



South Salem Seniors Inc. Newsletter



Hello Fellow Members

"Roll out those lazy, hazy, crazy days of summer" - Nat King Cole. July is summer and it includes the 4th, Independence Day, so let's celebrate the continued Independence of the South Salem Senior Center. In these days of financial difficulties for Senior Centers that are wholly or partially supported by some level of government we remain totally independent. A purely volunteer organization whose only obligation is to our members. Let me express my deepest appreciation for all those who have gone before and allowed us to prosper.

On June 14th we held our Volunteer Luncheon. It was fun and a chance to thank all of our awesome volunteers with about dozen different kinds of pizza with salad, drinks and dessert. And, there were prizes too. A drawing was held to give away several gift baskets and numerous other door prizes. Of course, everyone expressed their appreciation to each of the various groups of volunteers.

Hey, exciting news, our Board election is coming this month. The people elected will serve from September 2025 through August 2026. The ballots will be mailed out to all members on July 10th.

The Candidates are:

President – Jesse Martin
Vice President – Sylvia Machado
Secretary – Pam Panther
Treasurer – Karen Sloan
Office Manager – Open

and we have the following candidates for the 2 open Board Member positions:

Roger Corrado
 Bill Fitzgerald
 Linda Jones
 Rick Saul

All these candidates bring incredible experience and talents to these positions. A statement from each candidates will accompany the ballots. To ensure your vote is counted, return the ballot by mail or come by and drop it off at the Center by August 15.

As you can see, there's still time go for that coveted Office Manager position. If you volunteer for this job, you will have the opportunity to define the duties beyond the basic scheduling and staffing of the front desk. You'll also be able to pick your workdays, this job does not require your presence every day. It can be a fun way to meet people and socialize while performing a necessary function for the Center.

President Gary M

Dates to make note of:

July 4th - Independence Day – the Center will be closed

July 9th - Board Meeting 10:30 am

July 10th - Scheduled Mailing of Board election ballots to membership

July 16th - July Birthdays Celebration. Cake at 10:30 am



News from “Nifty Thrifty”

With much sadness from the crew, staff, gang, fellow workers or whatever you choose to call us; we bid farewell to **“Billie” Gates** in early June.

“Billie” was one of our really reliable and hard-working members that everyone enjoyed visiting with from her “little corner” of the “Nifty Thrifty” room and she will be sorely missed.

We all wish her “God Speed” on her new journey.

Alta Gardner and Staff

Recycling Helps the Environment and the Center

Center members Charlie Musgrave, Dan Schie, Mered Frankel, Roger Brousseau, Bob Mason and Mike Hamilton can be found Monday through Thursday 9-12 working at the Center. When they are not picking up or delivering donations or working on maintenance projects, they can be found in the shop adjacent to the kitchen breaking down items to extract metal for recycling. Think “electronics from toasters and coffee pots to stoves, computers, bicycles and anything made out of metal” according to Charlie. The extracted metal is then sold to Cherry City Recycling. Last year the group contributed over \$4000 to the Center and kept numerous items from the dump. A list of approved items will shortly be available.

Country and Western Jam Session is a Big Hit at The Center

Thanks to the musical magic of Steve Yant and Karen Rudolf Center members have recently enjoyed fun Jam Sessions in the Lobby. In a recent conversation Steve noted that he and Karen continue to be interested in getting a regular Jam going but no promises at this time. Their last two scheduled sessions were June 23rd and 30th. Center member guitar players (and friends) who are interested in being part of a regular Jam Session are encouraged to leave a note at the Front Desk.

Quilting and Sewing for Fun

We welcome any interested member to come participate with our Quilting and Sewing group. We meet Fridays 11- about 3:30 in the Craft Room. We work on a variety of articles and sew for ourselves or for charitable giving. Thanks to those who have kindly made donations and contributions – they are very much appreciated. If you have need of minor clothing alterations, replace buttons or zippers, feel free to contact me to see if we may help you for a small donation to SSS for the effort.

