



South Salem Seniors Inc.
Newsletter



April is Volunteer Month – The Heartbeat of Our Center

April is National Volunteer Month, and there is no better time to celebrate the true heartbeat of the South Salem Senior Center - our volunteers. Everything that happens within these walls happens because someone cares enough to give their time, their skills, and their energy. Volunteers are not just helpers. They are greeters, organizers, problem-solvers, lifters, planners, listeners, leaders, and above all friends.

As we look toward the future of our Center, there are many meaningful ways members can step forward and make a difference.

We are always grateful for volunteers to be our **warm and welcoming front desk receptionists**; those smiling faces who greet members and visitors and set the tone for the day.

Our beloved **Nifty Thrifty** store thrives when we have volunteers with retail or sales experience who can help with display, organization, and customer service. A well-run shop supports our Center in more ways than one and is a vital part of our financial strength.

In our **Recycling Department**, we appreciate those “big, beefy guys” and strong, capable women too, who don’t mind rolling up their sleeves to help with lifting and sorting. This work may be physical, but it is also a vital part of our operations.

We are also seeking members with **accounting experience**, especially those familiar with QuickBooks, to assist with financial organization and reporting. Sound financial stewardship keeps our foundation strong.

If you have experience in **event planning**, your talents could help us create engaging programs, celebrations, and special gatherings that bring joy and connection to our members.

And finally, we welcome those with **executive or managerial backgrounds** to consider serving as Officers or Directors. Leadership at the Center is not about titles, it is about guiding, mentoring, and helping ensure our mission continues for generations to come.

Volunteering does more than support the Center, it gives each of us purpose. It builds friendships. It keeps us engaged. It reminds us that retirement is not an ending, but a new, rewarding chapter of contribution. If you have ever thought, “Maybe I could help”, April is the perfect time to step forward.

The South Salem Senior Center is strong because of you, and with you it will continue to grow.

Join us! We need you!

With gratitude, Sylvia Machado, President

Upcoming Events to put on your schedule:

April: Training Sessions for Front Office, Nifty Thrifty, Gift Shop and Cashiers on Sat either April 18 or 25 time: 9:00 to 12 noon.

May: Semi-Annual Rummage Sale: May 1 & 2, is from 9 am to 4 pm. See page 6 for more information. Volunteers for table setup, cashiers, and take down - please sign up in lobby.

June & July Seminars by Austin Wilholft, Esq.

The Estate Planning Seminar is offered on June 24, 1:30 to 3:00 pm. Estate Planning will focus on Wills; Trusts; role of Trustees, Personal Representatives, and Agents; Advance Directives and Power of Attorney; and discuss how proper planning can reduce confusion, family conflict and court involvement.

The Medicaid Long-term care Planning Seminar is offered on July 22, 10 am to 12 pm. Medicaid Planning will discuss the difference between Medicaid and Medicare benefits; Medicaid eligibility requirements for long term care; income and resource limits; overview of legal planning tools; and common mistakes families make when planning is delayed.

Each session will be limited to 45 people. Sign up at the front desk if you are interested. Seminars are informational and offered at no charge or obligation.

Meet Our Member: Louise Kuebker - A Life in Motion

From the small town of Boring, Oregon to the welcoming halls of the South Salem Senior Center, Louise Kuebker has built a life defined by curiosity, organization, courage, and forward motion.

Born in Boring and raised in Newberg, Louise made her way to Salem in 1980. For the past 26 years, she has been a steady and valued presence at the Center. Today, she lovingly oversees our library; a role that seems perfectly suited to her natural inclination for organization and order. Her interest in the library began years ago when it was managed by Margaret McNeil. What started as appreciation gradually turned into stewardship, and now Louise is the quiet force keeping our shelves tidy, welcoming, and thoughtfully arranged.

Louise truly likes *everything* about the Center, but the library holds a special place in her heart. An avid reader, she is especially drawn to history, drama, and biographies. One of her favorite books is *The Warmth of Other Suns* by Isabel Wilkerson - a powerful historical narrative that reflects her love for stories grounded in real lives and meaningful journeys.

Her own life journey is just as interesting. Louise spent 16 years working in the insurance field before moving into real estate for five years. At one point, she even owned three motels; a testament to her entrepreneurial spirit and willingness to take on responsibility. And in a surprising twist that many may not know, at age 32 she took flying lessons. Although she found landings particularly challenging, the experience reflects her lifelong willingness to stretch beyond comfort zones and try something new.

