



South Salem Seniors Inc.  
Newsletter



It is truly an honor to step into the role of President of the South Salem Senior Center as of March 1, 2026. I accept this responsibility with gratitude, humility, and a deep commitment to serving our members and community. I especially want to recognize outgoing President Jessie Martin, whose professionalism, kindness, and dedication have set a high standard. I only hope I can fill those caring and capable shoes as we continue working together to keep our Center a warm, welcoming place for friendship, growth, and connection for all.

The South Salem Senior Center was founded in 1989 by a small group of dedicated individuals with a shared vision. The Center has grown into a vibrant, welcoming gathering place of over 700 members age 50 and over. We continue to provide a comfortable and inclusive venue with a wide variety of educational programs, social activities and special events, in a friendly and supportive setting.

We deeply value each of our members at the South Salem Senior Center — you are truly the heart, spirit, and strength of this wonderful community. As our Center continues to grow and expand, we rely on the generosity of members willing to volunteer their time, talents, and energy to help us thrive. Volunteers are very much needed right now, whether for events, activities, welcoming new members, or helping behind the scenes. By stepping forward together, we can ensure our Center remains vibrant, supportive, and enriching for everyone. **Please join us. We need you.**

Each month of March in our beautiful Salem brings a welcome sense of renewal and fresh beginnings. As the days grow longer and the first signs of spring appear, it's a wonderful time to reconnect, try something new, and enjoy the company of friends at the South Salem Senior Center. Whether it's volunteering, joining an activity, sharing a laugh over coffee, or simply enjoying the brighter days ahead, March reminds us that each season offers new opportunities for joy, connection, contribution and community.

Sylvia Machado, President



## Meet Our Member — Bob Mason

Bob Mason has a life story that reflects dedication, service, and a strong sense of community; qualities that now shine through in his volunteer work at the South Salem Senior Center, where he has been a member for the past two years. Bob was born in Portland, Oregon, at what is now Legacy Emanuel Medical Center, and was raised in Coquille, Oregon. As a young man, he chose to serve his country by joining the Army. During his military career he spent two years stationed in Germany.

Then fate brought him together with his wife, Carol, and they were married in 1968. Over the years, Bob and Carol moved several times before finally settling in Salem in 2012. Carol built a long and successful career as a seamstress, working at Nordstrom for 38 years before retiring. Bob's own career included 25 years as a school bus driver, a job that certainly required patience, responsibility, and a good sense of humor.

After retiring, Bob found himself with extra time and not quite sure how to fill it. A good friend, Roger, suggested he check out the South Salem Senior Center, a suggestion that proved to be life-changing. Bob quickly became involved and now volunteers with the Maintenance Department, where he works alongside Charlie, Dan, Mike, and Roger. You'll often find Bob outdoors helping keep the Center looking its best, mowing lawns, trimming landscaping, clearing the back lot, and assisting with deliveries and pickups. He takes pride in contributing wherever he's needed and especially enjoys the camaraderie of working with fellow volunteers. He also values the simple pleasures at the Center, like sharing coffee and conversation with friends, and says the social connection is one of the things he appreciates most.

Bob encourages anyone who may be feeling lonely, bored, or simply looking for meaningful activity to consider volunteering. Bob shared that volunteering at the Center isn't just something he enjoys, it gives him a real sense of purpose and connection to the community.

For him, it has brought renewed energy, purpose, and friendship. His personal motto reflects his generous spirit: **"I will do anything to help anybody that I can."**

And with a bit of humor and determination, he offers this additional advice:

**"Physically speaking, if it hurts, do it again."**

Those who know Bob at the Center would surely agree; he lives his values every day and helps make our community a warmer, more welcoming place.



## Needlework Group news

This month, I want to highlight the commitment that our knitting and crocheting volunteers have to the non-profit programs we partner with to provide comfort to their clients and residents.

The residential programs are thrilled to have the lap blankets that we provide. The homeless non-profits are very grateful for the hats, scarfs and mittens that we provide in the winter months. The family services programs appreciate the baby blankets, hats and booties we make. And the veteran's home appreciates that we provide red, white, and blue items to help the residents celebrate the Fourth of July and all of the other veterans holidays. And they all like the stuffed animals we are making.

Rest assured that our volunteers spend many more hours at home working on their donation pieces in addition to the usual Monday noon to three time where we meet together. Our gifts to the community let them know that the seniors at South Salem Seniors care about our neighbors who we don't even know.

