



South Salem Seniors, Inc. Newsletter



President's Message – September

September is a meaningful month for the South Salem Senior Center as we welcome our new Board members. Serving on the Board is both a privilege and a responsibility, and I am grateful for each person who has stepped forward to share their time, talents, and commitment to our Center. Please join me in welcoming them and offering your encouragement as they begin this important journey.

Our Board is strongest when it works hand in hand with our members, volunteers, and staff. Together, we can continue to build on the wonderful programs and friendships that make our Center such a special place while exploring new ideas, activities, and services that will enrich the lives of even more seniors in our community.

As we look ahead, I am filled with optimism and excitement about what we can accomplish together. Thank you for your continued support, your willingness to volunteer, and your belief in our mission. The future of the South Salem Senior Center is bright, and I look forward to all that we will achieve together.

One of the most important ways we keep the spirit of the center alive is through volunteering. Our center thrives because of awesome, dedicated members who are willing to give a little of their time and heart to help others. Whether it's greeting members, assisting with activities, helping in the thrift store, or sharing a special skill, every act of service strengthens our community.

If you have ever thought about getting more involved, September is the perfect time. Volunteering not only supports the center—it also enriches your own life with purpose, connection, and fulfillment. There is a place here for everyone, and we would truly welcome your participation.

As we celebrate this month, let us take pride in our center, in one another, and in the lives we continue to build. Together, we are creating a community that supports meaningful connection, and a sense of purpose for all.

With appreciation and warm regards, **Sylvia Machado** President

SIGN UP FOR OUR UPCOMING PRESENTATIONS

TIME

AARP Driving Training	Tu, W, Th	Sep 8, 9, 10	Meet Rm	10:45 to 1:30 pm
AARP Fraud Prevention & Financial Safety	W	Sept 16	Meet Rm	1:00 to 2:00 pm
Rummage Sale Set up: N&S Hall, Card Rm	M to Th	Sep 28 to Oct 1		All day
Rummage Sale, Books, Plants	F to Sat	Oct 2 to Oct 3		9:00 to 4:00 pm
Kick the Clutter	Th	Oct 8	Meet Rm	12:00 to 1:30 pm
Craft Fair: N&S Hall	F to Sat	Oct 16 to 17	N & S Hall	10:00 to 4:00 pm
Brain Health	W	Oct 21	Meet Rm	1:00 to 2:00 pm
Veterans Appreciation Lunch	Tu	Nov 10	N Hall	11:30 to 1:00 pm
Birthday Celebration	W	Nov 18	Lobby	10:30 to 11:30 am
Getting Around Without Driving	W	Nov 18	Meet Rm	11:30 to 12:30 pm
Holiday Celebration Party	Sat	Dec 12	N & S Hall	1:00 to 3:00 pm

Congratulations to Quilt Raffle winner Karen Koos and the goody bag Janice Cannon.

ELECTION RESULTS

Meet our new Officers and Directors for 2026-27:

Sworn in on August 19, 2026

Standing Left to Right:

President	Sylvia Machado
Office Manager	Pam Panther
Vice President	Judy Tennant
Director term 9/1/26 to 8/31/28	Douglas Meyer
Director term 9/1/26 to 8/31/27	Mary Sayen
Director term 9/1/26 to 8/31/28	Renata Pilotto
Director term 9/1/26 to 8/31/27	Roger Corrado

Open Positions—to be appointed

Secretary

Treasurer



Card Making Class Update

I have truly enjoyed providing materials for our card making classes over the years. However, due to the increasing cost of supplies, I am no longer able to cover all expenses myself. Beginning with class on September 2nd, I will be collecting a \$5.00 materials fee from each participant.

Thank you for your understanding and continued support. I look forward to creating with you!

Vanessa Zhong

KICK THE CLUTTER:

Do you want to gain control of your "stuff?" Is it dragging you down? A source of frustration? Do you feel unorganized and waste time looking for things you need? If this sounds like you, this class will show you unique, yet simple systems, primarily using what you have, to streamline your everyday life, resulting in less stressful living.

Kick the clutter! Sign up for this class.

Thursday, Oct 8th, 12:00 - 1:30 pm

OCTOBER CRAFT FAIR

Mark your calendars for our Fall Craft Fair on **Friday and Saturday, October 16 & 17, from 10:00 a.m. to 4:00 p.m. both days!**



Come browse a wonderful selection of unique, handcrafted items created by talented local artisans. You'll find beautiful high-end and costume jewelry, original dog toys, handmade greeting cards, handcrafted wood canes, exquisite dollhouse miniatures, and so much more.

Whether you're shopping for holiday gifts, treating yourself, or simply enjoying a fun day out, you're sure to discover something special. Bring your friends and family and come support local crafters while finding one-of-a-kind treasures!

