



**South Salem Seniors Inc.
Newsletter**



Hello Friends and Members

November is here! Happy Thanksgiving and of course the 11th is the day to remember our Veterans.

This is the real start of the Holiday season, not back in September when the stores started putting up their decorations. Hopefully you scored some of the great bargains at our rummage sale, there were lots of good items to pick from. If you were one of the many people whose donations made the sale great, thank you.

And, what about the beautiful items at our craft fair? It was a great place to find those unique holiday gifts. Thanks to the efforts and skills of Kathi Schie, our wonderful volunteer organizer and arranger, there were 31 tables of unique and beautiful items created by the talented craft artisans.

So, now the holiday season is here and I can start my annual binge of eating (does this happen to you too?). First I have to make sure that I take care of the leftover Halloween candy, then it's turkey time, which, considering the leftovers, lasts at least a week. Then it's Christmas and New Years! By the time it's done, I've added 10 pounds that I have to spend the rest of the year getting rid of it.

While there has been some changes in the volunteer staff of our travel office, they're still there for us. Check it out later in the newsletter.

President Gary M

Mark your Calendar:

There are a number of Medicare Meetings scheduled for November. The dates, times and entities presenting the information are included in the newsletter.

Dates to make note of:

November 13 - Board Meeting 10:30 am

November 20 - Membership Meeting 10:30 am

November 20 - November Birthdays Celebration - Cake at 11:00 am

We're closed:

November 11th Veteran's Day

Fall Travel Desk News

November 6 Wednesday – Silverton Adventure Day
 Cost > PAY \$71.00 w/tip & proc. Fee due one week ahead of trip
 Pay now > [Reserve with credit card](#)
 Time > 8:30am-5:00pm
 Stops > Sausage Factory, Oregon Gardens, Willamette Pie Co.
 Departs > 8:30am from So. Salem Senior Ctr -- 6450 Fairway Ave., SE
 Contact > clm@bestoregontours.com; www.bestoregontours.com/
 or call 503-572-5323

December – February Trips
 Dec 3 > Thompson Mill Tour Day
 Feb 14 > Tillamook Cheese and Air Museum Day

Christmas Willamette River DINNER Cruise
 Group Rates > Call Portland Spirt > 503-224-3900
 Website > <https://www.portlandspirit.com/group-reservations/>
 Adult > \$109.03 incl. tip & tax > Youth > \$84.53 incl. tip & tax
 Open December 9, 10, 11, 17, 18, 19, 20, 21, 22
 Time > Board at 6:30pm Portland / Cruise runs > 7:00-9:30pm

2025 CRUISES 2025 – PLAN NOW – CALL CARNIVAL CRUISES
 Contact: Karen Stanton, Carnival Cruises, 800-819-3902 Ext. 85483
 July 31 - Aug 7 > Alaska from Seattle > Starts at \$1199 per person
 Sep 18 - Oct 11 > Sydney from Seattle > Starts at \$1549 per person
 Sep 26 - Oct 11 > Hawaii from Seattle > Starts at \$2049 per person

Do You Hear An Echo? Hello... Hello...Hello!

Gone are the days of remarks such as “I can’t hear you”, “Is it always this noisy?” or the most often heard ... “Whaaaat?” State-of-the-art acoustic buffers are now installed in both the Bingo and Dining rooms and initial feedback suggests the results are indeed amazing. While there was a delay in shipping some components, local contractor Hear No Evil was able to complete the project just a few days ahead of our Fall rummage sale. Feel free to wonder in and experience the difference for yourself. Special thanks to the Board members who gave the go ahead for the project and to Roger Brousseau who oversaw it from the beginning.



In Memory of Alice Wells 1932 to 2024

I had become acquainted with Alice many years ago after completing my Masters at Willamette University. I had taken a course on Dispute Resolution and visited with her at that seminar. Several years later I met her again at South Salem Seniors when I had started volunteering in the Computer Lab and became a member.

It is with sadness that we recently learned of her passing.

