



South Salem Seniors, Inc.
Newsletter



RUMMAGE SALE OCTOBER 2 & 3 9 am - 4 pm

President's Message – October

October is a time when the seasons begin to change, inviting us to slow down, reflect, and take care of ourselves in deeper ways. This month reminds us of the importance of **emotional wellness**—caring not only for our physical health, but also for our inner well-being.

Life brings many experiences—joys, challenges, transitions, and memories. Taking time to acknowledge our feelings, to connect with others, and to find moments of peace is essential to living a balanced and meaningful life. Sometimes, the most powerful thing we can do is simply reach out—to share a conversation, offer a kind word, or sit quietly with a friend.

October also brings awareness to important health issues, reminding us to take care of our health and support one another with compassion and understanding. In addition, **Fire Prevention Week** encourages us to be mindful of safety in our homes and daily lives—small steps that help protect our independence and well-being. Here at South Salem Seniors, Inc., we are fortunate to have a community where care and connection are at the heart of all we do. One of the most meaningful ways we express that care is through volunteering. When we give our time—whether welcoming others, helping with activities, or offering a listening ear—we strengthen not only the center, but also our own sense of purpose and belonging. If you have ever considered volunteering, this is a wonderful time to step forward. Every act of kindness, no matter how small, makes a difference and helps keep our community strong and welcoming for all.

As we move through this beautiful autumn season, may we take time to care for ourselves, to support one another, and to appreciate the connections that bring comfort and joy to our lives.

With warmth and appreciation,
Sylvia Machado
President

RETURNING TO OUR REGULAR HOURS!

We are delighted to announce that, thanks to our wonderful volunteers, beginning Monday, October 5th, South Salem Seniors, Inc. will once again be open:
Monday through Friday - 9:00 AM to 3:00 PM
Shops 10:00 AM to 2:00 PM

SIGN UP FOR OUR UPCOMING PRESENTATIONS

TIME

Kick the Clutter	Thu	Oct 8	12:00 - 1:30 pm
Craft Fair	Fri & Sat	Oct 16 & 17	10:00 - 4:00 pm
Brain Health	Wed	Oct 21	1:00 to 2:00 pm
Veterans Appreciation Lunch	Tue	Nov 10	11:30 to 1:00 pm
Birthday Celebration	Wed	Nov 18	10:30 to 11:30 am
Getting Around Without Driving	Wed	Nov 18	11:30 to 12:30 pm
Holiday Celebration Party	(TBA)	Dec	



Please join
South Salem Seniors, Inc.
FOR OUR

VETERANS DAY

Celebration & Luncheon

Tuesday, November 10th, 2026
11:30 AM

Honoring our Veteran members
and their spouses.

SERVICE ★ COURAGE ★ SACRIFICE
THANK YOU
FOR OUR FREEDOM

Sign up at the Center or call 503-588-0748 to register.

Grateful Today. Brighter Tomorrow.

*All Gave
Some...
Some Gave
All...
♥*

*Honor
Respect
Gratitude
Always*

*Freedom
Lives
On ♥*

*THANK YOU
VETERAN*

CALLING ALL VETERANS:

We are looking forward to honoring you with a Veterans' Appreciation Luncheon on November 10th. We just need to know who you are. Please add your name to the signup sheet across from the front desk. Thank you.

NOTICE

Hip, hip hooray! Our volunteers have saved the day! Thanks to volunteers stepping forward we've returned to our previous hours of 9:00 a.m. to 3:00 p.m.

Shops 10:00 am to 2:00 pm

Thank you, volunteers!

Volunteers Needed ASAP

The Nifty Thrifty is looking for two dedicated volunteers to work in the shop. We need help on Tuesday and Friday. Please contact Renata if interested to help one day or more per week.

Thank you!

COMING SOON! BLOW OUT RUMMAGE SALE!

It's almost time for one of our biggest sales of the year! Join us at the South Salem Senior Center for our BLOW OUT RUMMAGE SALE on **October 2nd and 3rd, from 10:00 AM to 4:00 PM**. We'll have hundreds of unique, useful, practical, and just-plain-fun items waiting for new homes—and prices will be SLASHED!

