

# DALLAS AREA SENIOR CENTER NEWSLETTER FEBRUARY 2024

## From The Executive Director – Steve Mohr

From the first day of being the Executive Director (January 2), I have been asked by several people, “what does an Executive Director do?” I guess that differs depending on who they work for, but basically Executive Directors are charged to oversee the daily operations of the organization and to carry out the mission of the organization.

The Mission of Dallas Area Seniors (DAS) is “to improve the quality of life for all senior citizens in the greater Dallas area.” As you can imagine, this is a daunting task. Creating an atmosphere and programs that will improve the quality of life for all senior citizen in our area is not only a daunting task, but also practically impossible for many reasons.

1. Since being involved with DAS, I have experienced an atmosphere that is less than desirable. I have also run into many within the community who hold a negative view of our organization from personal experience. As I have said in our general meetings, we need to change our atmosphere if we are going to fulfill our mission. This is just one thing I am trying to work on for the sake of the DAS. But for this to happen, all of us need to do our part to make DAS a welcoming and inviting place. To make this happen, we need to treat each other with love and respect.

2. Finances are also an area we need to face head on. I have been charged to bring a plan that will keep DAS viable for the future. In many, if not most cities, Senior Centers are run and funded by the city. That is not our case at the present. I will be presenting to the board and at the next general meeting options I believe we need to consider, if we want to keep the doors open and provide the best programs that will attract more seniors in our community to participate. We need to offer more attractive programs and services to meet the variety of needs and interests that seniors have. Today as always, everything costs money and today those costs have risen to levels that challenge most people, especially seniors on fixed incomes, to even survive.

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817 SW Church Street  
Dallas, OR 97338-3103  
Ph: 503-623-8554

## MISSION STATEMENT

The purpose of the Dallas Area Seniors is to enrich the lives of mature adults by providing services and activities that sharpen their minds, improve their physical and emotional health, and help keep them active and involved in the life of the community.

Annual Membership \$20

**Regular Hrs. 10AM-3PM**



**DAS Center Board  
Meeting 8:30AM  
Monday, February 12th**

**DAS General Meeting  
11:30 – Noon Saturday  
February 17th**

**Please remember to pay  
your membership dues.  
The dues are \$20.00  
annually. You can mail  
them in or stop by the  
senior center to pay them.**

## FEATURED DASC ACTIVITY – 5 CROWNS

There is always something fun to do or learn at the Dallas Senior Center. You can find fun and get to know people just by playing a game or bringing your hobby to a workshop. Several different games or workshops are going on at the same time according to their own interest. Lots of interaction, lots of smiles lots of laughs.

### HOW TO PLAY 5 CROWNS

This game is best explained by a YouTube video. I like the game overview by Brimley Games. Simply go to YouTube and search for HOW TO PLAY 5 CROWNS. If you are unable to access YouTube, the game is fairly simple after you watch a few games as an observer. You can watch the game played Every Monday from 10AM – 2PM. One thing unusual about this game is that it is played with 2 decks with 5 Suits instead of 4 and a variety of wild cards. Other than that, it is similar to Rummy. For instance, the object is to run out of cards in your hand. You lay down sets of 3 or more either in the same suit in consecutive number order or sets of 3 or more the same number. You draw cards from the same deck when it is your turn. You must discard 1 card when you lay all the others down to win. **Note:** You do have to hold all cards in your hand until the round is over, which can be tricky when you get additional cards each round.

### Join the fun 5 CROWNS GAME

**Every Monday 10AM-2PM**

Pictured below playing 5 Crowns are: Walt, Florence, Sharon, Margie, Rose.



**Politicians and diapers must be changed often, and for the same reason.**

**Mark Twain**



Try out BUNCO on the 2<sup>nd</sup> and 4<sup>th</sup>  
Tuesdays at 1:00 p.m.

This game is a blast; played with dice it is fast- paced and fun. The cost is \$2.00 for the day with a chance to win cash in one of 4 ways! Quick, easy to learn, and a great way to know fun-loving people!



### ART WORKSHOP

**Every Friday**

**10AM to  
Noon**

Bring your favorite type of art or craft and materials for a fun time of getting progress on your own project and of sharing ideas and tips as you work on your project.

