

Contents

- 01: New News Starts
- 02: Dallas Area Seniors Information
- 03: Dallas Area Seniors Activities
- 04: Community Information
- 05: Our Business Members
- 06: New News Continues



New News Starts

Executive Director – Steve Mohr



“Be Blessed” You may have heard the saying: “It is more blessed to give than to receive.” You may ask is this true and if so, why?

In an article published by “Got Questions,” The author wrote: “Giving develops our character, fostering selflessness and countering the natural tendency toward self-centeredness. When we readily give of our money, time, talents and gifts, we step beyond our little world and serve others. The generous person develops more virtues than the constant receiver and builds responsibility. Other virtues cultivated in our giving include compassion, kindness, joy, and love. Furthermore, giving fosters contentment. While it is undoubtedly blessed to receive, it is even more blessed to give.”

Last month my article addressed the topic of **Entitlement**. People who suffer from entitlement are not normally generous givers. They would rather receive than give. **Continued Page 6**

Announcements

10 Minute Writing – will start at 11:15AM

Christmas Party – December 14th

Closed Christmas – December 25th

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 December 1st, 2024

\$120.00 Yearly (Single)

\$180.00 Yearly (Couples)

\$10.00 Monthly (Single)

\$15.00 Monthly (Couples)

\$5.00 Day Visit

DAS Information



DAS Board of Directors Meeting
8:30AM Monday, December 9th
DAS General Membership Meeting
11:30AM Saturday December 14th

Current Board of Directors

Carolyn King,
Nancy Bliven,
Frances Forsythe,
Nancy Howells,
Bob Brannigan,
Bob Anderson,
Rebecca Masingale

Current Executive Committee

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

Executive Director: Steve Mohr

Business Hours: 10AM to 3PM
Monday through Friday
Check Calendar for Closures

Contact Information

Mail:

Dallas Area Seniors Center
817 SW Church St.
Dallas, OR 97338-3103

Phone Number: (503) 623-8554

Email: DallasSeniorCenter@gmail.com

WEB Site: [Dallas Area Seniors](http://DallasAreaSeniors.com)

History

The senior center began under Opal Ladbury in 1988. In 1995 the senior center was incorporated into a non-profit organization known as the Dallas Area Seniors (DAS). For many years DAS met at the Dallas Public Library. DAS moved into the new building provided by the City of Dallas in 2021. The center has a square footage of 4,171 that includes 27x50 multipurpose room on the first floor, 2nd floor room, a prep kitchen which will serve Meals on Wheels, Senior Center Business Office, an elevator, and restrooms.



DAS Activities

- **Low Impact:** Tuesday and Thursday at 10:15AM and then a second session at 11:10AM. Great exercise for everyone. Will move all your muscles.
- **Walk with Ease:** Need a volunteer.
- **Caregivers Support Group:** Third Monday of the month 10:00AM to 11:30AM. Support group for caregivers. Sally Davies is the leader of this support group.
- **Healthy Soul:** Every First and Third Tuesday of every month. Lead by Steve Mohr, our Executive Director. How healthy is your soul?
- **Age Café:** Café setting to work with others. Third Thursday from 1PM to 2PM.
- **10 Minute Writing:** Write a piece from three questions. Read your writings and hear from others. Every Thursday from 11:15AM to 12PM.
- **Circle of Friends:** Meet new friends and enjoy socializing with new friends. Every Tuesday from 10:30AM to 12PM
- **Art Workshop:** Every Friday from 10:00AM to 12:00PM. All kinds of art or craft projects. Bring your favorite art or craft project and learn and pass on tips and tricks. Sheryl Reardon leads the group.
- **Book Club:** Meets Third Tuesday at 12:30PM to 3:00PM to discuss the book of the month. Laurie Wilson leads the group.
- **Lunch Bunch:** Meets monthly at various local restaurants. Great for those who like to socialize over food.
- **Watch Clinic:** First Friday of the month. Have your watch cleaned and have a new battery for \$1.00.
- **Jig Saw Puzzle:** Love putting together a jig saw puzzle? There is always one to work on every day.
- **Karaoke:** First and Third Monday of each month at 4PM. If you love to sing, this is for you.
- **Bingo Dinner:** Second and Fourth Friday every month at 5PM.
- **Bingo:** Enjoy playing Bingo every second and fourth Friday at 6PM.
- **Mahjongg:** Every Wednesday from 11AM till 3PM. China's great national past time is played here. Nona Springer leads the group.
- **Bunko:** Second and Fourth Tuesday of each month at 1PM. A fast-paced dice game that is a lot of fun to play.
- **Rummikub:** Every day we are open. If you love Rummy card games, you will love this tile game.
- **Bridge:** The First and Third Monday from 12:00PM to 3:00PM and every Thursday from 12:00PM to 3PM. If you know Bridge, you know the fun you will have.
- **Pinochle:** Every Wednesday for four handed single deck. Every Friday for six handed double deck. Great card game to play.
- **5 Crowns:** Played every Monday from 10:00AM to 3:00PM. Fun card game for all to play.
- **Game of 9:** Every day we play this game. A fun fast paced card game.
- **Golf:** Another fast-paced card game played every day. Come and enjoy the fun.
- **Cribbage:** A great card game that can be played 2, 3 or 4 handed. Stop by for some fun.
- **Trash:** A fun card game is played every day. Stop by for a fun card game.
- **Wii Video Games:** We have a Wii that is available for play by the membership. Have fun.

