



**South Salem Seniors
Inc.**



Hello Dear Members and Friends,

Hope you are all doing well with no broken limbs due to the icy and cold weather. Since we were closed for almost a week, I didn't mind a little staycation. I was getting used to not having to go anywhere or do anything.

February is Heart Month. There are lots of advices out there to keep a healthy heart: eat healthy, stay active, get enough sleep, manage stress, quit smoking, monitor blood pressure, and so on. My advise is **Live healthy and stay young at heart !**

In the November 2023 Board Meeting it was decided to give back to the community and to promote the South Salem Seniors, Inc within the Salem community.

It was decided to give selected local 501(c)(3) non-profit organizations \$100 each not to exceed a combined total of \$1,000 per year.

We sent a contribution to the following non-profits: Boys & Girls Club of Salem, Assistance League of Salem-Keizer, Helping Hands Resources of Salem, Marion-Polk Food Share, Elsinore Theater and Salem Community Chorus.

Wednesday, February 21 we will have our Membership meeting followed by the February Birthday Cake. **David Turner, from the B-17 Alliance will be here as a guest speaker to talk about the restoration of the B17 Flying Fortress to flying condition.** Please come and enjoy this interesting topic. Cake and a raffle basket drawing will follow.

We are planning a Karaoke event on Saturday March 2 at 1:30 pm. This is an open invitation. Please sign up in the lobby. Light refreshments will be served.

Sign-up sheets are in the lobby for Chess, Single Pinochle and a Jewelry Making Class that starts on February 5. Please sign up if interested so they can get started.

Mark your Calendar:

February 14 - Board Meeting at 10:30 am.

February 21 - 10:30 am - B17 Restoration Presentation at Membership meeting followed by February Birthdays Cake at 11:00 am.

March 2 - Karaoke 1:30 pm

We will be closed February 19 for Presidents' Day Holiday.

Until next time, keep smiling. Happy Valentine's Day! Ciao, Renata Pilotto



Needle Crafts Group

Did you notice in the January Newsletter that the Crafter's Group donated over 1300 items to Charities for the 2023 year! Wow! Very impressive! What will they do this year? We're not expecting predictions, resolutions, or forecasts. We know that these members, women and one man, will just keep on doing what they enjoy doing.

Our items are donated to two hospice organizations, memory care homes, Operation School Bell, homeless organizations, a birthing center, and Liberty House..

Recently, Liberty House sent us a wonderful thank you letter and I'd like to quote the added on part: "Thank you so much for the beautiful stuffed animals and for all the time and talent that went into them. Your handiwork is truly incredible. Thank you for sharing it with the kids we serve. They love your animals."

The note and the picture lets us know that what we're doing is appreciated.

If you'd like to join us, we meet on Mondays from noon to two unless that Monday is a holiday. Then we meet on Wednesdays from noon to two.

If you knit, crochet, embroider, or do any other handwork, we welcome you. We have supplies, teachers, and best of all, we have a wonderful time! Come join us.

If you have your own yarn, floss, or thread, your article will not be donated. We only donate the items that are made with the donated yarn that is readily available.

Arlene Williams



Quilting Group

I have been thinking about quilting and how it helps. It is challenging and demands concentration. It's a way to learn new things plus free creativity. Choosing color is psychologically uplifting. Boost self-esteem, motivating and possesses skill development. Quilting offers productive use of time and developed feelings of personal growth, mastery and confidence. It helps in building a strong relationship new quilters. Resulting in sharing of skills and donations to those in need. This week we have two new members Sandy and Rosy. Jayne was back after a two week vacation.

Together we made six lap robes. This give us all a great sense of accomplishment and purpose. I love this group of hard working ladies. We are great.

Mary Adams



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	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
"	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

A Big Thanks ! To all the fantastic volunteers that worked the desks and phones the first week of tax appointments. You all did a really good job and stepped when extra help was needed. Made a very busy time so much easier. Thank you all. Irene. Off. mgr.

Jewelry Class

We will resume meeting weekly on Monday, February 5th, 10:00 AM until Noon in the Craft Room.