Outside the Center, Louise enjoys gardening and yardwork; nurturing growth both indoors and out. It's fitting that someone who tends gardens would also tend a library: both require patience, attention, and steady care. Louise volunteers because she believes it keeps a person healthy and engaged with others. Her philosophy is simple and practical, much like the woman herself.



As she says, **“Keep moving or you’ll lose it.”** And in another piece of straightforward wisdom: **“I think everyone should invest 15% of their income”**. In many ways, Louise embodies that idea of wise investment - investing time, energy, and heart into the place and people around her. We are grateful for the many years she has invested in our Center. Thank you, Louise, for helping keep our stories - and our community - beautifully organized.

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 nonprofits 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 veteran’s 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 members of South Salem Seniors care about our neighbors who we don’t even know.

Blessings, Claudia Roberts

South Salem Seniors APRIL Weekly Activities 9:00 AM - 2:50 PM				
DAY	TIME	ACTIVITY		ROOM
MON	10:00-2:00	Single Deck Pinochle		Craft Room
	10:00-11:00	Energize with Linnea		South Hall
	10:00-12:00	Jewelry Making		Card Room
	12:00-1:00	English for Chinese Speaking Members		South Hall
	12:00-2:00	Jam Session		North Hall
	12:00-2:50	Needle Crafts		Card Room
	1:30-2:50	Chinese Dance		South Hall
TUE				
14 & 15 Apr	9:00-1:00	AARP Driving -Sign up at Front Desk		Meeting Room
	10:00-1:00	China Painting/Arts		Craft Room
14 Apr	11:00-12:00	Osteo Dance		South Hall
	11:00-2:50	Bridge		Card Room
	12:00-2:50	Cribbage		North Hall
	1:00-2:00	Line Dance		South Hall
21-Apr	1:00-2:50	Garden Club	3rd Tues	North Hall
WED				
22-Apr	10:00-12:00	Card Making Class	4th Wed	Craft Room
22-Apr	1:00 - 2:50	Card Making Class	4th Wed	Craft Room
	10:00-12:00	Life Story/Writers' Group		Card Room
	10:00-12:00	Chess		North Hall
8-Apr	10:30-12:00	Board Meeting	2nd Wed	Craft Room
15-Apr	10:30-11:30	Birthday Celebration	3rd Wed	Lobby
	12:30-2:50	Rummikub		Card Room
	1:00-2:00	Chair Yoga Exercise		South Hall
1-Apr	1:00-2:50	Dementia Caregiver Support Group	1st Wed	Craft Room
8-Apr	1:00-2:50	Card Making Group	2nd Wed	Craft Room
15-Apr	1:00-2:50	Book Group	3rd Wed	Craft Room
THUR				
	10:00-11:00	Tai Chi/Yoga Flow		South Hall
	10:00-2:50	Hand & Foot Canasta		Card Room
14 Apr (only)	11:00-12:00	Osteo Dance		South Hall
	11:00-2:50	Scrabble		Card Room
	1:00-2:30	Drop-In Art Studio		Craft Room
	1:00-2:50	Chinese Dance		South Hall
FRI				
	9:00-2:50	Quilting Group		Craft Room
	10:00-11:00	Stretching Exercise - NEW		South Hall
24-Apr	10:00-2:00	Paper Crafting Social	4th Fri	North Hall
	10:00-2:50	Mexican Train		Card Room
	11:00-2:50	Mahjong		Card Room
	11:00-2:50	Double Deck Pinochle		Card Room
3-Apr	1:00-2:30	Life's Journey Women's Group	1st Fri	South Hall
M-F	10:00-2:00	Billards / Pool Table		Book Room
SAT 18 or 25	9:00-12:00	Training: Front Desk, Nifty Thrifty, Gift & Cashiers		Meeting Rm

Unless otherwise noted, activities are offered each weekday on the above schedule.

New Members

Thank you for supporting South Salem Seniors, Inc.

David & Rita Shaw	Hillary Thompson
Terri & Kerri Anderson	Erma King
Zannie D'Anna	Cherie Mooy
Katherine Speckman	Kim Peterson
Susan McNaught	Cathleen Callahan
Sharon Lee	Dennis Malone
Linda Pettingill	Douglas Meyer
Johnathan Henson	

Quilting and Sewing for Fun

We welcome any interested member to come participate with our Quilting and Sewing group. We meet Fridays with **hours 9 am to 2:50 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.