Come treasure hunting! You never know what you'll find—household goods, décor, collectibles, books, clothing, kitchen items, tools, gifts, and plenty of surprises. Whether you're looking for a bargain, something unusual, or simply enjoy the thrill of finding a great deal, there will be something for everyone. Bring a friend, browse awhile, and help support the South Salem Senior Center while taking home some terrific bargains!

South Salem Seniors, Inc.

6450 Fairway Ave SE, Salem, OR 97306

FINANCIAL UPDATE

South Salem Seniors, Inc. remains committed to responsible financial management and transparency. We are pleased to report that the Center had a very successful and profitable year, with a substantial increase of \$76,000 over last year's financial results.

Much of our success would not be possible without our wonderful volunteers. Their generous contribution of time, talent, and energy helps keep the Center running smoothly while allowing us to keep operating costs under control. Our volunteers are truly one of the Center's most valuable assets and play an important role in helping us achieve our financial goals.

Our members can rest assured that the Center is in a strong financial position and that our resources continue to be carefully and responsibly managed for the benefit of our members and the future of the Center. Our financials are available to any member and are posted at the Center.

**PLEASE NOTE NEW TIMES FOR ACTIVITIES
DUE TO CHANGING BACK TO ORIGINAL HOURS: 9:00 AM - 3:00**

**ALL ACTIVITIES TEMPORARILY SUSPENDED SEPT. 28 - OCT. 6 DUE TO FALL
RUMMAGE SALE**

South Salem Seniors OCTOBER Weekly Activities 9:00 AM - 3:00 PM

DAY	DATE	TIME	ACTIVITY	CONTACT	ROOM
<u>MONDAY</u>		9:15-10:15	Coffee Klatch	Yvonne Corzilius	North Hall
		9:30-2:00	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
		12:00-2:00	Jam Session	Karen Rudolf	North Hall
		12:00-2:50	Needle Crafts	Claudia Roberts	Card Room
<u>TUESDAY</u>		10:00-2:00	China Painting/Arts	Muriel Sweringen	Craft Room
		11:00-12:00	Osteo Dance	Lynn Albright	South Hall
		11:00-2:50	Bridge	Lael Poe	Card Room
		12:00-2:50	Cribbage	Sharon Lange	North Hall
		1:00-2:00	Line Dance	Linda Richison	South Hall
	10/13	11:00-1:30	AARP Driving Safety (1st Session) (Sign up at Front Desk)	AARP	Meeting Room
3rd Tues	10/20	1:00-2:50	Garden Club	Sandy Santyoyo	North Hall
<u>WEDNES- DAY</u>		10:00-12:00	Life Story/Writers' Group	Velma Hampson	Card Room
		10:00-12:00	Chinese Dance	Qi Yenong	South Hall
		12:30-2:50	Rummikub		Card Room
		1:00-2:00	Chair Yoga Exercise	Amy Dalton	South Hall
		1:00-2:50	Dementia Caregiver Support Group Resuming in November		Craft Room
1st Wed	10/7	10:00-12:00	Card Making Class Resuming in November	Vanessa Zhong	Craft Room
2nd Wed	10/14	10:30-12:00	Board Meeting	SSSC Board	Craft Room
	10/14	11:00-1:30	AARP Driving Safety (2nd Session)	AARP	Meeting Room
	10/21	1:00 - 2:00	Brain Health For Seniors	Leslie	Meeting Room
3rd Wed	10/21	10:30 - 12:00	Birthday Celebrations	SSSC	Lobby
3rd Wed	10/21	12:30 - 2:00	Book Group	Mary McFarland	Craft Room
<u>THURSDAY</u>		10:00-12:00	Tai Chi/Yoga Flow	Amy Dalton	South Hall
		10:00-2:00	Hand & Foot Canasta	Marlene Couser	Card Room
		10:00-2:00	Scrabble		Card Room
		1:00-2:30	Drop-In Art Studio	Kate Bayne	Craft Room
2nd Thurs		10:00-11:50	Card Making Group	Joan Crowley	Craft Room
	10/8	12:00-1:30	Kick The Clutter	Sue Bloomfield	Meeting Room
	10/15	11:00-1:30	AARP Driving Safety (3rd session)	AARP	Meeting Room
<u>FRIDAY</u>		9:00-2:50	Quilting Group	Laurene Brousseau	Craft Room
		9:15 - 10:15	Coffee Klatch	Yvonne Corzilius	North Hall
		10:00 -11:00	Stretching Exercise	Amy Dalton	South Hall
		10:00 - 2:00	Mahjong	Louise Keubker	Card Room
		10:00 - 2:00	Double Deck Pinochle	Dave Thorason	Card Room
		12:30-2:50	Rummikub		Card Room
		1:00-2:30	Chinese Dance	Qi Yenong	South Hall
2nd Fri	10/9	12:00-1:30	Life's Journey Women's Group	Sylvia Machado	Meeting Room
Mon - Fri		9:00-2:50	Billards / Pool Table	Arturo Guillen	Book Room
Tues - Thurs		9:00-12:00	Corn in the Hole	Arturo Guillen	North Hall