Blessings,

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	South Hall
"	Single Deck Pinochle	11:30 am - 2:00 pm	Craft Rm
"	Jewelry Class	10:00 am - 12:00 pm	Card Rm
"	Jam Session	12:00 pm - 1:30 pm	North Hall
"	Chinese Dance	1:30 pm - 3:00 pm	South Hall
Tue	Bridge	11:00 am - 3:00 pm	Card Rm
"	Cribbage	12:00 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
"	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	South Hall
"	Creative Card Making	1:00 pm - 3:00 pm	2nd Wednesday Craft Rm
"	Intro to Card Making	9:30 am - 3:00 pm	4th 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
"	Chinese Dance	1:00 pm - 3:00 pm	South Hall
Fri	Mexican Train	10:00 am - 3:00 pm	Card Rm
"	Double Deck Pinochle	11:30 am - 3:00 pm	Card Rm
"	Quilting Group	9:00 am - 3:00 pm	Craft Rm
"	Mahjong	11:00 am - 3:00 pm	Card Rm
"	Life's Journey Woman's Group	1:00 pm - 3:00 pm	1st Friday of the month North Hall

### A Message from Jam Session leader Steve Yant

Calling all musicians to a friendly and exciting weekly jam session at the SSSC. Some of us have been gathering for the past year in the Center Lobby to play, sing and have a musical good time together. We have grown slowly into a larger and more musically diverse group and hope that some of the readers of this newsletter will join us as we move to a new time and place. We have been invited to play in the North Hall every Monday from noon to 2 p.m. thinking that the music will soon become contagious as we continue to become bigger and better, perhaps moving toward having a rollicking talent show now and again! We invite all who want to sing, dance, strum the strings, blow the horn or just to stop by to listen to the music to join us.

### Life Story/ Writers Group

In our writer's group, we're not just telling stories; we're weaving the threads of our lives into tales that resonate with laughter, tears, and everything in between. We believe that every life is a story worth sharing, and together we can help each other bring those stories to life. As we navigate the pages of our past, we're discovering that our stories aren't just memories; they're living, breathing adventures that shape who we are.

Our group is always eager to welcome new members, so if you're ready to pick up your metaphorical pen and join us on this adventure, we'd love to have you. Whether you're a seasoned storyteller or just starting your journey, let's write our stories and inspire each other, one word at a time.



### February Birthdays



**HAPPY BIRTHDAY !**

**Barbara Frankel**



### Chinese to English Class Soon to Be Available

SSSC member Rick Saul is offering an opportunity for Chinese speaking members to join him in exploring the English language. Members may find a sign-up sheet on the Lobby table and Rick will follow up with interested parties to determine time and place to meet.

### Book Group Reads

The selected book for January was **Theo of Golden** by author Allen Levi. Members found it to be a delightful read and highly recommended it as likely to appeal to most readers. Persons interested in joining this lively group are invited to join the group which meets on the third Wednesday of the month at 1 p.m. in the Craft Room. The selection for February is **Deacon King Cong** by author James Mc Bride.

**New Members**

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

**Qing Quing Yu  
Lynn Garcia  
Karen Payne  
Anastasia Noble  
Jan Gudeman  
Mary Wandell  
Barbara Fletcher  
Jan Olsen  
Kiley Haverty  
Juana Rojas  
Bonnie Mark  
Joyce Birkenheier**

**Stephanie Aguilera  
Louise Maras  
Emilou Nelson  
Linda Stonebarger  
Cindy Miller  
Ray Hanley  
Terry & Sherry Parks  
Marjorie Cunningham  
Lucy McClellan  
Vicky Seed  
Maureen Mould  
Clarence & Lucy Pyatt**

**Sunni York  
Billie Bagger  
Sue Koger  
Laura Saltares  
Joan Robinson  
Gregory Pearson  
Duane Scholl  
Kathleen Evans  
Shirley Spendal  
Richard Bates  
Rachael Lamb  
Peggy Joyce**

**Quilting and Sewing for Fun**

We welcome any interested member to come participate with our Quilting and Sewing group. We meet Fridays with **new hours 9 am to 3 pm** 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.

Also coming in the new year will be an offering of Sewing Classes for 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 in February with the morning session (9am to Noon) with a focus on Quilt Blocks – so bring a block idea to share. In the afternoon we will get started on our next Charity Project of making pillow cases for hospitalized children with the finished pillow cases donated to Salem Health.

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.