### **In Memoriam:**

Member Darrel Jones passed away on December 28th. Darrel was the husband of our treasurer, Judy Jones. Born in 1936 he was a native of Dallas. His parents owned and operated Woody's Market here in Dallas until it burned down. Darrel was a meat cutter, a member of the armed forces, worked at Tow Motor and finally the owner of his own company along with his wife. Darrel's quiet presence will be missed. May he rest in peace.

## FEBRUARY OUT TO LUNCH BUNCH

HUNGRY FOR GOOD FOOD AND FELLOWSHIP?  
YOU ARE WELCOME TO JOIN US!!!

**North Dallas Bar & Grill**

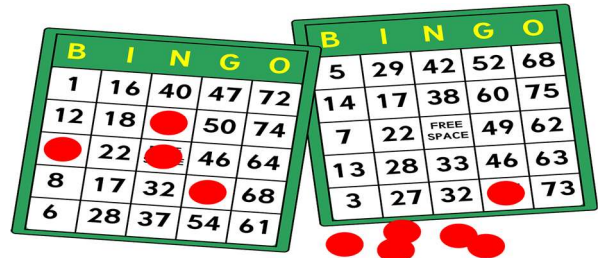
Thursday, February 8<sup>th</sup>, 11:30 AM  
170 E Ellendale Ave

**TEXT SHIRLEY HILL AT 503-871-0843 OR SIGN UP AT THE  
SENIOR CENTER IF YOU PLAN TO COME**



## BINGO SCHEDULE

**THERE WILL BE NO FRIDAY NIGHT BINGO UNTIL  
FURTHER NOTICE. IF YOU HAVE QUESTIONS ON  
THIS BE CONTACT THE DALLAS AREA SENIOR  
CENTER AT 503-623-8554 DURING NORMAL  
BUSINESS HOURS.**



## Current Board of Directors

Keith Tierney,  
Carolyn King,  
Nancy Bliven,  
Frances Forsythe,  
Nancy Howell,  
Bob Brannegan,  
Bob Anderson

## Current Executive Committee

President: Betty Sledge  
Vice-President: Rose Brown  
Secretary-Treasurer: Judy Jones

**Executive Director: Steve Mohr**



**BOOK CLUB  
TUESDAY 1:30-3  
November 21st**

The current selection for discussion in November Book Club is "A Life In Light: Meditations in Impermanence" by Mary Piper. We will discuss the book on Tuesday, February 20th from 1:30PM to 3PM. We meet on the upper level. You can probably find the book at a local library. Dallas Library 503-623-2633; Monmouth Library 503-838-1932; West Salem Library 503-588-6315; Salem Public Library 503-588-6315; or used bookstores.

**HAPPY READING!!!**

**DID YOU KNOW THIS?** You can see the Newsletter and Calendar on the Dallas Area Senior Center Webpage ["click here"](#) to read the latest Dallas Seniors Newsletter & Calendar or click the tiny printer to print a copy.

**MAH-JONGG  
EVERY WEDNESDAY  
11AM to 3PM  
Upper Level of  
Dallas Senior Center**

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3. Use of facility is another challenge. We have a beautiful building, but it is not adequate space to offer everything for everybody. We even share our building with Meals on Wheels, so what we have is not totally available to us all the time. I know this is a frustration for some, but we must do what we can with what we have. As we offer more opportunities, we will need to carefully schedule activities according to room space. I guess you can say, we all must share and work together to make this happen. I will share more on this at the next general meeting.

There is a lot to talk about, but for now, this will give the membership an idea as to what I, the Executive Director, am attempting to do with everyone's help. I took the position because I care about people and especially seniors. I am one myself. I want the best for everyone. If you have any suggestions or would like to come in and talk with me, my office is open. Be sure to make an appointment to guarantee I will be available.

Sincerely, Steve Mohr



**Sorry! NO KARAOKE UNTIL SPRING!**

### **From the President Betty Sledge**

Miss Karaoke? Really ready to sing? How about a great **Sing-A-Long**? We have a great piano player lined up. Now we just need some singers to sing-a-long with the piano player. If you are interested in doing a **Sing-A-Long** there will be a signup sheet at the senior center or call and let the staff know you are interested. If we have enough interest, we will schedule dates starting in March.

## **SENIOR FUN FITNESS**

**Low Impact:** Every Tuesday & Thursday 10:15 AM and a new session at 11:15AM 45-minute session, Upper Level of Senior Center with Julie Coleman. This class is designed to move every muscle in either a chair or standing.