We are also looking for volunteers to help make the event a success. Volunteers are needed at the Front Desk during both days of the Craft Fair, as well as two volunteers to assist with raffle ticket sales.

Raffle tickets are available at the Senior Center during the Fair for just \$1.00 each or 6 tickets for \$5.00. Stop by and purchase your tickets early for a chance to win some wonderful items donated by Craft Vendors while supporting the Senior Center. Drawing for prizes will be at 3:00 pm.

Admission is free and open for all members and the public. We look forward to seeing you there!

South Salem Seniors SEPTEMBER Weekly Activities 10:00 AM - 1:50 PM					
DAY	DATE	TIME	ACTIVITY	Person In Charge	ROOM
MON		10:00-1:50	Single Deck Pinochle	Pat Jones	Craft Room
		10:00-11:00	Energize with Linnea	Linnea Saris	South Hall
		10:00-12:00	Jewelry Making	Lorna Motte	Card Room
		12:00-1:50	Jam Session		North Hall
		12:00-1:50	Needle Crafts	Claudia Roberts	Card Room
TUES	9/8	10:45-1:30	AARP Driving Safety (Sign up at Front Desk)	AARP	Meeting Room
		10:00-1:00	China Painting/Arts	Muriel Sweringen	Craft Room
		11:00-12:00	Osteo Dance	Lynn Albright	South Hall
		10:00-1:50	Bridge	Lael Poe	Card Room
		11:00-1:50	Cribbage	Sharon Lange	North Hall
		1:00-1:50	Line Dance	Linda Richison	South Hall
3rd Tues	9/15	12:30-1:50	Garden Club	Sandy Santyoyo	North Hall
WEDS		10:00-11:20	Life Story/Writers' Group	Velma Hampson	Card Room
		11:30-1:50	Rummikub		Card Room
		11:00-12:50	Chinese Dance	Qi Yenong	South Hall
		1:00-1:50	Chair Yoga Exercise	Amy Dalton	South Hall
1st Wed	9/2	10:00-12:00	Card Making Class	Vanessa Zhong	Craft Room
2nd Weds	9/9	10:30-12:00	Board Meeting	SSS Board	Craft Room
	9/9	10:45-1:30	AARP Driving Safety (2nd session)	AARP	Meeting Room
3rd Wed	9/16	10:30-12:00	Birthday Celebrations	SSS	Lobby
3rd Wed	9/16	11:30-1:00	Book Group	Mary McFarland	Craft Room
	9/16	1:00-2:00	AARP Fraud Prevention & Fincl Safety	AARP	Meeting Rm
THURS		10:00-11:00	Tai Chi/Yoga Flow	Amy Dalton	South Hall
		10:00-1:50	Hand & Foot Canasta	Marlene Couser	Card Room
		10:00-1:50	Scrabble		Card Room
2ns Thurs	9/10	10:00-11:50	Card Making Group	Joan	Craft Room
		12:00-1:50	Drop-In Art Studio		Craft Room
	9/10	10:45-1:30	AARP Driving Safety (3rd session)	AARP	Meeting Room
FRI		10:00-11:30	Stretching Exercise	Amy Dalton	South Hall
		10:00-1:50	Mexican Train		Card Room
		10:00-1:50	Mahjong	Louise Keubker	Card Room
		10:00-1:50	Double Deck Pinochle	Dave Thorason	Card Room
		12:00-1:50	Chinese Dance	Qi Yenong	South Hall
1st Fri	9/4	12:00-1:30	Life's Journey Women's Group	Sylvia Machado	Meeting Rm
M-F		10:00-1:50	Billards / Pool Table	Arturo Guillen	Book Room
Special events are shown in this color					

Activities with no date are offered each weekday on the above schedule

Needlework Group News

It is amazing to realize that the Summer is winding down and Fall is right behind. Our needlework group has continued to meet weekly on Monday afternoons to work on projects to donate to the non-profits that we partner with. They are all so grateful for the items we donate including lap robes, scarves, hats, baby clothes and our ever-popular menagerie of stuffed animals, amphibians and other critters.

We invite anyone who is interested in joining this group to come check us out on Mondays from Noon until 2pm. Since the first Monday of September is the Labor Day, we will meet at the same time on Wednesday, September 9 (noon to 1:50 pm).

Claudia Roberts



SSS OPERATING HOURS

Our hours will remain at **10:00 a.m. to 2:00 p.m.** through September. We are actively recruiting and training volunteers to fill key positions needed to support our regular schedule.

We appreciate your patience as we work toward returning to our normal hours of **9:00 a.m. to 3:00 p.m.** and look forward to expanding our services as soon as staffing allows.

