



South Salem Seniors Inc.  
Newsletter



Hope you are all feeling good about the Holidays. I'm off to a great start at my annual eating binge that I mentioned in last month's newsletter. And, speaking of eating, one of our upcoming items for consideration is restarting our Saturday breakfasts next Year, perhaps for the start of Spring. Here's the catch, we'll need a cadre of volunteers and a working, approved kitchen. Next month we'll be reaching out to you, our members, with some basic questions.

First do we want a breakfast? And, if so can you help? We'll need approximately 25 volunteers with a variety of skills including managing a kitchen, purchasing the food, and cooking the various offerings. On Saturday December 14th we will be entertained by a Christmas choir. The piano has been tuned and I'm ready for some wonderful Christmas music. The show starts at 1pm. In conjunction with this we'll be having a cookie exchange. (Another way to add pounds this year.)

This month we'll be closed for Christmas on the 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup> (recovery day) as well as the 31<sup>st</sup> and 1<sup>st</sup> and 2<sup>nd</sup> of January.

December 11th is the board meeting and December 18th is our celebration of members with birthdays this month.

As usual, there will be cake.

Gary Metts, President



## NEWS FROM TRAVEL DESK

Lovely trip to Mt. Angel Abbey Gift Shop, Gallon Covered Bridge, Oregon Gardens Hotel & Gift Shop, Mt. Angel Sausage company and the Willamette Valley Pie Company. A foggy day turned into brilliant sunshine for this fun-loving group!

### **(BUS TRIPS POSTPONED – DEC. 3 and FEB.14)**

The Board met Nov. 13 and decided to hold-off on Winter Bus Trips December – April due to: drop in paid show-ups for Nov. 6 event, cold weather, respiratory illness and flu season, and it will revisit this decision with additional information from Travel Volunteers in February, 2025.

### **GET OUT FOR HOLIDAY SHOWS & LIGHTS**

11/21-23 Albany/ Holiday Harvest Show - Linn Co. Fairgrounds

<https://www.lcfairexpo.com/mvholiday>

11/21-12/31 Silverton/ Christmas Market & Lights - Oregon Gardens

<https://silvertonchristmasmarket.com/>

11/22-1/4 Salem/ Oregon State Fair - Holiday Village & Light

<https://oregonstateexpo.org/magic/>

11/29 Salem/ Holiday Parade – Parade 6:30PM

<https://saalemmainstreetassociation.org/holiday-events/holiday-parade/>

11/29-12/2 Salem/ Magic at the Mill Light Show

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

12/6-8 Albany/Holiday Bazaar – Linn Co. Fairgrounds

<https://www.lcfairexpo.com/ChristmasBazaar>

### **50+ SENIOR CENTER – ALL INVITED CITY OF SALEM TRIPS & SHOWS**

2/2 \$85.00 **Maltese Falcon** at Liquid Theater, Lake Oswego – Transp/Show Ticket.

3/3 \$120.00 **Chicago** at the Hult Center, Eugene – Transp/Show Ticket.

4/17 \$38.00 **Tulip Wooden Show Festival** – Transp/Show Ticket. Run by City of

Salem 50+ Center. Pay at time of sign-up. Ask for 2 week prior to event

refund policy. **Contact: [kyates@cityofsalem.net](mailto:kyates@cityofsalem.net) 503-588-6303.**

### **PLAN A MUSEUM TRIP ON FREE DAYS**

#### **Free Tuesdays - Halle Ford Art Museum, Salem**

Senior price other days = \$5.00. Third-largest-art museum in Oregon 700 State Street.

