



**South Salem Seniors Inc.
Newsletter**



Rummage Sale October 3-4 9:00 am - 4:00 pm

Craft Fair October 17-18 10:00 am - 4:00 pm

Hello Dear Members and Friends,

Fall is here, one of my favorite seasons, shorter hours of daylight and no more days of 100-degree temperatures. Soon the leaves on the trees will be turning giving us a spectacular show of orange, red and yellow colors.

There are two events occurring at the Senior Center in October that are both fundraisers. The Fall Rummage Sale is scheduled for October 3 & 4. Nifty Thrifty will be selling household items, tools, lamps, pictures, small kitchen appliances, clothing, electronics, holiday decorations, sporting goods, etc. The Gift Shop will have selected higher quality items such as watches, jewelry, glassware and collectible items from around the world. The Book Store will be selling puzzles, games, DVDs, CDs (Music), VHS tapes and books. New this year will be a Kids Corner with good quality stuffed animals, books, games and movies. Sales are by cash or check only.

The Craft Fair is scheduled for October 17 & 18 featuring talented home crafted knitted items, quilts, jewelry, and greeting cards, etc.

Enclosed in this month's newsletter, is a one-page summary of the Year End Financial Reports which include: Cash Basis Statement of Financial Position, and Cash Basis Statement of Activity. The Financial Statements are posted on the Bulletin Board each month, with further detailed reports available monthly. The Senior Center is in good financial standing.

A Big Thank You to Maria Avalos for working so many extra days in Nifty Thrifty. Maria is always a joy to work with. In addition, I want to thank Pati Chambers and Patti Doornick who volunteered their time to do the front desk scheduling while Pam Panther is recovering. Finally, I want to thank Lorraine Brousseau who serves on the Finance Committee, for preparing the August 31, 2025 Year End Financial Statements and updating the list of Assets.

President Jessie Martin

Mark Your Calendar:

October 3-4 -Rummage Sale 9 am - 4 pm

October 8 – Board Meeting 10:30 am

October 14-15 – AARP Safe Driving Class

October 17-18 – Craft Fair 10 am - 4 pm

October 15 – October Birthday Celebration 10:30 am

Correction:

In the September newsletter in an article headed Reimann Family Thanked For Their Generous Contribution, we regret that we mistakenly listed Beverly Reimann's name as Marilyn.

Macramé Class Begins In October

Center member Connie Jones is offering a class in the art of macramé in the Craft Room the first Tuesday of the month from 1 to 3 p.m. beginning Tuesday October 7th. The initial class will feature Halloween themed decorations and plant hangers. All cording, rings or dowels, beads (even small pumpkins) and other materials will be provided at cost (\$15.00). A signup sheet will be placed on the Lobby Activity table on October 1st. Members may sign in person or by calling the Center office. Class size limited to 8 persons.

Just in Time for The Holidays

Center member Carol Wagner, an instructor in Origami, will teach a class titled **Paper Creations** in the Craft Room Wednesdays from 10:00 a.m. to noon beginning Oct 8th. Students will begin by learning to create paper gift boxes and gift bags. Participants are asked to bring scissors and rulers. All other supplies are provided. A signup sheet will be placed on the Lobby Activity table on October 1st. Members may sign up in person or by calling the Center office. The class is limited to 8 persons.

The Wonder of Flowers

Are you one of many folks admiring the beautiful floral arrangements placed about the Center lobby? All credit goes to member Hiroko Newman. Hiroko not only uses her talent in their creation but also provides the variety of flowers, greenery and other bits that make them so intriguing. She can usually be seen Monday and Thursday mornings busily at work maintaining her special works of art. Thanks Hiroko!



In Search Of Storage Space

Due to the generosity of donors the Center often finds itself seriously short of storage space for items that could be sold at a future date in Nifty Thrifty and during the Center's Spring and Fall rummage sales. Items we would like to retain are often rerouted to other not-for-profits and we are happy to share. But having additional room for our own use would be a true asset. If you might have such space available, please contact the Office. And many thanks to member Alta Gardner who has been stashing "all things Christmas" in her garage "for the past six or so years."

Needlework group

The Needlework group continues to turn out a truck load of knitted and crocheted items to share with disadvantaged people in the Salem area. Liberty House that serves families in crisis delight in the stuffed animals to give to children who may have lost everything. The veteran's group sent us a thank you note for the red, white and blue hats, scarves we delivered this summer. And Serenity House thanked us for our lap robes. We have a lot of fun on Monday afternoons and are serving our community too!

Claudia Roberts



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 - 1:00 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 - 3:00 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

Osteo Dance class

Did you know that attending a dance class provides a compelling alternative to a gym workout?

Dancing offers both physical and mental benefits by acting as a full-body workout that strengthens muscles and bones, improves cardiovascular health, and increases flexibility, balance, and coordination. Dancing also helps alleviate stress and anxiety while boosting mood and spatial awareness.