**Garden News**

Hi Everyone! Well, so much for the mild weather! I still have a few annuals/tender perennials that are hanging on. At least nice to see the early plants like the daffodils blooming. Those of you with roses might consider your hard pruning soon. I've started mine. We will have a guest speaker for the March meeting. Theresa Lee will talk about native Oregon trees. She has been a guest in the past, showing us how to make and use bokashi compost. We will also talk briefly about the upcoming plant sale. See you at the meeting March 17 at 1:00 in the North Room, formerly known as the cafeteria.

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

**February 18, 2026 Membership meeting raffle winners:**

The two beautiful, quilted wall hangings were won by Jodie Snook. Renata Pilotto won the Valentine basket. Congratulations to both. The next raffle will be a beautiful African savanna print, so be sure to view in the lobby and get tickets for the next session raffle.

**Center Welcomes Oregon Humane Society to Membership Meeting**

Katie Weinstein, Humane Educator Manager from the Oregon Humane Society and her ambassador canine companion Willow, braved the I5 corridor and poor weather conditions to attend the February meeting where a large number of members in attendance enjoyed her informative presentation covering the history of the Society and the vast interacting network of available animal protective agencies and services spanning the US. Special attention was paid to the Society's second location, their Salem facility equipped to care for a high population of dogs and cats. All other animals are either re-routed to Portland or via the network to associated organizations. While Willow, being an old hand at this sort of thing, slept through most of the presentation, she did make her off-leash rounds happily making the acquaintance of members.

**See page 8 for photos.**

**Happy Spring from the Gift Shop!**

Hello everybody! Hop in for some interesting and beautiful things we have for sale:

**\*Vintage Comfort Kitchen Wood Stove Lamp;**

**\*Two Elgin Sterling Silver Candelabras;**

**\*Vintage Oneida Silversmiths Community 160 Butler Tray. Beautiful tray for any occasion!**

**\*Vintage Wilcox Silver Plate Co. Coffee Pot, Sugar Bowl and Creamer;**

**\*The Rose Lady: 24Kt Gold Dipped Long Stem Dendrobium Orchid (in original box);**

**\*Women's Worthington Genuine Lambskin Leather Jacket, Size L.**

**\*Need a NEW Digital Scale? We have it!**

**Come Browse and Say Hello! Ciao, Renata**

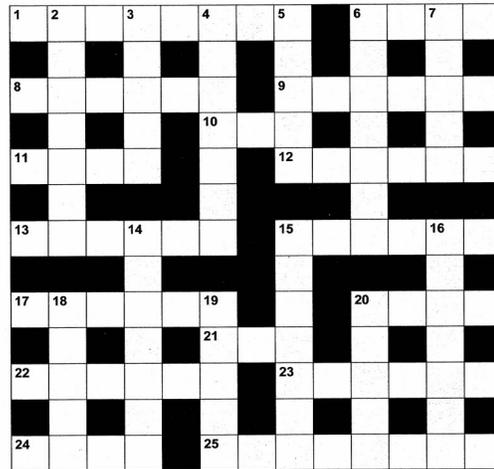
### Aging Smart

There are things in life that you just can't control. So, in order to have a happy and fulfilling life, you need to focus on what actually matters to you. Retirement unfolds in a predictable way. First, the vacation phase – unlimited time to travel and pursue hobbies, unfettered by your former career or child-rearing responsibilities. Second, health issues and loss of abilities and/or important people. Third, figuring out this new life by reviewing values and adjusting expectations. Fourth, figuring out how to be seen, useful and capable of making a difference in this new normal.

Our Senior Center is a great place to go through these phases in life. There's an element of privacy when you associate with people going through similar transitions in life, lots of shared advice and comfort – no judgment, just understanding. "People like us."

So what's in it for you? If you are seen and active as a regular Nifty Thrifty shopper, why not volunteer? What's a couple of hours when you plan to stop in anyhow? You can point out the great deals and best items to visitors! Or, instead of regretting not exercising enough (and noticing your muscles are getting weaker), why not join or coordinate an exercise class – they are free of charge. The power of a group effort with no judgment, combined with friendship and laughter, will have you coming back for more. And don't forget pool, ping pong and jazz sing-alongs- crafts and cards! The list is endless!

It's time to do something new as you roll with life's changes. Come on in – and trust that we were specifically designed to be here for you!