Alice Wells had been a long time member for the last 22 years at South Salem Seniors. She had served in many of the managing capacities supporting the organization as President in the years 2004-08, 2013-14 and again for a third term 2015-16. She also functioned in many other supporting roles as Office Manager; Secretary, Board Member, Bingo Manager with her husband Bud – they were both instrumental for Bingo for many years; Breakfast as Host, Cook, and Cleanup; Spring Tea and Fashion Show often modeling some wacky outfits; Newsletter; and other countless ways of always pitching in where help was needed. Alice also showed her talents in the Knitting Craft group, making many afghans over the years and donating several for fundraising raffles. Several years ago Alice left Salem to be with her family in California. We offer our heartfelt condolences to her family and extend to them how much she will be missed, but her smile and pleasant company never forgotten.

Laurene Brousseau, Past President 2016-17 and 2022-23, South Salem Seniors, Inc.



Crafter’s News

“Finished!” shouted Joan Claggett with her very soft voice, as she held up her afghan that she’d been working on. Usually, she knits things for babies, so they are much smaller.

Joan is one of our newer members, who attends because another member told her about our group.

Joan was born and raised in England. When she was in her 30’s, her job in the film industry took her to Hong Kong, where she met her future husband. He was an American doing construction there. After courting and marrying, her husband wanted to return to his hometown of Salem, Oregon. They did and raised two children here. She now has 6 grandchildren and 4 greats.

We all appreciate Joan and her abilities

Arlene Williams



Current Weekly Activities

Mon	Needle Crafts	12:00 pm - 3:00 pm	Card Rm
"	Energize with Linnea	10:00 am - 11:00 am	Bingo Rm
"	Jewelry Class	10:00 am - 12:00 pm	Craft Rm
"	Single Deck Pinochle	10:00 am - 2:00 pm	Mtg Rm
"	Mahjong	12:00 pm - 3:00 pm	Card Rm
Tue	Bridge	11:00 am - 3:00 pm	Card Rm
"	Cribbage	1:00 pm - 3:00 pm	Dining Rm
"	Yoga Our Home	10:00 am - 11:00 am	Bing 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
"	Indoor Walk/Freestyle	10:00 am - 11:00 am	Bingo Rm
"	Rummikub	12:30 pm - 2:30 pm	Card Rm
"	Chess	10:00 am - 12:00 pm	Dinning Rm
"	Chair Exercise	1:00 pm - 2:00 pm	Bingo 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
"	Indoor Walk/Freestyle	10:00 am - 11:00 am	Bingo Rm
"	Double Deck Pinochle	12:00 pm - 3:00 pm	Card Rm
"	Quilting Group	11:00 am - 3:00 pm	Craft Rm
"	Mahjong	12:30 pm - 3:00 pm	Card Rm
Mon-Fri	Pool playing	10:00 am - 2:00 pm	Pool Library

Aging Smart

You know the old adage "Use it or lose it?" Starting November 4th, we are adding some new exercise options to help keep us active during our upcoming cold and rainy season.

**Bingo Room is now officially
open
10-11am Monday-Friday**

- Monday - Energize** with Linnea
- Tuesday - Yoga in Our Home** with Gina
- Wednesday - Indoor Walk/Freestyle Exercise**
- Thursday - Tai Chi/Yoga Flow**
- Friday - Indoor Walk/Freestyle Exercise**

Our afternoon exercise option will continue for those of you who prefer exercising later in the day:

Wednesdays @ 1pm Chair Exercise

We'd love some member input for those freestyle/open gym exercise days - some ideas offered are ping pong, cardio drumming, salsa dancing, pilates, barre, line dancing - (and maybe one of these days might work for George's ballroom dancing class?)

The Bingo Room is our indoor space for safe individual and group fun, so members, join us - let's make it happen!

Happy Thanksgiving!

Thank you from the Nifty Thrifty rooms!

It was another successful sale due to everyone's hard work, generous donations and faithful shoppers.

Special thanks to our ever present, hard working men, that set up and tear down hundreds of tables, endlessly move furniture and help so many people get their purchases safely to their cars in all kinds of weather.

I hope they know how grateful we are for all they do!

The Nifty Thrifty Staff
Alta Gardner

MEDICARE INFORMATION & ENROLLMENT MEETINGS

November 2024

- Nov 4 - **NW Medicare Advisors** with Linnea
11:30 am - 12:30 pm;
- Nov 5 - **United Healthcare** 10:30 am - 12:30 pm;
- Nov 6 - **Atrio** with Bonnie McCreery
10:00 am - 12:00 pm;
- Nov 12 - **United Healthcare** 10:30 am - 12:30 pm;
- Nov 14 - **Ted Hunt / SIG Brokers** 9:00 am - 11:00 am

New Members - September 2024

Thank you for supporting
South Salem Seniors, Inc!