Community Information



Statewide services for Oregonians aged 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.

Polk County Family and Community Outreach 1407 Monmouth Independence Highway Monmouth, OR 97361, 503 751-1644 Emergency assistance of all types from diapers to gas vouchers, and utility assistance. This is the place to go-if they don't have it, they will direct you to another source. The Salem Free Clinics, which was at the Lutheran Church, is now located here as well. Please call 503-990-8772 to schedule an appointment. This will be on the 1st or 2nd Saturday of the month. This is for uninsured people.

H2O (Hope and Help to Others) 451 S.E. Maple St. Nonprofit thrift store and drop offsite. Donation hours 9:30-4:30 Monday-Saturday

Abuse Reporting Statewide reporting line 1-855-503-7233.

Dallas Evangelical Church Community Clothing Closet. The Community Clothing Closet collects clothing from the community and gives it away to anyone, no questions asked, no counting or weighing what is taken. The clothing is for anyone in the community (not to be sold or shipped elsewhere). Free clothing!!! Open Monday - Saturday 9AM-Noon, and Thursday nights 7PM-9PM located at 783 SW Church St, Dallas, OR 97338



Mon, Tues, Thurs, 1PM-3PM Wed, Fri 9AM-11AM
Food Donations: M-F 9AM-11AM Dallas Food Bank is committed to reducing food insecurity among people in the greater-Dallas community through the acquisition and equitable distribution of healthy food. 322 Main Street, Suite 180 Dallas, Oregon 97338 503-623-3578
Email: dfb97338@outlook.com

"It isn't necessary to imagine the world ending in fire or ice. There are two other possibilities: one is paperwork, and the other is nostalgia."

Frank Zappa

Our Business Members



312 Main St. *Hearing Aids
Dallas, OR 97338 *Hearing Test
503-623-0290
*Service and Programming most
Hearing Aids
*Video-Otoscopy & Wax Removal
We honor most Medicare supplement plans



967 Main Street
Dallas OR 97338
**Benefit to
Member:** 10% off
purchased
(Alcoholic
beverages not
included)

Willamette Valley Fiber

988 SE Jefferson St.
Dallas, Oregon 97338
503-837-1700 (After Hours Support
Press Option #1)

Tim's Automotive Specialties

172 SW Washington St,
Dallas, OR 97338
(503) 623-9774



170 E. Ellendale
Ave
Dallas OR 97338
**Benefit to
Member:** Free
Non-Alcoholic
Beverage W/Meal

All Are Welcome All Are Loved



976 SW Hayter St. Dallas, OR 97338
503-623-8277 dallasfour.com

An honest politician is an oxymoron.

Mark Twain

Riddle Me This

1. What has hands but cannot clap?
2. Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh?
3. What is always in front of you, but can't be seen?

Answers on Next Page

Riddle Me This - Answers

1. Answer: A clock.
2. Answer: Meat.
3. Answer: The future.

New News Continues

In the month of December, we enter the Christmas season. It has been reported that December is the month when people tend to be more generous and willing to give. As the author wrote above, giving goes beyond money to giving compassion, kindness, joy, and love to others. To this I would add, mercy, grace and forgiveness. As the saying goes, it is more blessed to give than to receive." The most truly blessed people are those who are generous givers.

