



**South Salem Seniors Inc.
Newsletter**



Hello Dear Members and Friends,

Happy New Year! I hope that your holidays were full of fun and joy. Special thanks to all the volunteers that decorated the Center, arrange for the catering of the food and did the setup and tear down for the Holiday Party. Approximately 140 people attended the event.

I would also like to recognize Rick Saul who sings with the Salem Community Chorus for making arrangements for the Chorus to come and sing at the Holiday Party. In addition, we had the Chinese Dance Group perform and Karen Metcalf played Christmas Carols on the piano which everyone enjoyed. Renata Pilotto did a fabulous job officiating the evening with lots of activities and JoAnn Perry made a great elf helping Renata with the trivia prizes.

The AARP Driver Safety classes scheduled for 2026 is listed inside. Classes allow for up to 24 participants per session. Sessions are two-day events. Stop by the front desk or call the Center to register.

On January 20, 2026 we will start taking appointments for the AARP Tax Preparation. Please stop at the Center to make an appointment or call 503-588-0748 during business hours: 9 am to 3 pm.
Do not leave a message for appointments; please call back during business hours.

I am excited to introduce a new monthly feature in our newsletter beginning with our **February issue – Meet Our Member!** Each month, we are going to spotlight one of our wonderful Center members, sharing a glimpse of their background, life experiences, and what makes them a valued part of our community. It's a chance to celebrate the stories, talents, and journeys that enrich the Center every day. Keep your eyes out for this new feature – don't miss it.

Finally, I want to thank Jerry Aguinaga for repairing and painting the ceiling and drywall due to water damage in the South Hall. Jerry has volunteered numerous times to perform repair work for the Center.

President Jessie Martin

Mark Your Calendar:

January 13 – 14th - AARP Driver Safety Class

January 14th – Board Meeting 10:30 am

January 19 – Center Closed for Martin Luther King Jr. National Holiday

January 20th – Center Starts Taking Tax Preparation Appointments

January 21st – January Birthdays Celebration 10:30 am





South Salem Seniors Inc. Christmas Celebration 2025

Pictured above are a group of happy folk enjoying the recent Center Holiday party. From songs performed by the Salem Community Chorus to the delicious food, entertaining Chinese Dancers, Trivia games, gift exchange and raffle basket, there was something for everyone to enjoy. Many thanks to the volunteers who made this lead-up to the holidays so enjoyable.

Welcomed back to the entertain at the annual Center Holiday party, the Salem Community Chorus, seventy members strong, performed a play list of beautiful seasonal themed songs for the appreciative audience.

An Invitation to Participate in a Life Enhancing Program

Many Center members will remember Patrick Brodigan's popular seminar on Promoting Healthy Aging. An Older Adult Behavioral Health Specialist at Marion County Health and Human Services, he now works with the **Program to Encourage Active Rewarding Lives (PEARLS)** for which he says "Anyone feeling stuck and lacking energy or having trouble moving forward with what is important in their life" may benefit.

Watch for informational posters soon to be placed by the Health Department on the Center entrance bulletin board.

Note: this is not a Center activity but mentioned in the interest of aiding Center members.

Join the Fun and Participate in a Paper Crafting Crop Session

All paper crafting Center members are invited to meet from 10:00 a.m. to 2:00 p.m. in the North Hall on the 4th Friday of the month beginning in January.

Attendees are invited to bring their scrapbooking and other creative paper projects.

Sign-up clipboards will be found on either the Hall Activity Board or Lobby table.

Quilting and Sewing for Fun

We welcome any interested member to come participate with our Quilting and Sewing group. We meet Fridays **new hours 9 am to 3 pm** in the Craft Room. We work on a variety of articles and for ourselves or for charitable giving. Thanks to those who have kindly made donations and contributions – they are very much appreciated.

The Holiday Quilt was raffled off at the Holiday Celebration event on Saturday and was won by Louise Myers- Congratulations! New items will be put in the next raffle, so watch for it in the lobby. Proceeds to the benefit of the Quilt & Sewing for fun group at SSS.

Also coming in the new year will be an offering of Sewing Classes for interested members. Sign up sheet in the lobby. Please list your name, contact phone, and an idea or two of your sewing interest. We can give you intro to sewing, machine function and maintenance and then graduate to other details of sewing whether it is sewing garments, stuffed toys, quilting and or machine embroidery. We can do sessions for up to 5 or 6 people (limited to the number of sewing machines we have). We will get started with classes next mid-Jan to Feb and be guided where people need assistance with sewing.



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.

