to recognize the great effort of our three metal recycling guys, Dan Schie, Charlie Musgrave and Mered Frankel. Meticulously they separate the various metals and they take them to recycle. In November their recycle was worth over \$600. Thank you so much guys for all your hard work!

Another appreciation is for Alta Gardner in the Nifty Thrifty that always goes the extra mile to ensure that sellable clothes are clean and neat. Thank you Alta for your dedication and commitment!

A BIG Thank You to Kathi Schie for organizing the Fall Craft Fair from beginning to end. This event brought in \$1,560 in revenue. Great Job Kathi!!!

AARP Safety Driving classes schedule has been posted for 2024. Check the new dates in this issue.

On January 8, 2024 we will start taking appointments for the AARP Tax Preparation. Please stop at the center to make an appointment or call 503-588-0748 during business hours: **9 am to 3 pm**. Do not leave a message for appointments, please call back during business hours.

Mark your Calendar:

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

December 13 - 10:30 am – Board Meeting.

December 20 - 11:00 am – December Birthdays Celebration.

We will be closed December 25 and 26, 2023 and January 1, 2024.

Reminder:

December 9 at 1:30 pm Christmas Holiday Celebration with Salem Community Chorus. Door opens at 12:30pm. Please RSVP or sign up in the lobby. Great FUN guaranteed.

Until next time, take care. Ci vediamo il prossimo anno! I will see you next year! Renata Pilotto

Halloween at the Center: Guess who's who!



November Birthday Celebration: Paula Hindman and Velma Hampson



Garden group

The end of the year quickly approaches; so let's celebrate; with goodies, cookies, tea, or coffee fun and festivities. we'll discuss ideas for next year, places to visit, short field trips more ideas please, are always welcome. bring a friend, relative, or neighbor; the more the merrier!!!

I have an abundance of gardening related magazines, not all current, but that's ok in the gardening world, I think. I want to share them with you all; so you will be required to take some home with you, please bring your shopping bag along. If you have a favorite tea, please bring a bag to share. I'll bring a hot pot of boiling water to get us steeping/going; bring your own cup, too. Looking forward to seeing you all on December 19, at 1:00, or thereabouts. If questions, please call me 503.375.7723
Barbara Castle

PS. Karla Browning; I hope you are OK; unable to reach you by phone, plz phone me ASAP, so I can notify Rose, plus other members who are concerned about you. Thank you.



From Friday Quilters

I was so excited about going on vacation to Oceanside, California that I failed to turn in my article for the newsletter so now I'm a month late.

I want to thank our Friday Quilters for their donated items and for their part in setting up, taking down, and manning the Raffle Table and the Quilters Table that brought in \$493 in sales.

Mary S. made beautiful adult bibs (clothes covers); Irene, luggage tags and placemats; Jayne, many lap quilts. We held a silent auction for a beautiful flower quilt made by Jayne that brought in \$60. Thank you ladies for all you did to help our center.

In recognition of Veterans Day as a group we made nine lap quilts. We donated these quilts to Serenity Hospice in the name of the South Salem Seniors. Rock Riggs, volunteer coordinator was very happy to receive our loving gifts and he showed me pictures of vets after they received their gift.

Holidays are fast approaching and a new year is just around the corner. Get ready Quilters for a Happy Giving New Year. All who love to quilt or sew in any way: cross stitch, or embroidery handmade items, come join us and let's Sew and Quilt.



Mary Adams

Knitting Group

Christmas is coming! This month many red and green articles were created to donate to nursing homes, hospice centers and our other places that we support. 90 items were donated which included the red and green articles pictured.

Once a week, I work in the gift shop. Recently an elderly lady from Dallas came in to peruse our merchandise. She noticed the flat scrubbies that are for sale. She mentioned that she had used the round ones. I told her how good these are and also mentioned that I had purchased some for Christmas gifts for the girls in my family. She selected a couple and then she thought about my comment and purchased everyone that was for sale!!! It did help that everything in the gift shop is 60% off!!!

I'm not sure that Virginia will create more scrubbies before Christmas. She's currently knitting a hat. Everyone in the knitting group is busy on some project. If you'd like to join the crafting group, we meet on Mondays from noon to two. We have all the materials that you would need: yarn, needles, crochet hooks, patterns, and instruction! But, best of all, we have a great time visiting with our friends!!!



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 | 1:00 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 |
| " | 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 |

Dear Valued Senior

Safety Grab Bar

Offer ends December 31, 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

New Members October 22 to November 20, 2023:

Gary Mattson
 Cathy Heeman
 Susanne Ingels
 David & Hiroko Frederick
 Granet Granger
 Susan Bentley
 Rose Anne Alvord
 Alberto Padillo-Macias
 Luanne Eatwell

Thank you for supporting
 South Salem Seniors!

AARP Drivers Education for 2023:

Class sessions on Tuesdays & Wednesdays:

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.

Sing/Jam Fest

The Sing/Jam Fest will **NO LONGER** be meeting the 2nd and 4th Wednesdays of each month.

A heartfelt “Thanks” to those of you who have participated and joined in the fun.

Happy Holidays and until we meet again... May you always keep a song in your heart!



Nifty Thrifty

Items that we cannot accept as donations

Sport Equipment: Golf, Tennis, etc;
 Men’s Suits;
 Wedding Dresses;
 Baby Items;
 Extra Large Suitcases;
 Wallpaper;
 Broken, Chipped and Rusty Housewares;
 Electrical items with missing cords;
 Personal Medical Supplies: Cpap machine,
 Breathing apparatus, Medical braces, etc.