What can you expect if you come to this class? Most weeks we have about 12 minutes of videos that offer a chance to practice warm up exercises that are good for our bones, plus enjoy a bit of laughter yoga. Next up – about 35+ minutes of active, free form dancing to a variety of music. Then enjoy a dance meditation at a slower pace, followed by a few cool down exercises. Join our totally fun dance class every Thursday at 11 am in the South Hall/Bingo Room! Get a great workout, make new friends, and leave with an increased sense of well-being! For more info call Lynn at 805-320-8152.

Lynn Albright, Osteo Dance Coordinator

September Birthdays !



News from Nifty Thrifty !

Since we are already advertising our second annual sale October 3rd and 4th I'd like to remind early shoppers that we'll have a huge selection of lovely Christmas items at "rock bottom" prices. As prior shoppers know we have the best prices in town!

The Staff

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.

New Members - July / August

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

Dolores Immel	Nancy Mitchell	Melissa Irving
Rosemary Laramore	Bridget Losch	Susan Rich
John & Cecily Park	Steve & Jeanette	Gardner
Melissa Weissberg	Ann Elsasser	Arletta Miller
Dianne & Duncan Thomas		Mary Obermeyer
Clara Dawson	Margaret Holley	Randy Kellogg
Linnea Saris	Brenda Trump	Carol Wagner
Margaret Warner	Anne Benton	Marguerit Metully
Alice Martain	Carol Wagner	

NOTICE!

**Beginning Sep 2
New Hours:**

9:00 am - 3:00 pm

Writers Group**THE BEAUTY INSIDE**

Sometimes I look in the mirror and don't like what I see.
I wish I was younger, or thinner, someone else looking back at me.
The lines on my face speak of time and of tears,
And whispers of laughter now distant in my years.
I tug at the fabric that doesn't quite fit,
And sigh at a world that says I have to quit.
But beneath this skin, beneath every scar,
Lies the strength of a soul who has traveled so far.
I've carried the burdens, I've walked through the fire,
I've risen from grief, and dared to aspire.
Each wrinkle a chapter, each gray strand a page,
A record of love, of wisdom, of age.
They might not see the kindness that lives in my heart,
The fierce, quiet courage that's been there from the start.
The stories I've lived, the hands I have held.
The truth of my being too deep to be spelled.
Though mirrors reflect only surface and skin,
They miss the bright glow that burns deep within.
For beauty's not measured by waistline or in years,
But by love freely given and the drying of ones tears.
So now when I gaze with a gentler eye,
I honor the woman who still dares to try.
For I am not lesser—I've only grown wide,
With a soul full of light and genuine **beauty inside**.

© Sylvia Machado, 2025

Gardening Group

Hi Everyone! Well, Autumn is upon us whether the Pacific Northwest weather patterns know it or not. As I write this, the temperature is approaching 90 degrees. Soon enough, though, many of us will be cutting back dying foliage, cleaning debris, raking leaves, planting bulbs, and generally preparing for the colder months ahead. And before all that, some of us will be looking forward to (or back at) our part in the Fall Rummage, Book, and Plant Sale on the 3rd and 4th of October. Hope to see you all there!

For our members and any interested folks, our next meeting is at 1:00 on Tuesday, October 21 in the Center's meeting room!

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

Hello from the Gift Shop!

Happy Fall Season from the Gift Shop!

Here are some great buys:

*Vintage Nabisco "Out of the Cracker Barrel Animal Cracker" Pendulum Clock.

*Wilsons Black Leather Men's Coat. Fur Lined, ¾ Length, Size L. Excellent Condition.

*Beautiful Vintage Lenox Blue Ridge Fine China Dinnerware Set for 6.
Total pieces 36, which include 6 cups and 6 saucers. Excellent Condition.

*2 Vintage Glass Kerosene Oil Lamps.

*Vintage Half Moon Wicker Picnic Basket.
Fully furnished for 4 people. Never been used.

Come see us, Ciao, Ciao! Renata

**MEDICARE
INFORMATION & ENROLLMENT MEETING
October 2025**

Oct 7 NW Financial Ins. Group 1:00 pm - 3:00 pm
Oct 13 NW Financial Ins. Group 10:00 am - 12:00 pm
Oct 20 NW Medicare Advisors (Atrio)
10:00 am - 11:00 am
Oct 21 NW Medicare Advisors w/ Linnea
10:00 am - 11:00 am
Oct 22 Devoted Health Plan 9:30 am - 12:30 pm
Oct 23 Ted Hunt/Sig Brokers 9:30 am - 11:30 am
Oct 24 NW Financial Ins. Group 10:00 am - 12:00 pm
Oct 28 NW Medicare Advisors w/ Linnea
10:00 am - 11:00 am
Oct 29 NW Financial Ins. Group 10:00 am - 12:00 pm