Jayne has made a terrific start with our next charity project making pillow cases. She has set up several examples with pre-cut kits and has made great progress with getting more than a dozen sewn. Kits may be sewn by anyone interested — directions are available. The finished pillow cases will be donated to Salem Health or sold at next Fall Craft event.

Come in and see what we are sew happy to share with you! Coordinators: Laurene Brousseau or Jayne Jergentz.

Questions call the SSS Business Office 503-588-0748.

Garden News

Hi everyone! The Spring Rummage, Book and Plant sale is happening May 1 & 2.

We need plants and volunteers to help make the plant sale a success. The volunteer schedule was circulated at the March Garden Club meeting. Sign ups are available for anyone to help out. Everyone is invited to donate plants and bring to SSS preferable on Thursday April 30 when we will be busy setting up for the sale. Plants will be presented in the North Hall.

See you at the April 21 Garden Club meeting at 1:00 pm in the North Hall.

Questions or suggestions, call us!

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

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

March Birthdays



Yvonne Corzilius



Happy Birthday!

Aging Smart

We have a new exercise instructor leading classes in the South Hall: Amy Dalton!



Amy is currently recovering from major back surgery. She is an inspiring example of how to face a major health setback with determination and optimism. We hope she will also inspire you to cheerfully adapt to your own “future” self!

Her vision for the Wednesday chair yoga exercise class is a combination of gentle yoga and non-stressful exercise with added stretches and warmups, suitable for both seated and standing work. Drop in and check things out – no contracts or fees involved, being a member is all you need.

She will also use her experience with dance, yoga, pilates, and strengthening to add to our current Tai Chi /Yoga Flow class on Thursdays.

Give it a try - our non-judgmental group is a lot of fun and will welcome you.

Finally, to my dear friends, at the SSS in this phase of life are unlike friendships with co-workers or neighbors. Thank you for three years of joy, laughter and belonging – and for sticking with exercise flow! I will miss you more than you know, and hope you will all stay healthy, happy and amazing.

You are in my heart forever, Michi

4th Friday Paper crafting Social

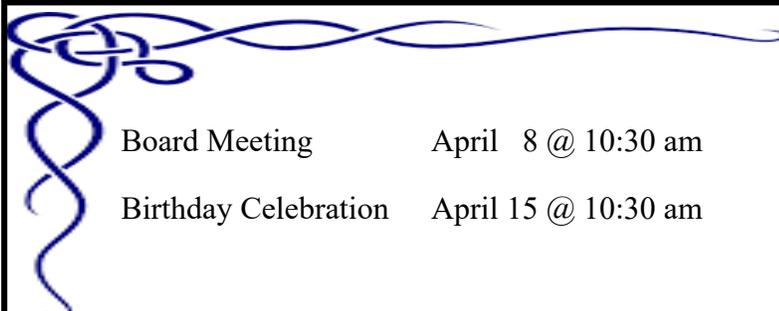
Join us for this monthly event where paper crafting enthusiasts gather to work on their projects, share ideas, and socialize with others. This is the perfect opportunity to work on your scrapbooks or to make greeting cards for upcoming occasions. Bring your paper crafting supplies, tools, and projects.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

4th Wednesday Card making

Due to the popularity of this monthly 4th Wed class, a second session is being added! Now you have a choice. You can register for the morning **or** afternoon session. Both classes will be making the same projects. We will 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 card makers 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 svzhong@gmail.com



Board Meeting April 8 @ 10:30 am

Birthday Celebration April 15 @ 10:30 am

South Salem Seniors, Inc.

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Director 2 YR Yvonne Corzilius

Community Connections

Spring Rummage Sale

SSS is hosting its Rummage Sale on May 1 and 2 with sales from 9 am to 4 pm each day. The sale offers household items, pictures, lamps, housewares, small kitchen appliances, clothing for the family, tools and electronics. Also available are exercise equipment, walkers and wheelchairs.

A recent arrival: Craftsman Lawn Tractor.

The Book Store offers books of many topics, puzzles, CD and DVD media, and games.

The Gift Shop has high quality items such as cosmetic jewelry, watches, glassware and collectibles from around the world.

The Garden Club will have a nice selection of plants for your perusal in the North Hall.

