



South Salem Seniors
Inc.



Spring Craft Fair Friday April 19 & Saturday 20



Hello Dear Members and Friends,
Spring is in the air, everywhere I look around...♪
Spring is in the air every sight and every sound... ♪ *(This is my lyrical adaptation..)*

I hope you are feeling springy, meaning bouncy, lively and lighthearted.

No building maintenance issues to report for the past month, YEAH! No broken pipes due to icy weather, no major roof leaks, no heat problems. Life has been good at the center!

We are planning a Pizza Party on April 13 at 12:00 pm for those members who volunteered within the last 12 months at our center.

An invitation will be mailed to each volunteer. Please RSVP by Friday March 22.

The Salem Big Band, a jazz ensemble will perform with swing music. That should be lots of fun and I hope you can come. Bring your dancing shoes.

The representatives for the B-17 Alliance were here on February 21 to talk about the restoration of the B-17 Flying Fortress "Lacey Lady". It was very informative and well received by the audience. Thank you to all who attended.

Winner of the raffle basket was Michelle McMichael. Congratulations Michelle!

Have you noticed this month newsletter has more color throughout? We have leased a new printer that allows us to print more color and spend a little less each month.

The Spring Craft Fair will be held on Friday April 19 and Saturday April 20, from 10 am to 4 pm. Interested crafters please sign up in the lobby or call us and leave a message for Kathy Schie, the coordinator of the craft fair. See also her article in this newsletter.

Some new activities have been added to the list including chess and single deck pinochle. Check inside this newsletter for time and date.

Mark your Calendar:

March 2 - Karaoke 1:30 pm

March 13 - Board Meeting at 10:30 am.

March 20 - March Birthdays Celebration - Cake at 11:00 am.



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

Behind the Scenes at the Center

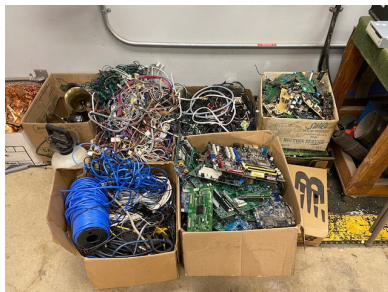
Members – Recycling & Rewards (Part 2)

Last January issue Laurene Brousseau pointed out about the importance of recycling, and I wanted to add something that our member know little about the contribution of our volunteers members that are currently working many hours to pick up, dropping various metals to Cherry City Recycling. As well in spending countless hours testing, dismantling all sort of electronic devices that are donated to the center, sorting all the different metals according with their value, etc.

Next time you see them feel free to talk to them and appreciate their time and effort they contribute to the center to make additional income to our organization. They are always willing to help you and share their life experiences. If you have an old Washer, Dryer, Refrigerator, Stove and any metals call us at the center and we will arrange Pick up and dispose for you.

Left to right:

Dan Schie, Mike Hamilton, Roger Brousseau, Mered Frankel, Charlie Musgrave, Bob Mason.



Arturo Guillen

Just look at all of the things that were donated at the first of February! It looks like we're well on our way to another banner year of donations!

There are some in our group who are always thinking ahead and note the holidays that will occur during the month that they will be distributed. This month, February, when the items are collected will be distributed in March.

Take notice that there are several green items to denote St. Patrick's Day!

Something green may add a little cheer to the recipients of those items!

We're always eager to see what is donated. Notice the baby items.

Once again, we received blankets made by a friend in Salem. She has terrible allergies, so she doesn't attend our meetings on Mondays, but she loves to make these fleece coverings in various sizes for people of all ages.

We appreciate her work.

Our group is growing and we welcome all of the newcomers. Some are newcomers to the Salem area and others have recently retired and looking for something to do. We welcome all.

We meet on Mondays from 1 to 3, but some come at 12 to have lunch and get started a little early. Come whenever you want. We have a grand time and enjoy hearing about the experiences that you have had.

If Monday is a holiday, we meet on Wednesdays of the same week.

