



South Salem Seniors Inc.
Newsletter



Hello Dear Members and Friends,

November is the time we start celebrating the holiday season. We will be closed on Veteran's Day, Tuesday, November 11th; and Thanksgiving November 24th and 25th. Food Share will not be distributing meals on these days.

Veteran's Day is when we extend our gratitude to all of our Member Veterans for their service, bravery, sacrifice and commitment to our country. Thank You!

We had a successful Fall Rummage Sale with sales totaling \$8,374.00. A Big Thank You to our members for participating in volunteering, donating and purchasing; and our seasoned volunteers for all their hard work to make this event possible and successful.

I want to acknowledge Patti Doornick for covering so many shifts at the front desk in October. Staffing the front desk continues to be a priority and we continue to need more volunteers to perform this vital function.

The Board of Directors has appointed Renata Pilotto to fill the Director vacancy on the Board created by Irene Johnson's passing. Renata has graciously agreed to serve out the term.

It is with deep regret that I announce that Pam Panther has resigned from the Office of Secretary and the Position of Front Desk Scheduler due to health concerns. Pam, we wish you all the best and hope you feel better soon. Thank you for your service to the Center.

Our next membership Meeting is Wednesday, November 19th at 10:30 a.m. with the Birthday Celebration at 11:30 a.m. Please plan on attending.

The Annual Holiday Party is scheduled for Saturday, December 13th. The Salem Community Chorus will be performing at this event. There is a committee of volunteers that will be decorating the Center for the Holidays. If you are interested in helping with decorating please contact Renata Pilotto.

President Jessie Martin

Mark Your Calendar

November 19th - Membership Meeting 10:30 am

November 19th - Birthday Celebration 11:30 pm

December 13th - Holiday Party 12:30 pm

Macrame' Class to Reschedule

Instructor Connie Jones announced the Tuesday 1-3 p.m. macramé' class will be deferred until after the first of the year. Look for this fun-filled and creative activity to be announced in a future newsletter.



Support Group Offered

Center member Matt Russell is offering to facilitate a support group for those with love ones affected by dementia and Alzheimer's disease. As he explains, "This will be an opportunity for folks to enjoy a brief timeout to meet with others in similar circumstances to share concerns, discuss strategies and offer encouragement." A signup sheet will be placed on the Lobby Activity table on Monday November 3rd. Members may register in person or by calling the Center office. Those indicating interest will be contacted for their input in determining the best day for meeting and time.

It's a Wonderful Time of the Year

For many of us no truer words can be spoken. We looked forward to handing out treats to little ghosts and goblins who arrived on our front door steps on All Hallows Eve. And now, soon follows that special day of the year when we gather to count our many blessings and consume ridiculous amounts of turkey, someone's Grandma's famous secret recipe stuffing and generous slices of pumpkin pie (of course the tofu turkey is always a hit as well). We may play cards and board games, watch football on TV for endless hours, find a quiet corner to "catch up on the news" or, if the weather is good, take a long walk together to admire the beautiful changing colors of trees. It is indeed a wonderful time of the year for so many of us.

Happy Thanksgiving one and all!

**Discussion of proposed
FOOD COURT**
permit application next door at the
November meeting.
This will affect everybody.

Quilting and Sewing for Fun

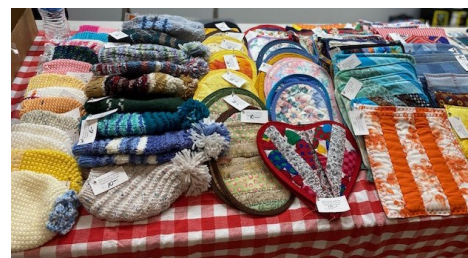
We welcome any interested member to come participate with our Quilting and Sewing group. We meet Fridays 11- about 3 in the Craft Room. We work on a variety of articles and sew for ourselves or for charitable giving. Thanks to those who have kindly made donations and contributions – they are very much appreciated. Thanks to kind donor who contributed a Brother sewing & embroidery combo machine – it is in great shape and will be a nice addition for helping our group with learning about embroidery and adding enhancements to projects.

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.

Craft fair Sale 2025 Photos



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 - 1:00 pm	Craft Rm
"	Reserved	9:30 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	1st Wed 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

Dance Your Way to a Healthier Life

Hello all, It's the season of leaves falling, pumpkin spice lattes, exchanging of sandals for boots, and t-shirts for sweaters. How about adding a new hobby or exercise to the new season? Line dancing is fun and can fulfill both of these things. We'll teach you how to stomp, strut, and scuff. You'll learn how to do the grapevine, jazz box, and rocking horse, just to name a few of the steps. We promise you'll have a blast learning some new moves. We keep the steps easy and offer alternatives for steps. It's a healthy form of exercise, working the mind, body, and soul. It offers numerous health benefits, including physical improvements like increased cardiovascular health, strength, balance, endurance, and bone density. Mentally, it boosts memory, improves neurological functions, and increases confidence, happiness, and self-esteem. So, we welcome you to join us every Tuesday at 1:00 PM for an hour of line dancing, good tunes and happy vibes. Forget your worries, relax, and enjoy yourself. For more information call Linda at 503-930-0617 or email me at lindarichison16@gmail.com.