**NEED VOLUNTEER LEADER: Walk with Ease**  
**Call Betty at 503-877-8103**

### **MONDAY BRIDGE DAY!!**

Bridge **1ST & 3RD** Monday 12-3

And Every Thursday 12-3



### **From the President Betty Sledge**

Coming soon - a computer class. Technical Genius Solutions a local IT computer repair shop that is willing to come in and offer a couple of classes helping people interested in beginning skills or improving the skills that they already may have in their toolbox. Look for our February / March calendar for the dates!



## WHAT GOES ON HERE

- \_\_\_ Senior Low Impact Exercise
- \_\_\_ Book Club
- \_\_\_ Art Workshop (all kinds art)
- \_\_\_ Listening Ear
- \_\_\_ Card Games: Pinochle, Bridge,  
5 Crowns, Game of 9, Cribbage...
- \_\_\_ Specialty Games: Mahjongg,  
Bunco \$2 Rummy Kub, etc.
- \_\_\_ Jig Saw Puzzles
- \_\_\_ Lunch Bunch outing
- \_\_\_ Bingo Dinner \$5 (On Hold)
- \_\_\_ Bingo Games (On Hold)
- \_\_\_ Karaoke (Not till Spring)
- Caregivers Support Group
- \_\_\_ Alzheimer's Support Group
- \_\_\_ General Meeting-Let's Communicate
- \_\_\_ DAS Center Board Meeting
- \_\_\_ Lots of teasing, laughs and friends

What other Activities are you interested in? Would you volunteer to be a leader?

All it takes is to be able to do what you are interested in and willing to commit to at least once or twice a month regularly.

Contact Steve Mohr: 503-623-8554

## Riddle Me This

1. What has a bottom at the top?
  2. How far can you walk into the woods?
  3. When is a door no longer a door?
  4. What runs, but never walks. Murmurs, but never talks. Has a bed, but never sleeps. And has a mouth, but never eats?
  5. Spelled forwards I'm what you do every day, spelled backward I'm something you hate. What am I?
- 
1. Answer: Your legs
  2. Answer: Halfway — after that, you're walking out.
  3. Answer: When it's ajar.
  4. Answer: A river.
  5. Answer: Live.

## HELPFUL COMMUNITY INFORMATION

### Quotes

**When they call the roll in the Senate, the Senators do not know whether to answer "Present" or "Not Guilty."  
Theodore Roosevelt**

**When I want to buy up any politician, I always find the anti-monopolists the most purchasable -- they don't come so high. Vanderbilt, William**

### LOCAL EVENTS

Feb 2nd 9AM Winter Native Plant Sale, 560 North Oak Grove Road, Salem, OR 97304

Feb 4<sup>th</sup>, 9AM Flea Market, Polk County Fairgrounds, Rickreall, OR 97371

Feb 23rd, Two Wolves Taproom, NORTHWEST ROAST-FEST, 8:30 PM, \$10 Cover Charge, Comic Event, 18+ age required.

Dallas Cinema, Tuesday 7PM show only \$5  
Independence Prestige Cinema Super Tuesday \$5

### Business Sponsor of the Month

**WEST VALLEY TAPHOUSE**  
(across the street from the Library)

957 Main Street  
Dallas Oregon

Benefit to Sr. Center Member  
10% off purchased  
(Alcoholic beverages not included)

#### Review

Just got a w\Western Burger, October sausage, and chili And it was phenomenal. First time eating there. Super friendly and great experience. Definitely a go to spot!!!

### RIDDLE OF THE MONTH

If an electric train is traveling south, which way is the smoke going?

Answer: There is no smoke; it is an electric train.



**Statewide services for Oregonians age 55 and older. 503-200-1633**

**Oregon Warm Line 1-800-698-2392 Non-judgmental support for what- ever you are going through. This is a handy telephone service provided by trained volunteers to provide you with: Support---resources—just listen**

### **SHOPING AT THE SENIOR CENTER STORE**

**The store at the senior center will be closing on February 15<sup>th</sup>. First we would like to say thank you all the people who helped and supported the store. A special Thank You to Tike, Eileen, and Rose.**

**If you wish to get your items back, please come to the senior center and pick them up. Any items that are left will be donated to H2O.**

**Any questions? Contact Sheryl, Tike or Eileen. Thanks**

### **POPULAR TYPES OF SENIOR DISCOUNTS**

In this day nearly all Seniors need to take advantage of every discount you can find. From retail and grocery store to insurance and health care, there are all types of senior discounts to claim. Maximize your savings and make the most out of your purchases (large or small) by cashing in on the following discounts.