If you have a few hours to spare and would like to help us return to full operating hours, please consider.

We'd love to have you on our team!

Office Manager, Pam Panther

ATTENTION ! CALLING ALL VETERANS

We are proud to honor the men and women who have served our country at our Veterans Appreciation Luncheon on November 10th. If you are a veteran, we invite you to help us create a special "Wall of Honor" at the South Salem Senior Center. Please consider bringing in a photograph of yourself in uniform so that we may recognize and celebrate your service and sacrifice. These photos will serve as a lasting tribute to the brave individuals who answered our nation's call for service. We look forward to honoring you and sharing your story with our community as we express our gratitude for your service.

AUGUST BIRTHDAY CELEBRATION

Honoring
Maria Avalos and Henny Van Der Linde



Happy Birthday!

EXERCISE WITH LINNEA

Looking for a fun way to stay active, improve your balance, and boost your energy?

Join Exercise with Linnea!

Linnea creates a welcoming, encouraging atmosphere where members of all fitness levels can enjoy gentle movement, build strength and flexibility, and leave feeling refreshed. Her positive attitude and genuine care for each participant make every class enjoyable.

Whether you're just getting started or simply want to keep moving, we'd love to have you join us. Come see why so many members look forward to spending time with Linnea each week -- your body (and your smile!) will thank you!



Hi! from Nifty Thrifty

Thank you all for the wonderful donations that have come our way. We are offering HALF price discounts at this time to help move out merchandise so we can put out some of our overflow.

We do appreciate your thinking of us. Thank you again for your many donations of clean and serviceable articles.

Your contributions help to keep our lights on and the doors open!

Alta & super Nifty Thrifty staff

GARDEN CLUB

Greetings everyone! I hope you've been having a lovely summer. As we begin to wind down the season we need to look forward to the Fall Rummage, Book, and Plant sale on October 2 and 3. It will be a smaller plant sale than the Spring one, but still important as the proceeds go back to support the center. We will need plants and volunteers, especially on October 1 to receive, organize, and mark prices and label names where needed, and during the sale where we need two shifts of helpers each day. Please sign up at our meeting or look for a signup sheet at the center. If you can't make it there in person, please call me (Sandy) at and I will get you on the schedule. We look forward to seeing you at our meeting on September 15 at 12:30 in the Meeting Room!

Questions or suggestions, call us!

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

Life Story Writers Group

Everyone has a story worth telling. Join our Life Story Writers Group and discover the joy of putting your memories, experiences, and adventures into words. Whether you've traveled the world, raised a family, served your community, overcome challenges, or simply lived an interesting life, your story matters.

No writing experience is necessary. We welcome writers of all skill levels in a friendly, supportive environment where members can share memories, inspire one another, and preserve treasured moments for future generations.

Come tell your story—because no one else has lived the life you've lived, and every life is unique, valuable, and worth remembering.

Coordinator, Velma Hampson

Member Meeting Notice:

**August 19, 2026 Membership Meeting
we installed our new officers and approved
our Bylaw revision.**

Thank you for your support.

September 2026

Board Meeting Sept 9 10:30 am Craft Room

South Salem Seniors, Inc.

Mail : PO Box 3094 Salem OR 97302

Located at: 6450 Fairway Avenue SE

Salem, OR 97306

503-588-0748

www.southsalemseniors.org

President's Email: ssscoffice@comcast.net

Treasurer's Email: ssscoffice@comcast.net

Editor

Assist. Ed.

Advertising

Arturo Guillen

Laurene Brousseau

Karen Sloan

President: Sylvia Machado

Vice President: Judy Tennant

Secretary: To be appointed

Office Manager: Pam Panther

Treasurer: To be appointed

Director 2 YR 2025-27

Director 2 YR 2025-27

Director 2 YR 2026-28

Director 2 YR 2026-28

Roger Corrado

Mary Sayen

Doug Meyer

Renata Pilotto

VOLUNTEER APPRECIATION

Our volunteers are truly the heart of everything we do. Their generosity, kindness, and willingness to give their time make it possible for our center to be a place where friendships flourish and lives are enriched. Whether they are greeting visitors, helping with activities, serving on committees, assisting with special events, or quietly working behind the scenes, each volunteer plays an important role in making our center a success. We deeply appreciate the dedication and compassion our volunteers bring each day. They share their talents, energy, and caring spirit without expecting anything in return, and their contributions touch countless lives. We admire their commitment to serving others and the example they set for our community. Simply put, our volunteers are not just helpers—they are valued members of the South Salem Seniors family, and we are grateful for every hour they give and every smile they share. Their efforts make our center a better place for all.