Special events are shown in this color

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

Needlework Group News

Some of you may have heard of our “Knitting Group” at the Center. We are much more than just a knitting group. Some of our members crochet, embroider, weave or do needle punch. So no matter what is the craft you choice, you are welcome to come. If you want to learn a craft, we have people who will teach you. We have yarn, knitting needles, crochet hooks and patterns you can use,

The group meets every Monday in the card room on the north side of the building near the books and pool table. We meet at noon and end at 3pm. Some people come for an hour or two and others find it more convenient to come at one pm. We are very flexible and friendly.

We focus on making items for donations to several non-profit organizations who provide services to needy people in our community. We donate to a veteran’s home, a hospice facility, a family services group and a young mothers service agency. They all appreciate the hats, scarves, lap robes, baby clothes and baby blankets that we make. We distribute our items every month.

Some of our members also donate items to the gift shop and the proceeds go to support South Salem Center.

The picture this month is of a lovely baby blanket made by one of our long- time members.

Submitted by Claudia Roberts



October: Quilting and Sewing for Fun for Fall and Holiday Season

We welcome any interested member to come participate with our Quilting and Sewing group. We meet Fridays with returning to **hours 9 am to 2:50 pm** in the Craft Room. We will be exploring design and quilt block construction techniques in the coming months.

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.

With some of our excess quilting fabrics, notions, and other fabric donations, we have been busy pricing them for the upcoming Rummage Sale, Oct 2nd & 3rd. We also have had several sewing machines donated that will be sold as well. So please look for our sale setup in the north end of the Meeting Room. All proceeds will benefit SSS.

We also will have a presence at the Fall Craft Fair on Oct 16 & 17 and will be showcasing some of the finished projects as a fundraiser to benefit SSS. The coat rack will be filled with lap size quilts and the table tops covered with hot pads, pillow cases and many more hand-crafted items. We will be located on the East wall of the South Hall along with the raffle baskets.

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.

September Birthday Celebration



Donnie Brearley
94 yrs young!



Happy Birthday!

SOUTH SALEM SENIORS FALL CRAFT FAIR & SILENT AUCTION!

Come join us for two fun-filled days at our Fall Craft Fair! Friday, October 16 & Saturday, October 17; 10:00 AM – 4:00 PM

You'll find a wonderful variety of handmade crafts, unique creations, gifts, and treasures — something for everyone!

And don't miss our **FANTASTIC SILENT AUCTION!**

We'll have many unique and exciting items up for bid — a great opportunity to find something special while supporting the South Salem Senior Center.

Bring your friends, browse the booths, place your bids, and enjoy a great community event!

South Salem Seniors, Inc.

6450 Fairway Ave SE, Salem, Oregon

EVERYONE IS WELCOME!



A SPECIAL RECOGNITION FROM THE CITY OF SALEM

South Salem Seniors, Inc. was honored to have our President and a member of our Board of Directors receive a proclamation from the City Council of Salem recognizing the important value and contributions senior centers bring to our community. This special recognition celebrates the vital role senior centers play in keeping older adults active, connected, supported and involved. We are proud that South Salem Seniors is part of that important mission and grateful to all of our members and volunteers who make our Center such a special place.