Notice for Card Players: I have designed and developed a handy playing card holder made from donated fabrics, recycled CD/ DVD media, and buttons. Playing Card holders will be available in the Gift Shop for \$5.00 each as a fund raiser for the SSS Quilt Group.

Quilt Raffle: Also from our group, a quilt to Raffle made by Jayne. Quilt blocks are made from donated cottons and jean fabrics and has a brown print backing. The quilt measures 58” x 46”. Quilt will be displayed in the SSS Lobby with raffle tickets for sale at \$1 per ticket or 6 tickets for \$5.00. Raffle drawing to be done on the August Membership meeting. We still have other quilts for sale. Questions call the SSS Business Office 503-588-0748, Come in and see what we are sew happy to share with you! Coordinators-Laurene Brousseau or Jayne Jergentz.

Laurene B.



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
"	Single Deck Pinochle	10:00 am - 2:00 pm	Meeting Rm
"	Jewelry Class	10:00 am - 12:00 pm	Card Rm
"	Mahjong	12:00 pm - 3:00 pm	Craft Rm
Tue	Bridge	11:00 am - 3:00 pm	Card Rm
"	Cribbage	1:00 pm - 3:00 pm	Dining Rm
"	China Painting/Arts	10:00 am - 2:00 pm	Craft Rm
"	Line Dancing	1:00 pm - 2:00 pm	Bingo 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
"	Chinese Dance	2:00 pm - 3:15 pm	Bingo Rm
"	Rummikub	12:30 pm - 2:30 pm	Card Rm
"	Chess	10:00 am - 12:00 pm	Dining Rm
"	Book Group	1:00 pm - 3:00 pm	3rd Wednesday Craft Rm
"	Chair Exercise	1:00 pm - 2:00 pm	Bingo Rm
"	Creative Card Making	1:00 pm - 3:00 pm	2nd Wednesday Craft 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
"	Osteo Dance	11:00 am - 12:00 pm	Bingo Rm
"	Drop in Studio	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 - 3:00 pm	Card Rm
"	Quilting Group	11:00 am - 3:00 pm	Craft Rm
"	Mahjong	12:30 pm - 3:00 pm	Card Rm
"	Life's Journey Woman's Group	1:00 pm - 2:30 pm	1st Friday of the month Mtg. Rm

Aging Smart

Unsung Heroes and Generosity

We often forget to thank people in our life who add value without fanfare. Our Center volunteers are, of course, first and foremost. They operate the front desk, Nifty Thrifty, boutique, library and also keep the building clean and safe. But there are some individuals – constants - who truly stand out: Maria, who is always working and helping out – a moving marvel, Roger C who hauls the newsletters to the post office every month, Roland who takes recycling to the Bottle Drop and Gary who picks up Panera treats every week, Hiroko who graces the reception area and rummage sale with her flower arrangements, Rick who monitors the website, Arturo who singlehandedly edits the newsletter and keeps us electronically connected to the outside world. Linnea who cheers us on despite the slow trajectory of her recovery from injury. Linda and Dawn who teach line dance, Pam, Karen and Renata who are available every single day to monitor that all functions run smoothly – comparable to full-time jobs in retirement. Kate who brings us activities. Laurene and Roger for their encyclopedic knowledge of the South Salem Senior Center journey. The guys who pick up and deliver donations and set up for events. Bob who keeps the landscaping beautiful. They are mainly invisible, and when asked, say “no big deal.” We thank them for their generosity and in our own minds, seek that time when we, like them, reach that golden point where we determine that we have enough, personally, to be generous to others. Volunteering is like giving a gift. And it can be kind of fun. Give it a try.

Michi

June Birthdays



Karen, Fred and Jessie

Happy Birthday!

Interested in Playing and or Learning Mahjong?

Center member Sherry Cornet our “Mahjong maven” is back from her annual extended family visit and is available to start a second group. Currently the game is played Friday in the Card room from 12:30 to 3:00 p.m. A second time is available on Monday in the Craft Room 12:00 to 3:00 p.m. See the Activity sign up list in the Lobby on July 1st or contact Sherry at 503-537-8715.