This past month we had 7 people who have donated money beyond their dues to help support anyone who truly can't afford the increase in dues. We are blessed to have these people among us, verses those who complain.

If you haven't paid your dues for the new year, please be sure to pay them before January 1st, 2025. Again, dues are \$120 for singles and \$180 for couples. Remember this equates to just \$2.50 a week or 45 cents a day.

I would also like to apologize for the confusion in the letter and on our ballots. In one sentence of the letter I mention vice-

president, and, in another sentence, I mentioned president. On the ballot it says Vice president but in the paragraph in the lower section it says president. If this was confusing, we're sorry. We are voting for VICE-PRESIDENT, not president. Please be sure to vote accordingly and get your ballots in before December 2nd. Thanks



Lunch Bunch: Dec. out to Lunch Bunch, are you hungry for good food and fellowship? You are welcome to join us!

Two Wolves Taproom

171 SW Court St., Dallas

Thursday, Dec. 12th, 11:30 AM

Text Shirley Hill at 503-871-0843 or sign up at the Senior Center if you plan to come.

Survival tip:

If you get lost in the woods, start talking about politics, and somebody will show up to argue with you.



Book Club: No December Book Club meeting. Meetings will resume in January 2025. Please enjoy the holidays and try

and take time to read a good book.

- Dallas Library 503-623-2633,
- Monmouth Library 503-838-1932,
- West Salem Library 503-588-6315,
- Salem Library 503-588-6315,
- Used Bookstores

Up Coming DAS Events:

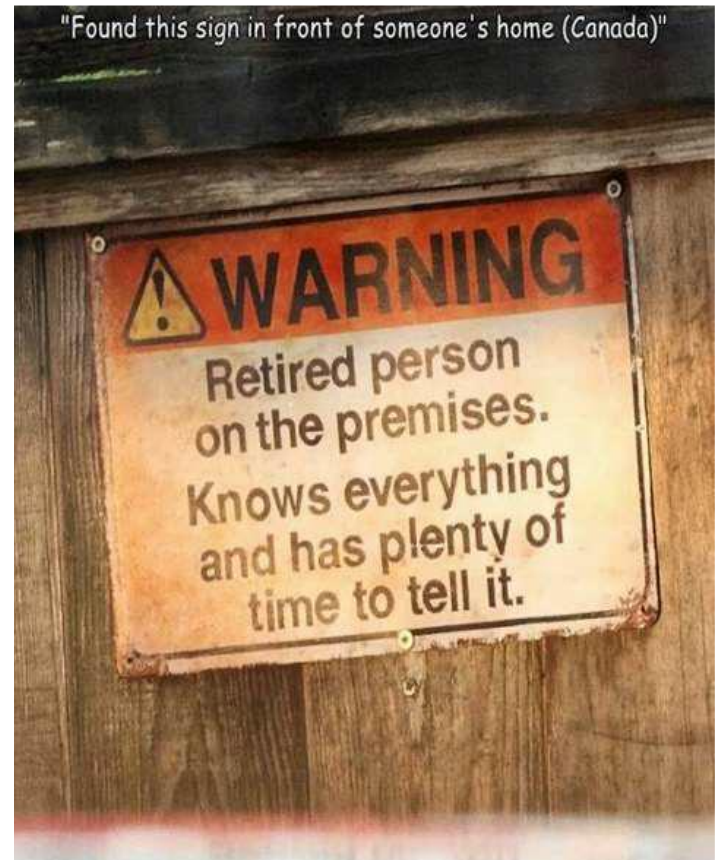
- Christmas/Elections December 14th
- Superbowl February 9th

Flu, Cold, RSV and Covid: Covid has been rampant this summer. Cold and Flu season is starting this fall. **Please, if you are sick stay home. Do not come into the senior center.** We have many members with comprised immune systems. It is more difficult for them to overcome an illness.

In Memoriam: Our member Mary Jo Jesse has passed away. Mary Jo was the wife of Dave Jesse. Born in 1946, she was a resident of Dallas for the last eleven years. She worked for 20 years at Techtronic Industries. She was the manager of the new products division. She and Dave were married for over 60 years. She is survived by her husband Dave, 2 children and 3 grandkids. Mary Jo and Dave have been members of the senior center for 4 years. May she rest in peace.

Election Information:

Our ballot information on Bob Brannigan is in error. He is running for Vice President. The paragraph reads that he is running for President. This is an error as Betty Sledge is still the President. We will vote for President next year not this year. Please remember that Bob Brannigan is running for Vice President. More information on those running for office on pages 8 & 9.