Arlene Williams



Current Weekly Activities

Mon	Needle Crafts	1:00 pm - 3:00 pm	Card Rm
"	Energize with Linnea	10:00 am - 11:00 am	Bingo Rm
"	Mahjong	12:30 pm - 3:00 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
"	Single Deck Pinochle	10:30 am - 1:00 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

Did you know that our Senior Center will be hosting a craft fair this spring?

We had such a successful Fall Craft Fair that we've decided to add a Spring Craft Fair. It will be held on Friday, April 19th and Saturday, April 20th from 10am to 4 pm each day. We have space for 40 tables and the member price is **only \$10** per table per day. {Non-members are also welcome to sell their goodies for \$20/table/day}. This means that for just \$20 you can reserve a space to sell your hand-crafted treasures this spring! Such a deal!! Last day to sign up to rent a table space is Friday, April 12th.

We will not charge admission for people to attend, parking will be free and we will be advertising online and in this newsletter. There will also be an ad on the electronic signboard at the intersection of Kuebler and Commercial, and hopefully there will be signs up in our neighborhood {if we can find volunteers to do this little task!}.

Looking forward to seeing you there!

Kathi Schie, Craft Fair coordinator.



JEWELRY MAKING CLASS

The Jewelry making class is in progress. We started February 5th and will continue until April 29th. Please join us on Mondays from 10:00 AM to 12:00 PM in the Craft Room. Basic tools and supplies are available at no cost.

If you'd like to have a new piece of jewelry to wear or give as a gift this is the place for you. We have a good time making new friends as we create and share ideas. If you have questions call or text the

Instructor 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

New Members - January 22 to February 22, 2024

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

Frank & Rene Lajoy
James Liggett
Edna Bell
Angie Martin
Chris Rife
Shirley Borton
Phyllis Woellmer
Bill & Junia Fitzgerald
Linda Ervin
Carol Hanson
Dale & Cynthia Hagenauer

Joy Burke
Tom Walker
Rhonda Johnson
Dennis Wickstrom
David & Sherry Lanning
Darlene Smith
Angela DuBois
Sandra Aquinaga
GianViolante
Terry & Victoria Brown

Aging Smart

Hi, my name is Linnea and I personally want to invite you to Energize on Monday mornings from 10am - 11am, in the Bingo room.

The purpose of Energize is to bring a level of fun energy to the center with benefits that improve your health, your independence, and of course your Mondays. Each week we work on low impact movements intended for strengthening core muscles, flexibility, stronger bones, and healthy minds.

No, we are not fitness buffs, but we are a supportive group and a safe place. Each class we do about 6-7 routines, choreographed to today's hit music; designed to challenge our bodies and brains effectively. All the movements can be done standing or sitting at your own comfort level.

I offer a raffle prize based on trivia questions stemming from the most recent newsletter. This class is engaging and interactive and a fun way to meet others. I look forward to meeting you and welcoming you to our Energize Family. See you soon ?

Life Story/Writers' Group

Do your thoughts rhyme? Do you like alliteration? Is there a rhythm to your speech?

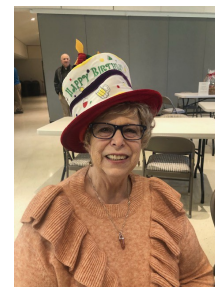
Write it down! Come share with others at the Life Story Writing Group. Some of us are literally writing our life story, one page at a time, never in full chronological order. Other members have jotted down their thoughts as they come. Still others write something for a special someone or to commemorate a specific event. Come and share, every Wednesday, 10:00AM to 11:30AM in the game room.

One stanza from "A Child at Play" by Garnett Granger, written for a new grandchild.

A child at play is like the Sun rays dancing about
Warming the air and creating new energy
Soothing both young and old
Raptured by the light of the day.

Submitted by Amy Richarme.

February Birthday Celebration



Rosa Alvord



Patti Doornink, Alta Gardner, Garnet Granger & Barbara Frankel

B-17 Flying Fortress Presentation February 21



Hello from Nifty Thrifty and belated Valentine's Day!