Belated Happy New Year to One and All!

I have been under the weather for a while so I have missed a month or two. We have decided to forego opening the first Saturday of the month as response wasn't as good as we hoped it would be. We are still getting lots of new donations so come on in and shop our great selections.

Alta Gardner & Staff

Instructor, Lorna Motte will be available to help in creating items such as earrings, bracelets, and necklaces. Basic supplies and tools are provided at no cost. We have had requests to include other craft projects, so if you have a project to share, or want to create with friends, you are welcome to join us. We love sharing supplies and ideas.

The garden club will be meeting February 20th 2024 at the South Salem Senior Center at 1pm. Think about wearing red as it is close to Valentine's Day. 😊. We may have one or two speakers coming to inform us about hummingbirds and NW flora. Feel free to come with questions.

Barbara Castle

For additional information please call or text Lorna at 503-881-3922.

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

Happy Valentine's Day from the Gift Shop!

Some new items:

A Pendulum Chime Wall Clock, very nice and it works!
Two very nice pieces of Deruta Italian Pottery and a vintage Victory Sewing Machine.

Stop by to see what's new. Always happy to see you.

Renata

New Members - December 23, 2023 to January 22, 2024:

**Thank you for supporting
South Salem Seniors, Inc!**

**Wayne & Marjorie Wallace
Arnold Kautto
Grant Rutherford
Laura Bertelson
Sandy Plata
Pam Eggleston
Allen Roman
Christine Hagen
Marilyn Crane
Randy Small
M Eileen Baumgardt
Carlos A & Suly Monreal
Alice Rudersdorf**

**Mark Steele
Charles Martin
Gregory Hunter
Lana Riley
Neta Fredrickson
Diane (Bonnie) Griswold
Kerrie Smith
Martha Parslow
Ivan & Sherrie Edwards
Michael & Jane Lowery
Barbara Michels
Jan Winthrop
Debra Jo McDonald**

January Birthday Celebration



Happy Birthday Judy Wall!

Aging Smart

We're now opening our Thursday session with Qigong.

Qigong (pronounced chee gong) is an ancient practice rooted in traditional Chinese medicine and martial arts. In the conventional eastern practice, qigong involves the channeling and movement of the body's vital energy, called the chi or qi. In fact, the literal translation is energy (qi) and gathering or movement (gong).

Like tai chi or yoga, qigong involves slower, careful movements linked with deliberate breathing techniques. This method is intended to aid in physical movement and balance.

However, unlike yoga or tai chi, qigong tends to be gentler and involves fewer memorized full-body movements. It can also be done either seated or standing – a key benefit for many balance-challenged people.

Thanks in part to the gentle, simple nature of the movements, individuals do not need any significant exercise background to begin a practice. As always, though, we remind you that it's always best to consult with your doctor beforehand.

My Story writing group

Our writing group meets every Wednesday at 10:00 AM. Friendly Participants share a part of themselves to express their thoughts. Please come and join our group and know we enjoy ourselves, together.

A Universal Curse

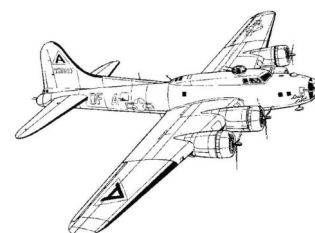
It's not only the rich. It's not only the famous.
It's a universal curse that can claim us.
It's, oh so frightening to feel so alone
No one to talk to, no one to phone.
Don't hide your feelings in alcohol.
Don't hide them in hate,
Reach out for help before it's too late.
Please reach out and let your feelings be known
For no one in this world has to feel so alone.

We would love to see you. Come join our group.
John Brandeberry

February Member Meeting to Host Salem B-17 Bomber Alliance Speaker

Please join us to welcome guest speaker David Turner, from the B-17 Alliance Museum and Restoration Hanger C Project, to hear the amazing journey of the WWII B-17 Bomber "Lady Lacey." The Alliance, located at the Salem Airport, was created in 2006 to restore the famous "Milwaukie Gas Station Bomber" to its original glory. it is reported to be the most intact wartime Flying Fortress under restoration in the world today. The story of how the bomber was brought to Salem, and of the people involved in this project they describe as "Honoring the American Spirit", is an amazing tale.