New Members - May 14 –June 17

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

**Nancy Hill
LaVelle Lasher
Wei Anderson
Gayle Moore
Cheryl McColloch
Mary Carpenter
Aaron Geisler
Marty Hale
Linda Taylor
Jeanne Tauferner
Dorie Wilson**

**Beverly Gordon
Jeanne Reich
Qiong Chen
Leslie Lambert
Jane Thompson
Mike Tiscornia
Larry Couter
Rene Dalbec
William Mathis
Linda Shaw**

MEDICARE INFORMATION & ENROLLMENT MEETING

July 2025

**July 15 - NW Medicare Advisors with
Linnea
10:00 am – 11:00 am**



Writers Group

What Friends Are For

In circle of light where our writings are read,
We gather each week, our hearts gently led.
Through poems and parables, truths we explore.
This is what inspired friends are for.
In the quiet hum of the writer's room,
Ideas take flight and imaginations bloom.
We cheer each draft, each metaphor,
That's what creative friends are for.
Old friends whose laughter still rings clear,
Who hold our secrets and draw us near.
With them we cry, confess, restore,
This is what lifelong friends are for.
Some friends arrive like morning sun,
New on the path, but swiftly one.
With our journey, dreams, and something more,
That's what magical serendipity is for.
We hold each other when words fall short,
Share courage when hope's the last resort.
In silence, presence, wisdom's core,
This is what loving friends are for.
Together we walk through joy and strife,
Kindred souls in the eternal dance of life.
Through every chapter, evermore.
This is what all true friends are for.

Sylvia Machado

Gardening Group

Hi gardening friends! I understand we welcomed some new members at the June meeting. That is great news for our group! There is a chance that we will be taking a field trip for our July meeting. We will know for sure by the June meeting and will have discussed it then. If you missed the meeting, check with Rose or Sandy (contact info below) or another member. We will have information posted at the Center, and the front desk will have the information if you call in. Carpooling will be available.

If we don't go, we'll have the normal meeting at 1:00 July 15 in the meeting room. Come ready to share your summer gardening experiences!

Questions or suggestions, call us!
Sandy 503-851-8250
Rose 503-581-4632

Happy 4th from the Gift Shop!

Here are some treasures we currently showcase:

*Seiko Westminster-Whittington Wall Clock;

*Downton Abbey - Limited Edition -
The Complete Collector's Set -
(22 CDs (52 episodes), Book, Coasters and Bell
Memorabilia)
All in the Beautiful Original Box.

*Several Beautifully Handmade Crochet Throw Blankets.
Check out our large selection of jewelry, figurines and
much more.

Come see us, Ciao, Ciao! Renata

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

Needlework Group News

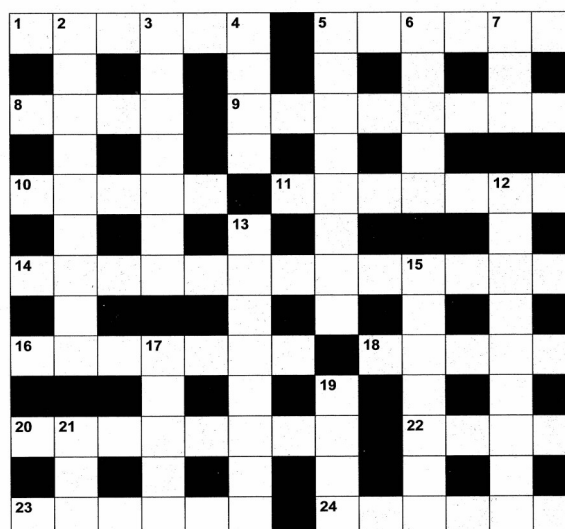
Needle Craft Group: In April and May, our crocheters and knitters were busy making red, white and blue lap robes, hats and blankets to share with our veteran patients who live in the senior homes where we donate monthly. They appreciate reminders that Flag Day and 4th of July were created to celebrate their service and bravery while serving our country.