**Across**

- 1 - In the prevailing musical key (8)
- 6 - Catwalk posture (4)
- 8 - Third sign of the zodiac (6)
- 9 - Wonder at (6)
- 10 - Vitality (3)
- 11 - Avoid; be without (4)
- 12 - Lines up (6)
- 13 - Scanty (6)
- 15 - Lots of (6)
- 17 - Chest (6)
- 20 - Plant with flavor (4)
- 21 - Nevertheless (3)
- 22 - Say again (6)
- 23 - Eagles' nests (6)
- 24 - Puts down (4)
- 25 - Driver (8)

**Down**

- 2 - Tool for the Arctic (3-4)
- 3 - Neatens (5)
- 4 - Innocently (7)
- 5 - Punctuation mark (5)
- 6 - Hoggish (7)
- 7 - Shininess (5)
- 14 - Social exchange structures (7)
- 15 - Defend (7)
- 16 - Goals at work (7)
- 18 - Dog like mammal (5)
- 19 - Plant tissue (5)
- 20 - Employer (5)



**Board Meeting**  
**March 11 @ 10:30 am**

**Birthdays Celebration**  
**March 18 @ 10:30 am**

**South Salem Seniors, Inc.**  
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**6450 Fairway Avenue SE**  
**Salem, OR 97306**  
**503-588-0748**  
**www.southsalemseniors.org**

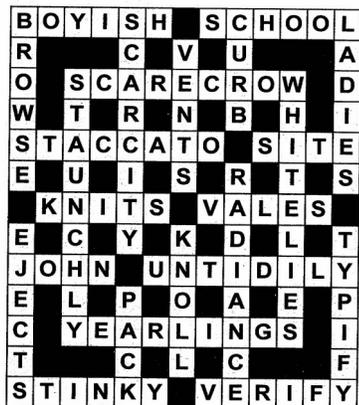
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# Community Connections

## Crossword Solution for February 2026

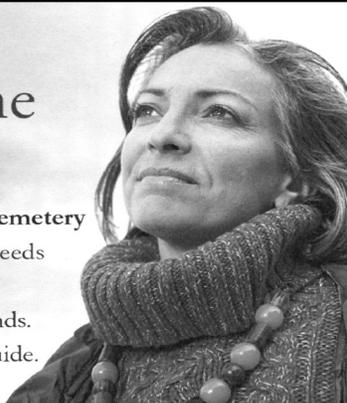


## Call for Volunteers!

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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## Volunteers needed to help keep the center open

For many years we have raised thousands of dollars by recycling the different metals that people donate. When we fill the shed outside with metals we have to load them in to the van to take them to the recycle center. The guys that have been doing this for years are getting older.

Every 3 or 4 weeks we need a volunteer or 2 to help load and unload the metals. Your help would be highly appreciated and is necessary. Inquire with the guys back in the shop.

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# Community Connections

## 4th Friday Papercrafting Social

Join us for this monthly event where papercrafting enthusiasts gather in the same space to work on their projects, share ideas, and socialize with others. This is the perfect opportunity to work on your scrapbooks or to make greeting cards for upcoming occasions. Bring your papercrafting supplies, tools, and projects. Since we'll be there for hours, you may want to bring a snack too!

## 4th Wednesday Cardmaking

Due to the popularity of this monthly 4th Wednesday class, a 2nd session is being added! Now you have a choice. You can register for the morning slot or for the session in the afternoon. Both classes will be making the same projects. We'll be using inks, rubber stamps, and special techniques to create beautiful greeting cards. This is a great opportunity for beginners to learn a new hobby, as well as for current cardmakers to get fresh ideas. Seats are limited and advanced registration is required. Participants are asked to provide their own adhesive. Questions? Contact Vanessa at 541-351-8256 or [svzhong@gmail.com](mailto:svzhong@gmail.com)

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



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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](mailto:arturojg@comcast.net) Deadline for submissions is **March 13** for the **April 2026** newsletter.

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

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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.

Photos from Oregon Humane Society  
Presentation On February 18.

Dog Willow taking it easy.



See article on Page 4

**2026 AARP Driver Safety Classes**

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

<b>April</b>	<b>14 &amp; 15</b>
<b>May</b>	<b>12 &amp; 13</b>
<b>June</b>	<b>9 &amp; 10</b>
<b>July</b>	<b>14 &amp; 15</b>
<b>August</b>	<b>11 &amp; 12</b>
<b>September</b>	<b>8 &amp; 9</b>
<b>October</b>	<b>13 &amp; 14</b>
<b>November</b>	<b>9 &amp; 10</b>



**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**