Rosalind Helber
Jackie Predzinski
Howard Nichols
Steve & Cheri Bogrowski
Don Rainey & Cyndi Muyres
Sharon Rooney & D'An Carver
Philp & Beverly Knight
Nancy Jablonski
Michael & Tracy Barnes
Linda Tiegs
Colleen Rogan
Hilary Thompson
Kate Hawkins

Becki Padoen
Sergio Calle Martinez
Molly Hanson
Nancy Wilson
Tes Ingebritson
Rosa Arellano
Floreen Coverstone
Matt & Wendy Dilger
Rianah Rhone
Doris Richards
Joan Cowley
Teri Renner
Elizabeth MacMahon

September Birthdays Celebration



Happy Birthday Joan Massey!!!

Happy Thanksgiving from the Gift Shop!

This month featuring some New for You Items:

*Vintage and rare **Gucci** (yes, Gucci the famous Italian brand)
Greek Mythology Teapot;

***One lot of 9 Antique 1920's Player Piano ORS Word Rolls each in original box;**

*Vintage **White Rotary Sewing Machine w/ Travel Case.**

Come check them out. Always nice to see you at the Gift Shop!
Renata

Quilting & Sewing for Fun on Friday

The Quilting and Sewing for Fun will meet Fridays, in the Craft Room from 11 am to 3:30 pm. We continue to encourage interested members to come in and explore your sewing interests. We have sewing machines, fabrics, notions and more to utilize for quilt projects and more. Donations are gladly accepted to help with sewing materials or toward acquiring things we need. Our current project agenda will focus on projects for charity, personal or alterations. Another project is to sew aprons for the kitchen. We also have salvaged the 'fleece' that was on the old sound boards that can be made into stuffed toys. Our group has several new members – Tracey B. brought in a newly acquired 'jelly roll' that Jayne & I helper her with to get a quilt project started. We collaborated with the color scheme and assisted her with getting a simple block design, so looking forward to her result. Anne is making good progress with her quilt and Jayne brought in the start of her new project with making a six pointed foundation pieced quilt with Christmas fabrics. So this is just a sample of the fun the group is having.

Betty Lacey has recently contributed a late model Singer quilting machine that we will check out and get available for the group to use. So on our wish list for equipment is to obtain some sewing tables with collapsible legs. If any members wish to help in any way towards sewing supplies or projects, please come in on Friday to discuss or give me a call, 503-588-0748

Happy sewing. Laurene Brousseau

Garden Group News

Hello all! As of this writing, it looks like we are about to lose the string of wonderful days and head into cooler and wetter weather. Definitely time to be cleaning up gardens, pruning, weatherizing, and such.

The Fall plant sale made about \$200. Many thanks to helpers Barb F. and Christie S. and all who donated plants.

We're hoping to get someone from Master Gardeners for the November meeting on the 19th at 1:00 in the meeting room. See you there!

Sandy (503) 851-8250

Rose (503) 581-4623

Writers Group

Aging out?

Aging out?

No never!

You can expand your minds listening to each other and telling each other how we "stay in the game."

South Salem Senior Center offers a writing group to anybody who wants to come, on Wednesdays from 10:00 till 12:00.

This group can offer you a chance to speak about life and enjoy the comradery of others.

Your memories are yours to share.

We look forward to meeting people who refuse to "age out" and are comfortable "in their shoes."

John Brandeberry.

November Member Meeting Welcomes Willamette Heritage Museum

Executive Director, Michelle Cordova, and Curator and Collection Manager, Kylie Pine, will join us at the November 20, 2024 Member Meeting to highlight the amazing history of the Victorian era water-powered mill. Originally built in 1889, from then to the present, the Mill has played an important role in Salem's history. Hear the Mill's incredible story and learn about the ongoing effort to preserve its relevance to the community today.... a story that began in 1889 with its foot still firmly planted in 2024!

Ballroom Dance Instruction Available

Dance instructor George Hutmacher will teach ballroom classes every Tuesday of the month, beginning Tuesday November 5th. Members will learn one dance per week followed by time to strut their stuff!