If you would enjoy sharing your needlecraft gifts with people in need in our community, come join us on

Mondays from noon to three. We meet in the card room at the north end of the center, passed the books and near the pool table. If you don't know how to crochet or knit or your skills are rusty, come anyway and we can get you started.



Claudia



Across

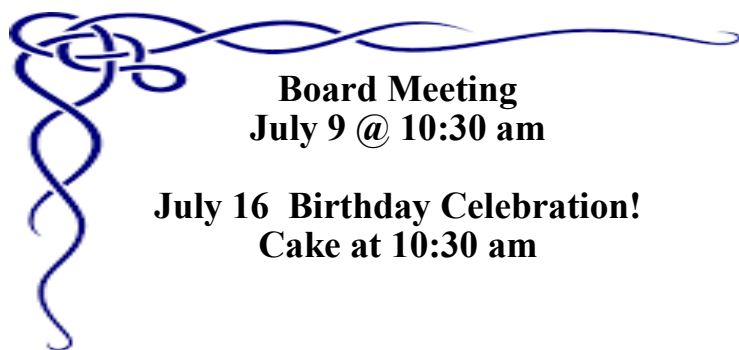
- 1 - Small wave (6)
- 5 - Speak solemnly (6)
- 8 - Encourage in wrongdoing (4)
- 9 - Cookies (8)
- 10 - Engross oneself in (5)
- 11 - Letter (7)
- 14 - Strengthening (13)
- 16 - Annuling (7)
- 18 - Interior (5)
- 20 - Green vegetable (8)
- 22 - Skating venue (4)
- 23 - Opposite of greater (6)
- 24 - Bullet (6)

Down

- 2 - Intermediate (2-7)
- 3 - Template (7)
- 4 - Falls back (4)
- 5 - Inclination (8)
- 6 - Hits (5)
- 7 - Negative (3)
- 12 - Revenge (9)
- 13 - Heavy rain (8)
- 15 - Ore (7)
- 17 - Killer whales (5)
- 19 - Speech defect (4)
- 21 - Fish eggs (3)

Readers Book Group Forms

The May selection was **The Little Paris Book Shop** by author Nina George followed in June with **People of the Book** by Geraldine Brooks and in July will be **The Women** by Kristin Hannah. Group limit is eight (maximum ten) and is full. Members Interested in forming a second group please leave a message at the Front Desk.



Board Meeting
July 9 @ 10:30 am

July 16 Birthday Celebration!
Cake at 10:30 am

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Director 2 YR

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Community Connections

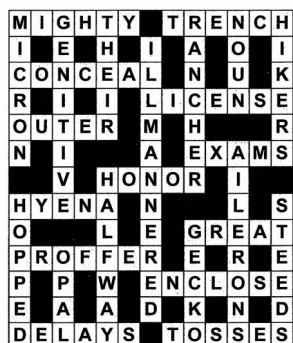
Mike Giertych

Pressure washing: Decks,
Driveways, Houses etc.

Gutter Cleaning.

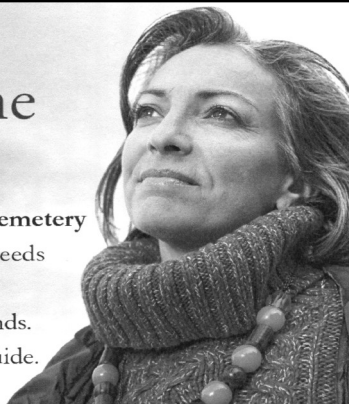
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		3				2	
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9		6				4	8
			7	9	4		
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South Salem Seniors Newsletter Monthly Publication

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 **July 13** for the **August 2025** newsletter.

South Salem Seniors, Inc.
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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!



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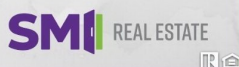
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2025 AARP Driver Safety Classes

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 To make reservation.

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August	12 & 13
September	9 & 10
October	14 & 15
November	11 & 12
December	9 & 10



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