Aging Smart

“Use it or lose it” - how often have we heard that one? It’s actually true, which is why our exercise habits are important as we face the upcoming rainy and blustery winter season. Thinking within and beyond our hectic holiday season, it might be a good time to consider some free movement options here at the Center, especially if gym memberships are not your thing.

Want to get your heart pumping? Our cardio version on Mondays @ 10 - “Energize with Linnea” - will get you going with Linnea’s dance-related movements, both standing and seated. Chill out? Thursday’s 10 am “Flow” sessions offer yoga and tai chi to challenge your mind/body connection - (of note, we welcome certified instructor/member Gina Reinhardt who will lead the yoga session - the Yang 24 form, modified for seniors, will continue as usual). Want to make some noise? Cardio Drum, anyone?

We’d like to take a moment to acknowledge an important someone - Linnea Saris. Linnea has been keeping us connected with her Monday group, but did you know she is also juggling her real job as a Medicare broker and patient advocate while volunteering her time with us? Between looming mid-December deadlines and presentations all the way up to Canby, she still has made time for us - and we are endlessly grateful. Thank you so much, Linnea.

As you can see, we are a friendly and informal group, working together towards our best quality of life. Life sends us challenges, but equips us with hope to get us through!

Check us out! And from all of us, a happy and healthy holiday season to all!

Writers Group



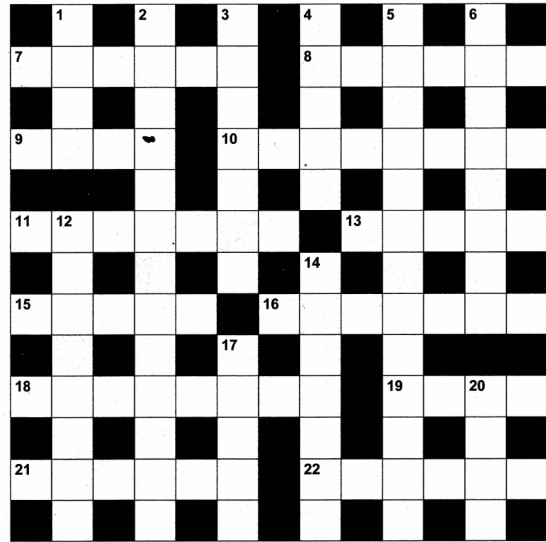
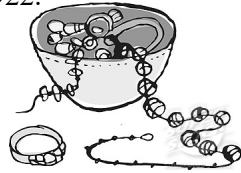
It’s Christmas time
 The time of year
 When we celebrate
 The birth
 Of Jesus Christ
 And hope for all
 For everyone
 On earth.

It’s now I wish
 For all mankind
 To lay their weapons down
 And think about how life would be
 If they weren’t around

Then we could all
 Sleep at night
 And know
 That all of our children
 Could now grow up to be
 Healthy young men
 And woman., !

Jewelry Class

Instructor Lorna Matte will continue with classes through the holidays, Mondays from 10 a.m. until noon in the Craft Room. So don't hesitate to join in the fun, creating items including earrings, bracelets and necklaces, and just in time for gift giving or to gift yourself! No need to sign up ahead of time, and all levels of experience are welcome. Basic supplies are provided at no cost (including tools, beads and metal work). And you are welcome to bring your own works in progress. For additional information please contact her at 503-881-3922.



Across

- 7 - Pivot (6)
- 8 - Barbed (6)
- 9 - Smell (4)
- 10 - Scruffily (8)
- 11 - Blaze fighters (7)
- 13 - Apart from (5)
- 15 - Norwegian (5)
- 16 - Most crinkled (7)
- 18 - Shipwrecked person (8)
- 19 - Encourage in wrongdoing (4)
- 21 - Cowardly (6)
- 22 - Empty (6)

Down

- 1 - Inspired by reverence (4)
- 2 - Unduly thin-skinned (13)
- 3 - Splashed water (7)
- 4 - Role; office (5)
- 5 - In a grandiose manner (13)
- 6 - Incorporates (8)
- 12 - Worship (8)
- 14 - Bulrush (7)
- 17 - ___ flu: form of influenza (5)
- 20 - Test (4)

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
December 13 10:30 am**

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

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

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Solution for November 2023

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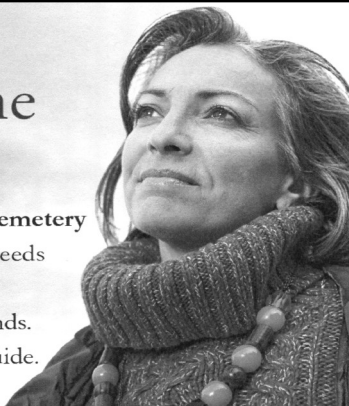
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David L. Carlson, Lawyer
503-365-0373

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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.

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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 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.

Tis The Season

Marion Polk Food Share recently picked up their filled-to-the top barrel of food items donated by generous Center members....and just in time for Thanksgiving. Let's set a new Center goal to fill another container (located in the Lobby) in time for the next round of holidays. And if it overflows, we'll no doubt find a clever way to corral the goodies until they are picked up...perhaps a stash under the tree in the center of the Lobby!



South Salem Seniors Business Hours
Monday – Friday 9:00 am to 3:30 pm

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