New Members

Please welcome new members joining SSS between July 20, 2026 and August 17, 2026.

Thank you for supporting our organization.

Joan Riley
Dottie Delk
Lacy Gage
Vanda Baughman
Peggy Zach

Mike Williams
Lee and Jean Waring
Patricia House
Louise Bogart
Donna Cowan



Physical Therapy
HWY PT CLINIC LLC
Highway to your Wellness

KEEP DOING WHAT YOU LOVE.

- Walking with friends.
- Playing with grandchildren.
- Gardening.
- Traveling.
- Living independently.

If pain, balance issues, or foot problems are slowing you down, **we're here to help.**

180 Ramsgate Square S
Salem OR, 97302

FREE **BALANCE & MOBILITY SCREENING**
15-Minute Appointment

971-202-1979 HWY PHYSICAL THERAPY CLINIC SOUTH SALEM
We are here to support you in aging place!

www.HWYPT.clinic




Willhoft Law



AUSTIN WILLHOFT, ESQ.

COMPASSION, INTEGRITY, & EMPATHY
BILINGUAL IN MANDARIN | 會說中文

PLEASE CALL FOR A FREE CONSULTATION.

WILLS • TRUSTS • POWERS OF ATTORNEY
ADVANCE DIRECTIVES • ELDER LAW
TRUST ADMINISTRATION • PROBATE
MEDICAID ELIGIBILITY

AUSTIN@WILLHOFTLAW.COM (503) 213-7015

WWW.WILLHOFTLAW.COM // OFFICE: 100 HIGH STREET SE, SALEM, OR 97301



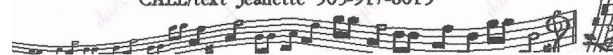
DancePlus+ Aerobics

Special NEW student offer!! 2 FREE WEEKS!!
(Regular classes 8 for \$36.00)

FUN! FABULOUS! FITNESS! For 50& Beyond ladies!

Mon and Wed 4:45: 5:45 pm
VFW Hall 630 Hood St. NE

CALL/text Jeanette 503-917-8015




Prestige Senior Living
Southern Hills

4795 Skyline Rd S Salem, OR

503-378-7499



The Springs[®]
of Salem

Serving Salem for 30 years

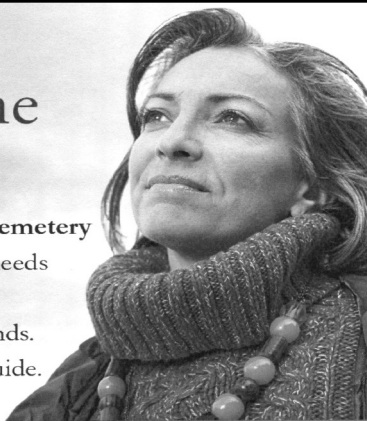
503.364.3383 | TheSpringsLiving.com

INDEPENDENT LIVING | ASSISTED LIVING
MEMORY CARE

Community Connections

*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

*Family Owned
and Operated
Since 1893*

503-363-8652

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

*Overlooking
Historic Pioneer
Cemetery*

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

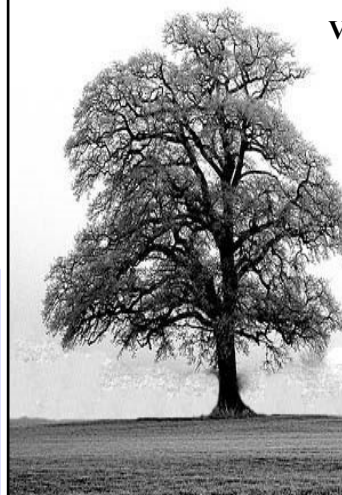
Articles contained in SSS Newsletter reflect individual
opinions and are not necessarily the Center's opinion.

*Advertisements in the SSS Newsletter do not
carry the endorsement or guarantee
of this organization.*

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*



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.*

Moser Roofing
Licensed Bonded Insured
CCB # 55274

Don Moser

503-378-1107 Office
www.moserroof.com

503-378-0229 Fax
info@moserroof.com

Newsletter submissions: Please type set in Word /Excel, TimesNewRoman 12 pitch. Leave article off at the Front Desk, NL Editor or email to: arturojg@comcast.net and Submit by **September 15** for the **October 2026** 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 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 Senior, 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 to make reser-
 vation to attend the session and hours.

September 8, 9, 10
October 13, 14, 15
November 10, 12, 13
Classes start 10:45—1:30
December 8, 9, 10
Dec Class return to 9:30 to 1:00



Bring your AARP membership Card to Class.

South Salem Seniors' Business Hours
Monday – Friday 10:00 am to 2:00 pm

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