Linda Richison and Dawn Killough
– Line Dance Instructors.

October Birthdays



HAPPY BIRTHDAY !

Hello from Nifty Thrifty

A big "Thank You" not only to the public and members, but to the team of men that makes our rummage sales such a great success!

"Nifty Thrifty" is still overflowing with many treasures and enough clothing to build a "trousseau"!

All new Christmas items will remain on sale at half price through December 2025.

Take advantage and happy shopping!
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!**

**Kay Flynn
Phyllis Baur
Brenda Slinsky
George Painter
Sandy Hilton
Kate Mackenzie**

**Gail Churchill
Darcy Halter
Laura Langhi
Stacey Kirk
Margaret Bender**

NOTICE!

**Beginning Sep 2
New Hours:**

9:00 am - 3:00 pm

Needlework Group Update

We continue to meet on Mondays from noon to three. We are ramping up our efforts to provide scarves, hats, mittens, socks and gloves to our homeless neighbors through our partnerships with local nonprofit organizations in our area. Scarves and hats are good beginner projects so if you wanted to learn how to knit or crochet, please join us. We have plenty of yarn and needles or hooks to get you started so there would be no cost to you. You do need to be a member of the South Salem Senior Center to join us. If you are not yet a member and have scarves or hats you want to donate, you are welcome to bring them to us when we meet on Mondays. Just put them in a bag and label it for the Needlework group. Come join the fun!



Claudia Roberts

Hi Everyone! Wow! Our plant sale made \$496 for the Center! That is far more than we've ever done at the Fall sale. Many thanks to all the volunteers who worked to make it so successful, to the people who donated plants, and to all who bought them! Now I just have to find some places to plant the ones I bought. . . . The next sale is May 1 and 2, 2026, so as you do your Fall clean-up, keep an eye out for plants that might make good candidates for donations then. We will have guest speakers at the meeting! The topic is "Putting Your Garden to Bed." Please try to arrive on time as they expect to begin at 1:30. We can cover business in the first half hour.

So, for our members and any interested folks, our next meeting is at 1:00 on Tuesday, November 18 in the Center's meeting room!

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

Gardening Group**Happy Thanksgiving from the Gift Shop!**

Hello everybody! We are loaded with lots of beautiful things. Take advantage as the holidays are approaching.

*Vintage Silk Brocade Chinese Style Coat.
Mandarin Collar, Knee Length.
Beautifully Tailored in Saigon, Vietnam.
Excellent Condition.

*Lots of Music Boxes, Crystal Vases and Bowls
and Glasses and much more!

Come check it out. Ciao, Renata

**MEDICARE
INFORMATION & ENROLLMENT MEETING**

November 2025

**Nov 5 NW Medicare Advisors (United Health Care)
w/ Linnea 10:00 am - 11:00 am**

Nov 13 NW Financial Ins. Group 10:00 am - 12:00 pm

**Nov 17 NW Medicare Advisors (Atrio)
10:00 am - 11:00 am**

**Nov 18 NW Medicare Advisors (United Health Care)
w/ Linnea 10:00 am - 11:00 am**

Nov 19 Devoted Health Plan 1:30 am - 3:30 pm

Nov 20 Ted Hunt/Sig Brokers 9:30 - 11:30 am

JEWELRY MAKING STUDIO

If you would like to visit with friends while creating beautiful jewelry, be sure to join us in the Card Room on Mondays from 10:00 AM to 12:00 PM. If you are an experienced jewelry maker, it is a great time to work on new or "in progress" pieces. If you want to learn basic jewelry making techniques, just contact Lorna a week before you plan to attend.
Lorna's mobile number is 503-881-3922

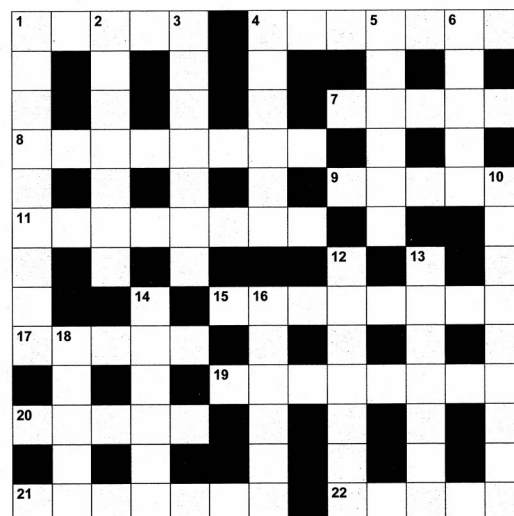
And Thanks Go Too.....