Can't seem to get caught up but we have been receiving many donations, so visit us and our many treasures. Coming up to St. Patrick's Day and the wearing o' the green and we're all Irish on the 17th!

Alta Gardner & Staff

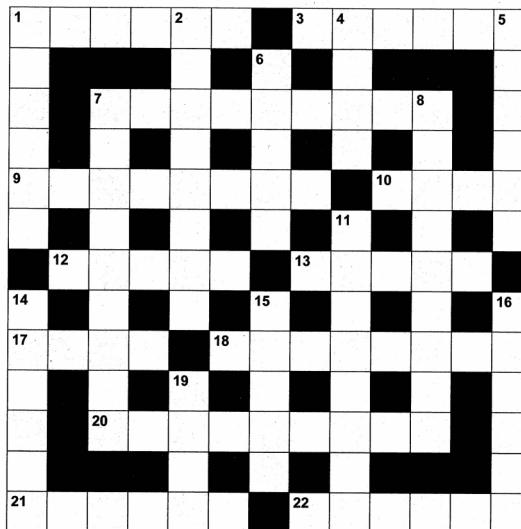
Donations received in the last 3 months:

Delsie Gilpin	Donnie Brearley
Marge Riley	The Writer's Group
Kerwin Karpinski	Tom Walker
Rosilie Alvord	Linda Morrow
Dan Dark	Joe & Linda Fowler
Laura Van Eaton	

Thank you for your support!

Friday Quilters

March is here and much has been accomplished. We had eight large black garbage bags of fleece that have been made into 26 lap robes. All donated to Serenity Hospice for our veterans. The leftover scraps have been made into dog and cat blankets. Also dog and cat toys. The scraps will be used for rats and guinea pigs. These items will be donated to the Oregon Humane Society. The good news we have found order in the Quilt Room. Lauren's Brousseau has been working for days helping find that perfect order for our beautiful fabric. We thank her greatly for her help. We still have some sorting to do but the major tasks are done. Our next plan is getting out our sewing machines and creating more lap robes in the spring. Best wishes Mary A.



Across

- 1 - Confirm (6)
- 3 - Wading birds (6)
- 7 - Banal statement (9)
- 9 - Act a part (8)
- 10 - Having pains (4)
- 12 - Small egg (5)
- 13 - Savor (5)
- 17 - Fit of shivering (4)
- 18 - A Roman emperor (8)
- 20 - Entry gate (9)
- 21 - Post (6)
- 22 - Ancient (3-3)

Down

- 1 - Electorate (6)
- 2 - Tall staff (8)
- 4 - Larva (4)
- 5 - Spreads out (6)
- 6 - Spring tree (5)
- 7 - Jumping competition (4,5)
- 8 - Stockade (9)
- 11 - Alluring (8)
- 14 - Order to report for duty (4,2)
- 15 - Stern (5)
- 16 - Elevated (6)
- 19 - Killer whale (4)

Garden Club

The Garden club will be holding their annual plant sale at the Center's Spring Rummage Sale. We will need help gathering plants to sell and setting up. This will be the main topic of our next meeting on March 19, fittingly the first day of Spring, along with members and visitors sharing spring gardening experiences and plans. Hope to see you there at 1:00. Come early to visit in the cafeteria before the meeting. If you have questions or suggestions, call Barbara Castle at (503) 375-7723



Board Meeting
March 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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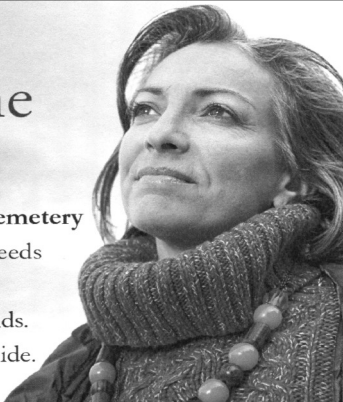
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**South Salem Seniors Newsletter
Monthly Publication**

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 **March 13** for the **April 2024** newsletter.

South Salem Seniors, Inc.
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For more information Contact
Elin at 503-393-3624 ext. 340
EDevora@avamere.com

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

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

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