LIFE'S STORY WRITERS GROUP

Everyone has a story to tell! Join our Life's Story Writers Group and enjoy a friendly, supportive place to put your memories, experiences, adventures, and reflections into words. You don't need to be an experienced writer—just bring your stories and a willingness to share. Whether you want to preserve special memories for your family, explore your creative side, or simply enjoy writing with others, we'd love to have you join us. Your life is a story worth telling!

September 2026 Garden Club Meeting

Hello! Well summer has faded into fall as far as the calendar is concerned, and we have survived the Fall Rummage, Book, and Plant sale. Whew! I'd like to briefly discuss how it went and what we can do better next year. We can also discuss what the weather changes will require for garden care going into fall and winter. What will the super (or maybe mega) El Nino will bring to our area? Will it be wet or dry, warm or cold? The scientists are still unsure, but it will be different. As of October 1 the center's hours will change to 9:00 to 3:00 so the Garden Club will change back to our normal hours of **1:00 to 2:30**. We look forward to seeing you at our meeting on October 20 at 1:00 in the meeting room!

Questions or suggestions, call us!

The Center sincerely thanks Faye Wright Assisted Living & Memory Care.

For the generous donation of a sumptuous lunch for our volunteer orientation meeting!



Member Meeting Notice:

October:

Board Meeting October 14 10:30 am

South Salem Seniors, Inc.

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Located at: 6450 Fairway Avenue SE

Salem, OR 97306

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Director 1 YR

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Mary Sayen

Director 2 YR
Director 2 YR

Renata Pilotto
Douglas Meyer

New Members

Please welcome new members joining SSS between Aug/18 thru Sep/16/2026.

Thank you for supporting our organization.

Stephanie Depascal
Heather Olson
Susan King
Marilyn Silveroli
Rosemary Chacon
Forrest Burris
Paul Spendal

Peter Fox
Thanh-Minh Pham
Kelly Probst
Michael & Judy Smith
Cynthia Mael
Judy O'Shaughnassey
Karen Wilson

At South Salem Seniors, 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 remain a welcoming place where friendships flourish and lives are enriched. Whether they are greeting visitors at the front desk, 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.



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Corn in the Hole !

Equipment will be set up in the South Hall. See Calendar of Events for scheduled days and times.



Let's have fun and remember old Summer times!



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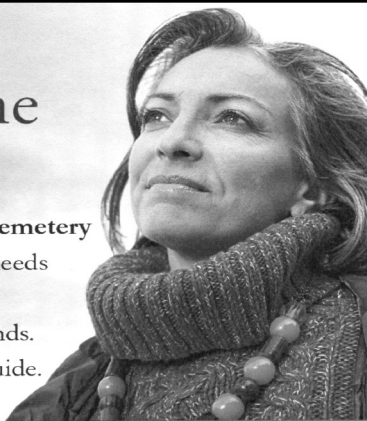
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Join us for Lunch **SALEM**
and a Tour! by COGIR

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South Salem Seniors Newsletter Monthly Publication

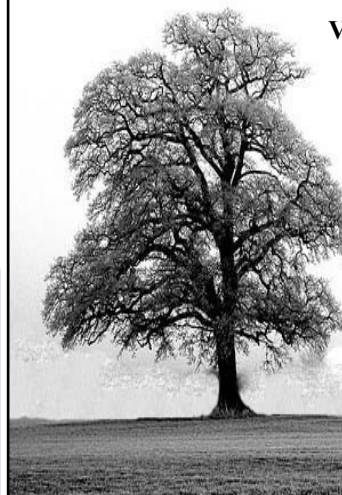
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David L. Carlson, Lawyer
503-365-0373

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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: arturojg@comcast.net and Submit by **October 15** for the **November 2026** newsletter.

South Salem Seniors, Inc.
PO Box 3094
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 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.

AARP®

Driver Safety



October 13, 14, 15
November 10, 12, 13
December 8, 9, 10

Classes are 11:00 am to 1:30 pm
Bring your AARP membership Card to Class.

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