Fall Rummage & Book Sale

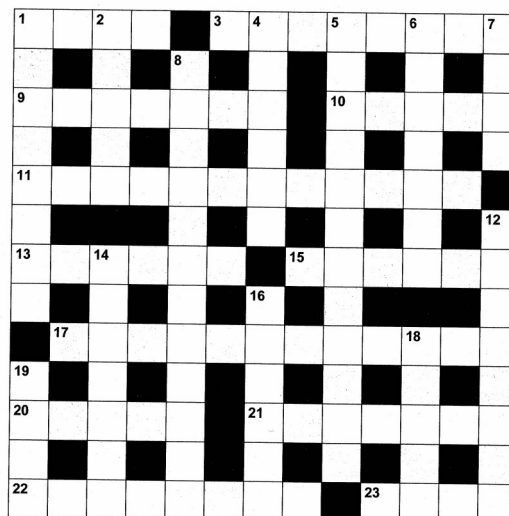
October 3 & 4, 2025
9 a.m. to 4 p.m.

*Household Goods , Tools
Small Appliances, Electronics
Sporting Goods, Christmas Decorations
Clothing for Men/Women and
Children
Books Puzzles CDs DVDs VHS
Collectables and Gift Items of All Kinds*

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 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. Craft Fair October 17-18. Be sure to attend as we have many very talented crafters. If you stop by the SSS Craft table (all proceeds benefit the center), be sure to say hi and if you bring this NL, and you purchase a hot pad or play card holder you get one free (BOGO while they last). We also will have for sale some very nice lap quilts, aprons, and baby quilts. There also will be raffle baskets to take an opportunity with. Enjoy the Craft Fair! 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.



Across

- 1 - Titled peer (4)
- 3 - Bodily structure (8)
- 9 - Mediterranean resort area (7)
- 10 - Repasts (5)
- 11 - Praise (12)
- 13 - Untamed (6)
- 15 - Skin stain (6)
- 17 - Rarely (12)
- 20 - Rice dish (5)
- 21 - Artistic movement (3,4)
- 22 - Cosmic particles (8)
- 23 - Opposite of front (4)

Down

- 1 - Writer of song words (8)
- 2 - Large crow (5)
- 4 - Playing cards suit (6)
- 5 - Concurrence (12)
- 6 - Four singers (7)
- 7 - Otherwise (4)
- 8 - Amusement park ride (5-2-5)
- 12 - Exterior of a motor vehicle (8)
- 14 - Flavoring prepared from pods (7)
- 16 - Leg exercises (6)
- 18 - Eighth Greek letter (5)
- 19 - Musical composition (4)



Board Meeting
October 8 @ 10:30 am

Birthdays Celebration
October 15 @ 10:30 am

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Director 1 YR

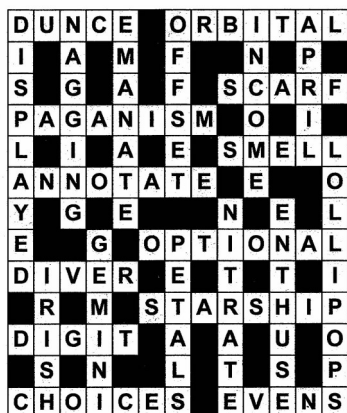
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Director 2 YR
Director 2 YR

Yvonne Corzilius

Community Connections

Crossword Solution for September 2025



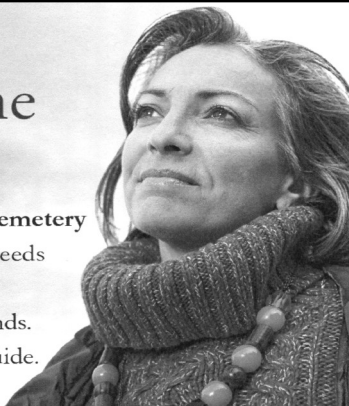
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3			6	1			8
		2		3		7	6
			7	5		2	9
	9		8				1
4			1	7	3		5
5					9		2
3	7		4	1			
2	5		8		9		
4			9	7			2



Join us for Lunch and a Tour!

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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 **October 13** for the **November 2025** newsletter.

**South Salem Seniors, Inc.
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Salem OR 97302**

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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.

Craft Fair

**October 17 & 18 , 2025
10 am - 4 pm**

**40 Tables of Beautiful
Handcrafted Items
Call for available tables
503-588-0748**



2025 AARP Driver Safety Classes

Call **503-588-0748** between 9:00 am - 3:00 pm
To make reservation.

October	14 & 15
November	11 & 12
December	9 & 10

AARP®
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**South Salem Seniors Business Hours
Monday – Friday 9:00 am to 3:00 pm**

**Nifty Thrifty and Gift Shop Hours
Monday – Friday 10:00 am to 2:00 pm**