Creative Card Making

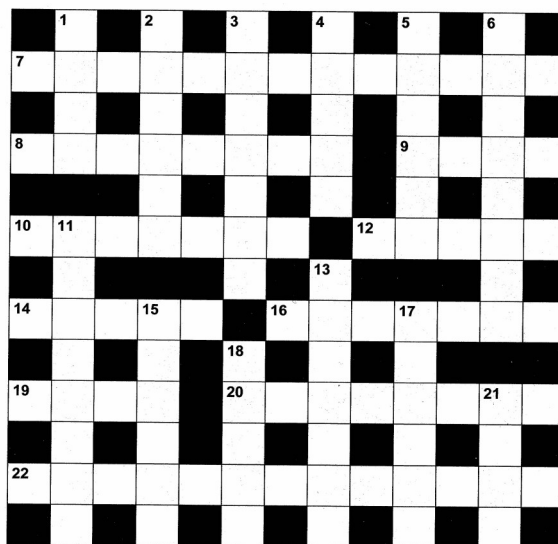
Member Joan Cowley, a well-known skillful card creator will teach basic card making beginning in in January Wednesdays 1:30-3:00p.m. Classes size is limited to 10 but if enough interest is shown, a second class may be possible. Students are asked to bring glue sticks, colored pencils, and scissors. See the signup sheet in the lobby.

Free Lessons Guitar Lessons Available

Have a guitar, would like to learn to play it or improve your skills? Member Dave Lanning is offering twice monthly lessons, day and time to be announced. See the sign-up sheet in the Lobby.

Rummage Sale Oct 4-5, 2024 Results

Gift Shop	\$ 923.25
Nifty Thrifty	\$3,560.46
Books	\$ 759.06
Garden Club	\$ 268.00
Raffle	\$ 92.00
Total	<u>\$5,602.77</u>

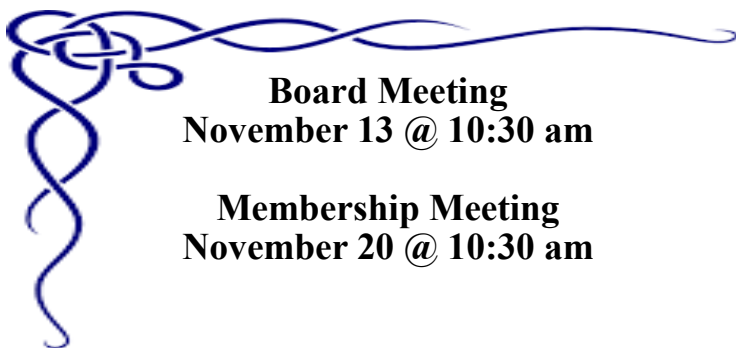


Across

- 7 - Obsolete (13)
- 8 - Traveling too fast (8)
- 9 - Curse; solemn promise (4)
- 10 - Creaky (7)
- 12 - Halts (5)
- 14 - Small salamanders (5)
- 16 - Dishonest (7)
- 19 - Displace (4)
- 20 - Eland (8)
- 22 - Absence (13)

Down

- 1 - Break (4)
- 2 - Reproductive cell (6)
- 3 - Gets smaller (7)
- 4 - Red cosmetic (5)
- 5 - Highly seasoned stew (6)
- 6 - Monotreme (8)
- 11 - Interrogative sentence (8)
- 13 - First letter (7)
- 15 - Weave (6)
- 17 - Roman god of fire (6)
- 18 - Freshwater fish (5)
- 21 - Brownish purple (4)



**Board Meeting
November 13 @ 10:30 am**

**Membership Meeting
November 20 @ 10:30 am**

South Salem Seniors, Inc.
Mail : PO Box 3094 Salem OR 97302
6450 Fairway Avenue SE
Salem, OR 97306
503-588-0748
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:	Gary Metts	Director 1 YR	Dolly Allen
Vice President:	Jessie Martin	Director 1 YR	Julie Amen
Treasurer:	Karen Sloan	Director 2 YR	Irene Johnson
Secretary:	Kate Bayne	Director 2 YR	Yvonne Corzilius
Office Manager	Michelle McMichael		

Community Connections

Solution for October 2024

R	I	D	I	C	U	L	E	T	R	A	P
I	R	A	O					O	A		
N	E	E	D	S	N	E	T	B	A	L	L
D	S	T	G					M	I		
	S	I	E	S	C	H	E	W	S		
V	O	Y	A	G	E	R	O	D	A		
A		A						R		D	
N	G	T	A	S	K	A	N	C	E		
G	A	R	D	E	N	S	S	A			
U	I		P	C	R			R	A		
A	C	T	U	A	T	E	R	U	R	A	L
R	T		C	E	O	L					
D	A	Y	S		S	T	O	W	A	Y	

Mike Giertych

Pressure washing: Decks, Driveways, Houses etc.