Current Weekly Activities

Mon	Needle Crafts	12:00 pm - 3:00 pm	Card Rm
"	Energize with Linnea	10:00 am - 11:00 am	South hall
"	Single Deck Pinochle	10:00 am - 2:00 pm	Meeting Rm
"	Jewelry Class	10:00 am - 1:00 pm	Craft Rm
"	Reserved	9:30 am - 3:00 pm	Craft Rm
Tue	Bridge	11:00 am - 3:00 pm	Card Rm
"	Cribbage	1:00 pm - 3:00 pm	North Hall
"	China Painting/Arts	10:00 am - 1:00 pm	Craft Rm
"	Line Dancing	1:00 pm - 2:00 pm	South Hall
"	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	South Hall
"	Rummikub	12:30 pm - 2:30 pm	Card Rm
"	Chess	10:00 am - 12:00 pm	North Hall
"	Book Group	1:00 pm - 3:00 pm	3rd Wednesday Craft Rm
"	Chair Exercise	1:00 pm - 2:00 pm	1st Wed South Hall
"	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	South Hall
"	Osteo Dance	11:00 am - 12:00 pm	South Hall
"	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

A recent article suggested the new year might be a perfect point in time to see how you are doing in life. Here's the suggested checklist (be honest!):

- Physical mobility
- Financial simplicity
- Consistent health routine
- Emotional resilience
- A personal code of values

If your plan is to remain independent, you'll need to do the work. No New Year's resolutions needed. Enjoy what you have – find what you don't. You can do it.

Happy New Year!



December Birthdays



HAPPY BIRTHDAY !

Happy New Year from Nifty Thrifty!

Thank You for your Donations
and Patronage!

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

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

Jean Rasmussen
Mary Shires
Judith Pampinella
Jon Bates
Tammy & Tony Polinsky

Kim Young
Troy & Susan Surgeon
Marsha Gentle
Beauford Averette

NOTICE!

**Beginning Sep 2
New Hours:**

9:00 am - 3:00 pm

Needlework Group January 2026

Welcome to the New Year! We are already knitting into 2026! We try to work ahead of the calendar so that we can get seasonal items to the non-profits we support in plenty of time for them to deliver them to their clients or patients. That is why this month's picture is of pink, red and white items for Valentine's Day. We also have faith that winter is coming and people will need warm hats and scarves.

We have had four new ladies join us so our group is growing. Two of them are just learning to knit so we are looking forward to what they can contribute to our donation piles each month. If you are curious or need help on learning a new stitch or fixing a mistake come visit us on Mondays noon to 3PM. We are happy to offer some help and encouragement.

Blessings,

Claudia Roberts



Introduction To Card Making Adds Class

Due to the level of interest in this popular activity, beginning in January both morning and afternoon sessions are now available the 4th Wednesday of the month.

Participants at either time will be working on the same projects. Sign-up clipboards will be found on either the Hall Activity Board or the Lobby table.



Happy and Healthy New Year from the Gift Shop!

Hello everybody! Here are some of the beautiful things we have for sale:

***Blizzard Thermo Gel X-Spirit Skis; Scott Ski Poles, and Rossignol MID Men's Ski Boots.**
All priced to sell.

***Vintage "Mountain Man" Bronze Statue with a Marble Base.** A Collector's Item.

***Espresso Machine Breville The Infuser BES840XL.** Excellent Condition and Great Buy!

***Swarovski Annual Edition Crystal Snowflake 2000.** A Collector's Item.

Lots of beautiful vases!
New items displayed every day.

Come check them out. Ciao, Renata

Garden News

Hi Everyone! It's a New Year. I hope everyone had happy holidays. I didn't have much to say because I'm late sending this but we will be meeting January 20 at 1:00 pm. We may have to meet in the cafeteria if tax groups have begun, but we'll be together somewhere.

Questions or suggestions, call us!

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

"Best Reads" Returns to the Center

Alice MacGougan, Senior Librarian, Adult Services, and associates from the Salem Public Library will present **Best Reads of 2025 on Wednesday, January 28th at 1 p.m. in the North Hall.**

Selected titles include a variety of genres. Presented at the Center for the first time last year, this program was not only well attended but led to the formation of the Center Readers Group.