Everyone who contributed to the success of the Center's recent Fall Rummage Sale which garnered a grand total of \$8,374.40. Thanks to the following for their individual contributions: Nifty Thrifty \$5,465.74, Book Store \$932.66. Gift Shop \$1,478.75 and Garden Club for \$496.25. And special thanks to *every* volunteer who helped with setup and takedown, who manned sales tables and packaged purchases, acted as greeters and worked in the office.

Writers Group

Our writers group meets every Wednesday at 10:00-12:00 in the game room. We share our writings with each other. Some of us write in order to tell our stories and family history to our families. Some of us write because we would like to publish our stories. Some of us write because we wake up in the night thinking that we have to write down what is buzzing around in our brains so we can go back to sleep. Some of us just come for the company. You are all welcome to join us. We would love to see you.

Have a happy Thanks Giving's



Across

- 1 - Due to someone (5)
- 4 - Manservant (7)
- 7 - Joyous (5)
- 8 - Water-resistant jacket (8)
- 9 - Incites (5)
- 11 - Juvenile (8)
- 15 - Green vegetable (8)
- 17 - Rank (5)
- 19 - Abnormal (8)
- 20 - Up and about (5)
- 21 - Matter (7)
- 22 - Kingdom (5)

Down

- 1 - Functioning (9)
- 2 - Provokes (7)
- 3 - Icy (7)
- 4 - Rummage (6)
- 5 - Vibration (6)
- 6 - Bitterly pungent (5)
- 10 - Leftism (9)
- 12 - Staff (7)
- 13 - Musical composition (7)
- 14 - Suggest (6)
- 16 - Child's toy (6)
- 18 - Decays (5)



Board Meeting
November 12 @ 10:30 am

Birthdays Celebration
November 19 @ 11:30 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
Advertising
Staff Assist.

Arturo Guillen
Karen Sloan
Kate Bayne

President's Email: ssscoffice@comcast.net
Treasurer's Email: sssoffice@comcast.net

President: Jessie Martin
Vice President: Sylvia Machado
Treasurer: Karen Sloan
Secretary: Pamela Panther

Director 1 YR
Director 1 YR

Roger Corrado
Bill Fitzgerald

Director 2 YR
Director 2 YR

Renata Pilotto
Yvonne Corzilius

Community Connections

Crossword Solution for October 2025



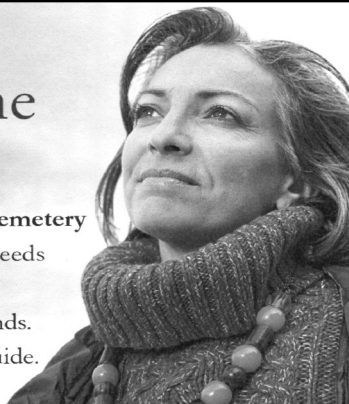
Thank you for your Donations!

Charlene Zwegardt
Pati Chambers
Cheryl & Stephen Yant
SSS Writers' Group
Ester Puente
Takako Schaumburg
Moises Arellano
David Cassens



*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

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

*Family Owned
and Operated
Since 1893*

503-363-8652

*Overlooking
Historic Pioneer
Cemetery*

5-Star Care & Back to Home

- 5-Star Quality Care
- Personalized Recovery Plans
- Rehabilitation Services
- A Team You Can Trust



Call (503) 877-8351
to start your recovery journey!



SALEM
TRANSITIONAL CARE

Tyler Bolin Administrator
TBolin@Avamere.com

Shannon Becerra DNS
SBecerra@Avamere.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.*

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**

**Moser Roofing
Licensed Bonded Insured
CCB # 55274**

Don Moser

503-378-1107 Office
www.moseroof.com

503-378-0229 Fax
info@moseroof.com

Community Connections



Dunnrite Notary Service

Traci Dunn
Mobile Notary Public
Oregon and Washington



Cell: 503-559-0412
Email: dunnrite8@yahoo.com

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



Kay Whittenburg

Independent Mary Kay Cosmetics Consultant

318.294.6564

Email: kaymakeup@aol.com

Website: marykay.com/kwhittenburg

30 years of helping women feel better about themselves

Solista

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

503.362.9141 SolistabyCogir.com

707 Madrona Ave. SE Salem, OR. 97302



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.



MELISSA BEEKS

971-600-5949

WWW.AGOLDENHANDHOMECARE.COM

admin@agoldenhandhome.com

BONDED • INSURED • LICENSED

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

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

**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.

Country and Western Jam Session

**Come and enjoy
Mondays 10 am to 12 pm**



2025 AARP Driver Safety Classes

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

December 9 & 10



**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**