**Contact:** 503-370-6855 or [MUSEUM-ART@WILLAMETTE.EDU](mailto:MUSEUM-ART@WILLAMETTE.EDU)

#### **Free 1st Thursday - Portland Art Museum**

12/5 S.F. Psychedelic Rock Posters thru 3/30

1/2 S.F. Psychedelic Rock Posters thru 3/30

2/6 S.F. Psychedelic Rock Posters thru 3/30

**Contact:** <https://portlandartmuseum.org/>



## Crafters' News

### Felting—Boiled Wool

One of the techniques involved with wool yarn is felting or sometimes it is called boiled wool. This is the art of knitting with 100% wool and then putting it in very hot water in the washing machine and agitating it until it shrinks to the desired size. The item that is being felted uses a prescribed pattern that is much too large and then placed in the washer.

When I first started felting, my instructor said, “Do not walk away from the washing machine or you may end up with something way too small!” So far, I’ve always stayed right by the washer and haven’t let anything lure me away.

Right now, I’m felting slippers. Since they have a double sole, they are very warm and cozy. People who complain that their floors are cold, really like them!

Perhaps there will be some for sale in the Gift Shop before long.

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
"	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

The holiday season is here! We wish you and yours the happiest of holidays and a Christmas full of wonder and joy.

December is a busy time for many of us, but it's also a challenging time for many who have experienced loss or loneliness. Our senior center provides a great place to reconnect - a little island of "normal" and a place of peace, positivity and laughter in an increasingly demanding and noisy world.

Our exercise classes will continue as usual, with a possible activities week cancelled at the end of the month. The new Indoor Walking/ Open Gym sessions will continue on Wednesdays and Fridays at 10 during the rainy season for those who walk on a regular schedule, and for those of you who have signed up for ballroom dancing, this is your chance to take advantage of George's expertise on Tuesdays at 1pm. And Linnea will be back!

The new year will be bringing some changes to the schedule, and we welcome any suggestions for new activities you might have in mind. We will be beta testing line dancing and cardio drumming this month...so needless to say, 2025 will be a lot of fun!

In the meantime, and keeping in mind our original "use it or lose it" goal:

Monday	10am - Energize. Standing or seated cardio dance to music with Linnea
Tuesday	10am - Energy Medicine Yoga with Gina functional senior yoga 1pm - Ballroom Dance – learn from dance expert George
Wednesday	10am - Indoor Walk/Open Gym – walking with strength options 1pm - Chair Exercise - seated & sit-to-stand exercises, chair yoga
Thursday	10am - Tai Chi/Yoga - Standing or seated slow movement & balance
Friday	10am - Indoor Walk/Open Gym – walk & beta test of new exercises

Hope to see you all soon! Merry Christmas! **Michi**

### Happy Holidays from the Nifty Thrifty!

Our rooms are filled with so many new items, thanks to your generous donations!

Hope you will shop with us for Christmas and special occasions. The prices are always right.

Don't forget to watch for our special half-off weeks.

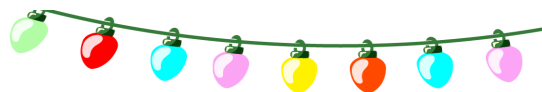


The Staff

### MEDICARE INFORMATION & ENROLLMENT MEETINGS

December 2024

Dec 2 - **NW Medicare Advisors** with Linnea  
11:30 am -12:30 pm;



**New Members - October 2024**

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

**Jenine Bayliff  
Barbara Rector  
Albina Krasnoperova  
Paul Howard  
Beverly Muse  
Edy Churchill  
Lori Paltridge  
Lorraine Eustice  
Carolia Fernandez**

**Robin Rector  
Ernie Mills  
Barb Jacosen  
Terry Thrasher  
Leslie Whitaker  
Brad Barker  
Lori Lazo  
Kent Noble**

**November Birthdays Celebration**



**Happy Birthday !!**

**Writers Group**

**THE GEESE PASS BY**

Sitting in my cozy room, weather outside fair.  
Look out my window, geese flying through the air.  
On their way to warmer lands, winter on its way.  
Soon it will be colder each and every day.

How quickly the seasons come and go, seeming flying by.  
I say "Slow down time", I really have to try.  
And make the days and months and years,  
Stretch on and on, through smiles and tears,  
And cherish each and every moment,  
Of this precious, precious life.