Gutter Cleaning.

(503) 315-8953
mikegiertych@aol.com



Virgil T. Golden Funeral Service
 605 Commercial St. SE
 Salem, Oregon 97301
 503-364-2257
 www.vtgolden.com

*Your answer in time of need
 for a life remembered,
 celebrated and cherished.*

When you need someone to turn to



City View Funeral Home & Cemetery
 is committed to fulfilling your needs regardless of religious beliefs, ethnicities or cultural backgrounds. Call today for a free planning guide.

City View
Funeral Home & Cemetery
Mausoleum & Crematorium

Family Owned and Operated Since 1893
503-363-8652

390 Hoyt St. S. • Salem, OR 97302
 cityviewfh.com • info@cityviewfh.com

Overlooking Historic Pioneer Cemetery

David L. Carlson, Lawyer
503-365-0373

Wills & Trusts/Probates
Estate Planning/Elder Financial Abuse
Conservatorships/Guardianships

Senior Center members will receive a 25% Discount on all estate planning

If you are reading YOUR newsletter online, underlined text will be a LINK to webpages!

Click to visit the site.

Keep updated on the latest news by visiting our Webpage

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



Moser Roofing
Licensed Bonded Insured
CCB # 55274

Don Moser

503-378-1107 Office **503-378-0229 Fax**
www.moserroof.com **info@moserroof.com**

Community Connections



PremiumNW
landscape

LCB - 9119

**Lawn
And Yard
Maintenance**

Salem, Oregon
(503)930-9922
www.premiumNW.com

General Clean-up	Apartment Complex/Commercial Buiding
Debris Clean-up	Landscape Maintenance
Repair irrigation	Retaining Walls
Pressure Washing, Bark & Gravel Placements	
Monthly Maintenance	Fencing

Must present coupon at time of estimate.



**Seniors
Receive!
20%
OFF**

Call for details
with this
coupon.



**Bark
Dust
Special**



Join us for Lunch **SALEM**
and a Tour! by COGIR

503.362.9141 SolistabyCogir.com
707 Madrona Ave. SE Salem, OR. 97302







MELISSA BEEKS

971-600-5949

WWW.AGOLDENHANDHOMECARE.COM

admin@agoldenhandhome.com

BONDED • INSURED • LICENSED

♥ Companion Care	♥ Alzheimer & Dementia support
♥ Personal Care	♥ Respite/Emergency Care
♥ Wellness Check Ins	♥ Hourly/24 Hours On-Call
♥ House Keeping & Daily Living Assist	♥ RN On-Call 24/7
♥ Transportation 	♥ Chronic End of Life Care
♥ Meal Preparation & Medication Management	

HOLIDAY RETIREMENT | **Hidden Lakes**
Independent Retirement Living



Hidden Lakes has received a "Best of Senior Living Award" for the 3rd year in a row.

Join us for lunch, a special event, or for a great cup of coffee.

CALL (971) 283-5345 to reserve a time.

**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.

**South Salem Seniors, Inc.
PO Box 3094
Salem OR 97302**

**Non-Profit
U S Postage
PAID
Salem Oregon
Permit No 41**



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. Please advise the Business Office for any changes in address or status. Thank You.

Looking to downsize?

We're here for you every step of the way!



Jeff Harrison
971.277.0647

Jeff@HarrisonStoneRE.com
License #201238952
Broker Licensed in Oregon

We're a brother/sister real estate team who treat our clients like family!

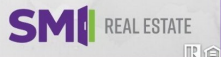
Check out our website below for a complimentary home valuation.



Melissa Stone
503.508.7278

Melissa@HarrisonStoneRE.com
License #201238867
Broker Licensed in Oregon

www.HarrisonStoneRE.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.

Nov 12 & 13 Tuesday & Wednesday Starts at 9:15 am - 1:00 pm
Dec 10 & 11 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**