Come browse for your treasure to take home.

Sales are for cash or check only and final with no returns.

Please Note: Donations of clean and useable articles will be accepted until Friday, April 24 to give staff time to price and display. Having extra volunteers on hand is appreciated.

Please note: Activities scheduled for the North & South Hall and Card Room April 29, 30 and May 1 - 4; will be suspended during the sale to allow for setup and take down.

We will resume the regular schedule afterwards.

Book Group Reads

Book selection for April is "Hamnet" by Maggie O' Farrell.

Persons interested in this lively group are invited to join the group which meets on the third Wednesday of the month at 1:00 pm in the Craft Room. Come and enjoy an informational discussion.

Coordinator: Jessie Martin

Life Journey Women's Group

Our next session is April 3rd from 1 to 2:30 pm in South Hall. Our theme will be "Healing from past wounds".

Together we will explore how life's challenges shape us, how we grow through difficult experiences, and how sharing our journeys with one another can bring strength, understanding, and healing.

As always, this is a welcoming and supportive space where each woman's voice and story are valued.

Whether you wish to share or simply listen, you are warmly invited to join us.

VOLUNTEERS WANTED!

Share Your Time • Find Purpose • Make Friends

Are you looking for meaningful connection, new friendships, and a chance to give back?

Being a volunteer at South Salem Senior's is a wonderful way to stay active, engaged and inspired. Whether you have a few hours a month or more time to share. We would love to have your help.

So Many Ways You Can Help!

Why Volunteer? Many of our volunteers say it's the highlight of their week! Together, we create community and your time truly makes a difference.

- Build friendships and community
- Discover renewed purpose
- Share your skills and wisdom
- Stay mentally and socially active
- Have fun while helping others

NEEDED

We have volunteer openings in Reception, Nifty Thrifty, Officers, Financial Accounting, Cashiers for May Sale. Training available. Technical Person for teaching computer classes to improve skills with various applications from Windows, email, internet plus others.

Interested? the Business Office (503) 588-0748

♥ Together, we create community of Seniors helping Seniors - Your time truly makes a difference

NEW: Stretching Exercise Class

We are excited to announce a new Stretching Exercise class beginning each Friday in April! This gentle, feel good class will be held from 10:00 am to 11:00 am in the South Hall.

The class is designed to help improve flexibility, balance, and overall well-being in a supportive and welcoming environment. Whether you are just getting started or looking to stay active this is a wonderful opportunity to move your body and connect with others.

Be sure put your name on the sign up sheet in the lobby and join us.

We would love to have you participate!

David L. Carlson, Lawyer
503-365-0373

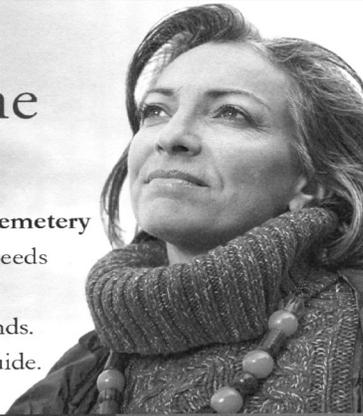
Wills & Trusts/Probates
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Community Connections

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South Salem Seniors Newsletter Monthly Publication

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Newsletter submissions: Please type set in Word /Excel, TimesNewRoman 12 pitch. Leave article off at the Front Desk, NL Editor or email to both: arturojg@comcast.net and brousseauL185@gmail.com. Submit by **April 15** for the **May 2026** newsletter.

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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 or renewal 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.

**South Salem Seniors, Inc.
Membership Rates are as follows:**

Annual Membership or Renewal \$ 25.00 / person

A lapse of 60 days puts your membership inactive. Renewal date is listed on newsletter address label and timely payment is appreciated.

Lifetime Membership based on your age as follows:

- Ages 50 - 64 \$320.00 / person
- Ages 65 - 74 \$206.00 / person
- Ages 75 and older \$100.00 / person

You must have an active membership to qualify for voting and participate in using the facility.

Above rates were made effective September 1, 2025.

2026 AARP Driver Safety Classes

Call Business Office **503-588-0748** business hours to make reservation to attend the 2 day session.

- April** 14 & 15
- May** 12 & 13
- June** 9 & 10
- July** 14 & 15
- August** 11 & 12
- September** 8 & 9
- October** 13 & 14
- November** 9 & 10
- December** 8 & 9



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