So note your calendars! **Member Meeting Feb 21, 10:30 a.m.**

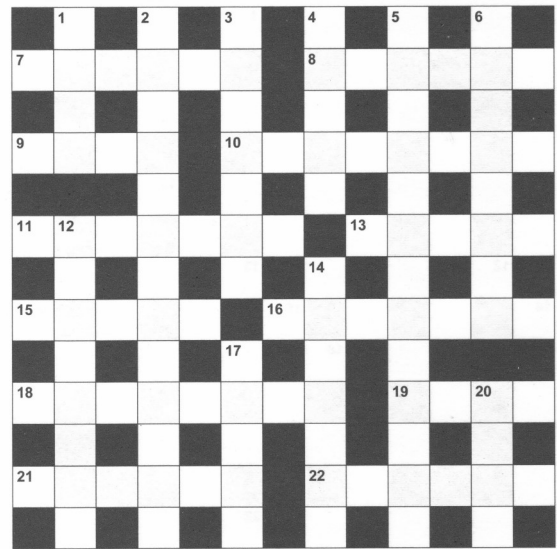


Karaoke Coming To The Center

Due to a suggestion from several Center members, who were also helpful in providing contact information, the Center welcomes "Mr. Bill", a well-known Karaoke personage in Salem and the surrounding area, on **Saturday, March 2nd at 1:30 PM**. Whether you feel like performing a song or two or just want to listen to the music, bring along your friends and family, kick back, relax and enjoy a fun-filled afternoon. Snacks and beverages provided.



Mary Carpenter enjoys doing puzzles in our center. Here she completed an intricate 1,000 piece puzzle.
Great job Mary!



Across

- 7 - Alcoholic beverage (6)
- 8 - Flight of steps (6)
- 9 - Essential substance (4)
- 10 - Reflect (8)
- 11 - Disdained (7)
- 13 - Written form of music (5)
- 15 - Rides horseback (5)
- 16 - Biting with teeth (7)
- 18 - Short lyric poem (8)
- 19 - Accent (4)
- 21 - Scented ointment (6)
- 22 - Loses consciousness (6)

Down

- 1 - Prefix for small (4)
- 2 - Tyrannical person (13)
- 3 - Brass wind instrument (7)
- 4 - Apart from (5)
- 5 - Involvement (13)
- 6 - Brothers (8)
- 12 - Rhizomatous herb (8)
- 14 - Uncovered (7)
- 17 - Concur (5)
- 20 - Religious women (4)



Board Meeting
February 14 10:30 am

South Salem Seniors, Inc.
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[www/southsalemseniors.org](http://www.southsalemseniors.org)

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Solution for January 2024

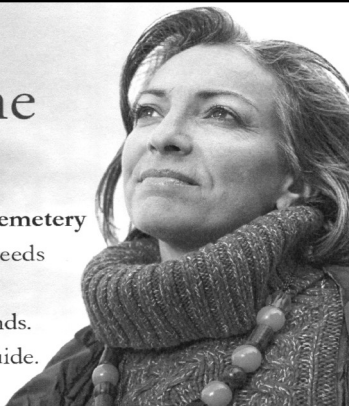



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Webpage

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

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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.

Advertisements in the SSS Newsletter do not necessarily carry the endorsement or guarantee of this organization.

Would you like to write an article for the newsletter? Have something to share? Drop your article off at the front office or email it to arturojg@comcast.net Deadline for submissions is **February 13** for the **March 2024** newsletter.

South Salem Seniors, Inc.
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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.

2024 AARP Driver Safety Classes at South Salem Seniors, Inc.

Call **503-588-0748** between 9 am and 3:30 pm to make reservation.

Feb 13 & 14	Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Mar 12 & 13	Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Apr 9 & 10	Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
May 7 & 8	Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Jun 11 & 12	Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm



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