Life Story/Writers Group

The Carpenter's Hands

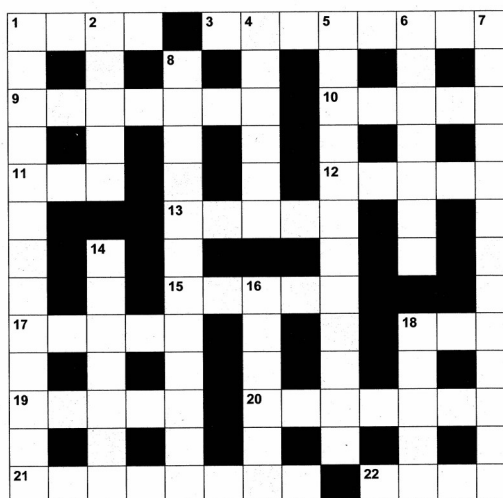
For years these hands have shaped and cut
From Tulsa to Alaska, Okinawa to Algiers
Creating things of timber, creating things of wood.
These are hands of a craftsman.

Back and forth they go for the hundred millionth time.
Back and forth, without exertion, without hesitation
They fumble for a ruler and draw another line,
With swift bold strokes that communicate precision.

These hands are scarred, the wood has taught its lessons
With broken tools and bandages the gives back full measure.
Broken nails, callouses, arthritis, and lesions
and yet the hands still stroke the wood with pleasure.
For time and wood have made these hands the best,
but all too soon these hands will lay the wood to rest.

Terry Thrasher

Wednesday's 10 -12 Card Room



Across

- 1 - Office table (4)
- 3 - Morally compel (8)
- 9 - Eastern governors (7)
- 10 - Fleshy (5)
- 11 - Personal pride (3)
- 12 - Stated (5)
- 13 - Recorded (5)
- 15 - Region (5)
- 17 - Defense (5)
- 18 - Correlation coefficient (3)
- 19 - Inactive (5)
- 20 - Machine workers (7)
- 21 - Observing (8)
- 22 - Group of women (4)

Down

- 1 - Circulation (13)
- 2 - Fight (3-2)
- 4 - Spiritual head of a diocese (6)
- 5 - Uncertain (12)
- 6 - Living in water (7)
- 7 - Efficiently (13)
- 8 - Favoring private ownership (12)
- 14 - Plain (7)
- 16 - Sovereign's bodyguards (6)
- 18 - Historical local official (5)



Board Meeting
January 14 @ 10:30 am

Birthdays Celebration
January 21 @ 10:30 am

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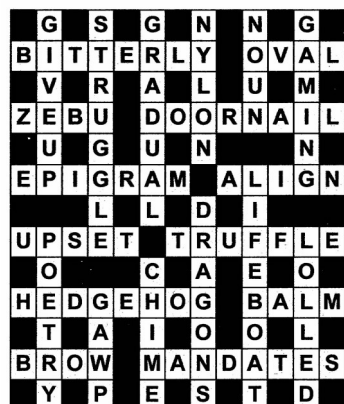
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Judy Tennant

Director 2 YR
Director 2 YR

Renata Pilotto
Yvonne Corzilius

Community Connections

Crossword Solution for December 2025

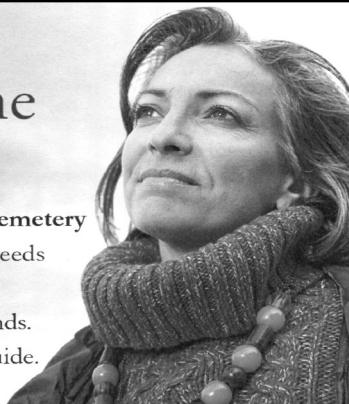


Call for Volunteers!

We're looking for enthusiastic seniors to join our Expansion Committee and help shape the future growth of the South Salem Senior Center. If you enjoy working with others, sharing ideas, and making a difference in our community, we'd love to have your energy and insight! Together we can expand programs, welcome new members, and strengthen the spirit of connection that makes our Center special. Stop by the front desk or call 503-588-0748 to learn more and get involved!

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Christmas Celebration 2025



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Community Connections

NEW - Table Tennis

Table tennis is a sport that can be played at any age and is especially beneficial to people over the age of fifty five. Playing increases heart rate, and is a recognized aerobic workout.

In one hour of play, you can burn almost 270+ calories! It is low stress on joints, stimulates brain function and brain blood flow. It improves reflexes, hand/eye coordination, balance, and promotes mental well-being. In addition – it's fun! Single practice is available when the table is folded – many have said it brings back happy childhood memories, so consider brushing up on those skills!

Signup sheet is in the lobby – reserve dates and times on the weekly calendar there.



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



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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.

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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.

**Happy New Year
from all of us at
South Salem Seniors Inc.**



2026 AARP Driver Safety Classes

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

January	13 & 14
February	10 & 11
March	10 & 11
April	14 & 15
May	12 & 13
June	9 & 10
July	14 & 15
August	11 & 12



**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**