Amazon Prime offers 50% off Prime Membership

CVS Veterans Advantage 20 % off your online purchase.

Home Depot Price match guarantee. Bring the Ad showing the same item for a lower price.

Goodwill Senior Savings Day is 10% of your purchase on Tuesdays only.

H2O also has a senior discount day. Ask at the front desk.

JoAnn Fabric offers 20% off purchase with ID proof you are at least 55 years old. Check your local store for their Senior Day Schedule.

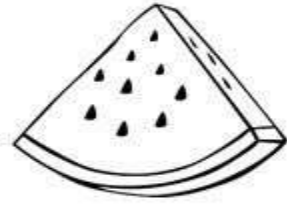
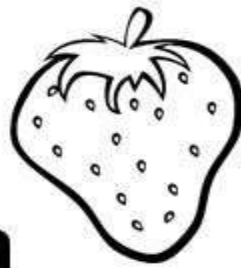
rThe Dallas Aquatic Center offers free entrance in conjunction with certain Medicare Plans.

Dallas Dairy Queen offers 10% off menu items not previously discounted. You do have to tell them you are a senior before ordering.

Most discounts are not posted, but they are available if you simply ask at the front desk.

Name: \_\_\_\_\_

# Fruit Word Search



ORANGE  
APPLE  
PEAR  
BANANA  
MANGO

MELON  
APRICOT  
LIME  
LEMON  
KIWI

PLUM  
PEACH  
STRAWBERRY  
WATERMELON  
COCONUT





# FEBRUARY 2024

# DALLAS AREA SENIOR CENTER CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2	SAT. 3
				10-3 Cards/ Table Games Low Impact Exercise 10:15 then again 11:15 Bridge 12-3	Card/Table games 10-3 6 Handed Pinochle 10-3 Art Workshop 10-12 Listening Ear 10-12	
4	5 Cards/Table Games 10-3 5 Crowns Game 10-2 Bridge 1-3	6 Cards/Table Games 10-3 Low Impact Exercise 10:15 then again 11:15	7 4 Handed Pinochle 10-3 Card/Table Games 10-3 Mah-jongg 11-3	8 Cards/Games 10-3 Low Impact Exercise 10:15 then again 11:15 Lunch Bunch 11:30 Bridge 12-3	9 Cards/table games 10-3 6 handed Pinochle 10-3 Art Workshop 10-12 Listening Ear 10-12	10
11	12 8:30AM Board of Directors  Cards/Table Games 10-3 5 Crowns Game 10-2	13 Cards/Table Games 10-3 Low Impact Exercise 10:15 then again 11:15 Bunko 1PM	14 Valentines Day 4 Handed Pinochle 10-3 Card/Table Games 10-3 Mah-jongg 11-3	15 10-3 Card/Games Low Impact Exercise 10:15 then again 11:15 Bridge 12-3	16 Cards/table games 10-3 6 handed Pinochle 10-3 Art Workshop 10-12 Listening Ear 10-12	17 11:30AM DSC General Meeting & Potluck
18	19 President's Day Cards/Table Games 10-3 Caregiver Support 10-11:30 5 Crowns Game 10-2 Bridge 12-3	20 Cards/Table Games 10-3 Low Impact Exercise 10:15 then again 11:15 Book Club 1:30-3  Deadline For Calendar and Newsletter	21 4 Handed Pinochle 10-3 Card/Table Games 10-3 Mah-jongg 11-3	22 10-3 Card/Games Low Impact Exercise 10:15 then again 11:15 Bridge 12-3	23 Cards/table games 10-3 6 handed Pinochle 10-3 Art Workshop 10-12 Listening Ear 10-12	24
25	26 Cards/Table Games 10-3 5 Crowns Game 10-2	27 Cards/Table Games 10-3 Low Impact Exercise 10:15 then again 11:15 Bunko 1PM	28 4 Handed Pinochle 10-3 Card/Table Games 10-3 Mah-jongg 11-3	29 10-3 Card/Games Low Impact Exercise 10:15 then again 11:15 Bridge 12-3		



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817 SW CHURCH STREET  
DALLAS, OR 97338-3103