The cry of geese nostalgic, bringing memories to the fore.  
Of oh so many years and years, but I always wish for more.  
The seasons come and go, now Fall is dying down.  
Winter soon approaches, there'll be snow upon the ground.

And it goes with lifetimes, too.  
They come and go and then we're through.  
But the memories of us truly linger on.  
Even though we've now passed and gone.

So leave memories of kindness, love and joy.  
Be good to man, woman, girl and boy.  
And remember always, to be loving and be kind.  
Because...  
Every act of kindness is a little love we leave behind.

Sylvia Machado, 2024

\*\*\*\*\*

Come join our group at 10:00 AM on Wednesdays.  
You can share your own stories or just listen



**Gift Shop**

- \*Emperor Grandfather Clock \$300
- \*Seiko Chime Wall Clock;
- \*Vintage Goofy Telephone;
- \*Vintage Mickey Mouse Telephone;
- \*2 Sets of Vintage Noritake Dinnerware
- \*Special Offer \$100\* each set.
- (One set has 77 pieces – One set has 86 pieces)
- \*Merry Christmas and Happy Holidays!\*

**Garden Group**

Hello gardening friends. Wow! What a change in the weather! We need the rain, even though it is making all those beautiful leaves fall off the trees. Oh well! Since Christmas is just around the corner from our next meeting, let's celebrate! Wear something "Christmasy" if you can, and bring a treat to share. We'll start in the newly quieter cafeteria at 1:00 on December 17. See you there!

Sandy 503-851-8250  
Rose 503-581-4632

**Marion-Polk Food Share Lunch  
Pick-up time is  
9:30 am - 10:15 am**

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

SSS is not a Meals on Wheels distribution center.  
Call 503-364-2856 for home delivery



**Jewelry class**

The last Jewelry Class for 2024 was on **October 21st**. We will resume on **April 7, 2025**, just in time for the Spring Craft Fair and making gifts for Easter. Look for the sign up clipboard or contact Lorna at [chailorna@yahoo.com](mailto:chailorna@yahoo.com). We will meet from 10:00 to 12:00 on Mondays in the Craft Room.

## Quilting and Sewing for Fun

Our group is expanding with several new members coming in to participate. Jayne & I recently toured the Fall Underground Shop Hop and collect quilt blocks from 8 locations, sew there will be enough to put into a small quilt. I also want to give a big kudos to Jayne for assisting me at an estate sale that had a huge volume of quality cotton quilt fabrics. We collected about 20 large shopping bags and once I get them sorted out, most will be brought in to the quilting group for future projects.

New charity work projects: We can contribute to Salem Health **Heart Pillows** and **Children's pillow cases** for patients. I have picked up the patterns and instructions. We have plenty of fabric available, but we will need 1 pound bags of poly fiber fill for each of the Heart Pillows, so if members can help us with getting supplies, we can get the pillows put together. Other charitable projects we can do are for the Veterans Home in Lebanon – they put together **“Welcome Aboard”** bags for new residents and this could be a destination for some of our lap size quilts.

For the upcoming holidays, we will not convene after Thanksgiving, Christmas or New Years, so please enjoy your time with family and friends.

Sew until next month, Happy Holidays, Laurene Brousseau call the SSS Business Office 503-588-0748 or come in Fridays 11 – 3:30 and see what we are sew happy to share with you!

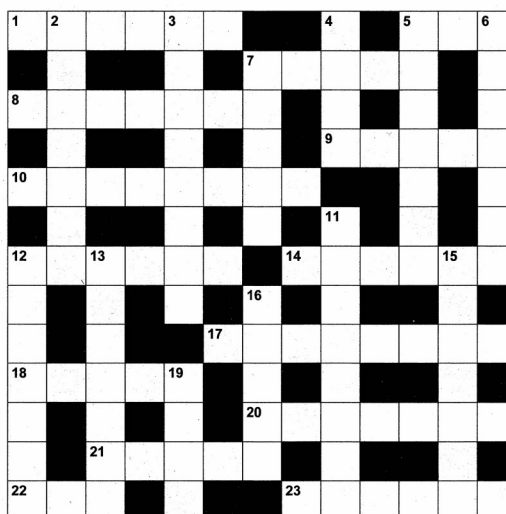
Another possibility for the December Christmas Social if you would like to add:

## Holiday Treat Exchange!

Members whip up your favorite holiday cookie treat and bring in two dozen of your treats. Put the first dozen treats (one treat per snack bag) and attach a copy of your recipe (typed on 3x5 card) for treat sharing. You bring a dozen treats, and select a dozen to take home. The second dozen of your treats put on a paper plate for sharing at the **Christmas Social on December 14.**

I will be bringing my Oatmeal Holiday Fruit Cookies (with a secret ingredient) that is very nice.

Seasons Greetings, Laurene Brousseau



### Across

- 1 - Happens (6)
- 5 - Vitality (3)
- 7 - Haze (5)
- 8 - Bolero rhythm dance (7)
- 9 - Farm (5)
- 10 - Form of precipitation (8)
- 12 - Weakly (6)
- 14 - Falls down (6)
- 17 - Woolen clothing (8)
- 18 - Submerged ridges of rock (5)
- 20 - Stupid (7)
- 21 - Musical movement (5)
- 22 - Fairy (3)
- 23 - Had in common (6)

### Down

- 2 - Remove impurities (7)
- 3 - Precipitation (8)
- 4 - Box lightly (4)
- 5 - Flinched away (7)
- 6 - Narrow strip of land (7)
- 7 - Concealing garments (5)
- 11 - Eg plaice (8)
- 12 - Walking stick cap (7)
- 13 - Become less intense (4,3)
- 15 - Analyze (7)
- 16 - Remove binding (5)
- 19 - Heroic tale (4)



**Board Meeting  
December 11 @ 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**

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# Community Connections

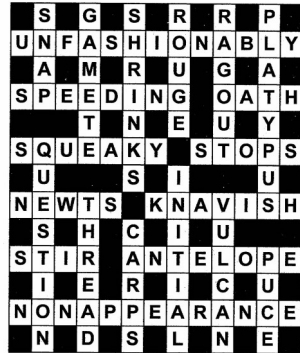
**Mike Giertych**

Pressure washing: Decks,  
Driveways, Houses etc.

Gutter Cleaning.

**(503) 315-8953**  
**mikegiertych@aol.com**

Solution for November 2024

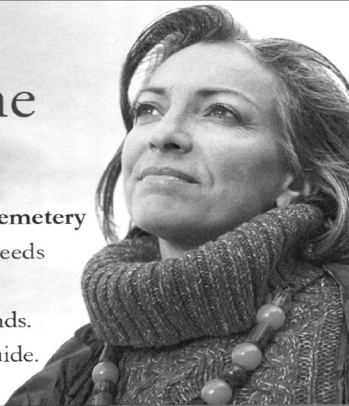



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underlined text will be a LINK to webpages!

Click to visit the site.

Keep updated on the latest news by visiting our

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**David L. Carlson, Lawyer**  
**503-365-0373**

**Wills & Trusts/Probates**  
**Estate Planning/Elder Financial Abuse**  
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# Community Connections



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HOLIDAY RETIREMENT | **Hidden Lakes**  
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Hidden Lakes has received a "Best of Senior Living Award" for the 3<sup>rd</sup> 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.

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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. 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  
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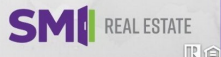
Check out our website below for a complimentary home valuation.



**Melissa Stone**  
503.508.7278

Melissa@HarrisonStoneRE.com  
License #201238867  
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[www.HarrisonStoneRE.com](http://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.

Dec 10 & 11 Tuesday & Wednesday Starts at 9:15 am - 1:00 pm  
**Last Class of the Year** please call the front office for reservations

@ **503-588-0748**

**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