Election Information: **Executive Committee** has two open positions for this election. These are two-year positions. We have the Vice President and the Treasurer positions open.

Vice President: Bob Brannigan: I have lived in the Dallas area with my wife of 30+ years, Lori, for 13 years. I was born in Nebraska, joined the Navy as a Hospital Corpsman and settled on the west coast. I attended school and became a RN working in healthcare for 45 years in a variety of roles, Emergency Room Nurse, Chief Nursing Officer, Vice President of a Medical Group and Hospital Administrator. I have served as the President of the Dallas Chamber of Commerce, President of the Rotary Club of Dallas and serve currently as the President of the Dallas Community Foundation Board. I became a member of the Dallas Senior Center earlier this year to re-kindle my interest in contract bridge. One of the important values I hold is the value of community service, which is why I am interested in joining the Executive Committee. I believe the core responsibility of the committee is to develop programs that will improve the livability of Dallas for Seniors.

Treasurer: Judy Jones: She has lived her entire life here in Dallas. She worked for thirty years for Willamette Industries in various positions. She was responsible for Contractors Accounts. This included setting up accounts, filing liens for non-payment by contractors, and representing Willamette Industries in all court actions. With the sale of the retail division Judy moved to the wholesale division where she was responsible for all shipping documents on lumber and plywood, tours of two of the mills, and assisted payroll and human resources as required. Judy is our current serving treasurer.

Board of Directors: There are three open positions for this election. These are two-year positions. Here are the three candidates for these positions.

Brian Dalton: Brian is fourth generation Dallas and 5th generation Polk County. His Great-Grandfather moved to Dallas in 1899 and was the Polk County Treasurer. Brian was a career Regular Army Officer and retired in 1993 as a Lieutenant Colonel. That year he and his brother started Dalton Rock a large rock quarry business from which he retired from as its president in 2008. Brian served on the Dallas City Council from 2001 until 2011 when he was elected as mayor. He was reelected six times and retired at the end of 2022. At one time he was president of the Oregon Mayors Association. He now serves on the board of directors of the Dallas Downtown Association, on the Dallas Historic Preservation Commission, the Dallas Economic Development Committee and the South Dallas Urban Renewal Advisory Committee. He is the chair of the annual Dallas Days Parade and vice chair of the DDA's Design Committee. He is a 50-year pilot and restores antique airplanes as his primary hobby. He is married to Carol Dalton.

Leland “Lee” Schlenker: I am a graduate of Oregon State University in the 60’s with a degree in Manufacturing Engineering. I was an engineer for over 30 years working in Southern California, and then the Reno Carson City area of Nevada. As the need for more math and science teachers was made known, I went back to college and became a science teacher for middle and high school. I then taught school for eight years in Reno Nevada. I have belonged to several different clubs in both the Reno and Dallas area. The first service club that I joined was in Reno. It was the Sertoma (service to mankind) where I served as Secretary, Treasurer, and President. I was a member of that club for over 15 years. Upon retiring from teaching, we moved to Polk County, and I have joined several different clubs here. The first was Polk County Master Gardeners, where I served as President two different times and on the board several more times. At about the same time I joined the Rotary Club of Dallas. I now serve as President of that club until July of 2025. The other group that I joined was the Polk County Sherriff Office SALT unit and was a member for ten years.

Brad Kane: I was born in Medford Oregon in 1953. I graduated from Phoenix High School in 1972. I was also one of the many winners of the draft lottery for 1972. Sixty days before graduating from high school I enlisted in the United States Air Force. I spent twenty years in the Air Force, retiring in 1992 I spent the last seven years in the Air Force working with computers. I graduated from the Community College of the Air Force in 1991 with an associate in applied science for Information System Management. I worked for thirteen years in the financial industry doing computer and networking. I left and went to work for the Oregon Judicial Department (OJD) in 2008. Spent five years at Clatsop County Circuit Court in Astoria. In 2013 I transferred to the Marion County Circuit Court in Salem Oregon. I retired from OJD in 2023. My whole time at OJD was spent doing computers, networking, and video conferencing. My wife and I have two daughters and four grandchildren.

These are the candidates for the Executive Committee and the Board of Directors. You should have received your ballot for the election by the time you get the newsletter. Please vote for the two positions of the Executive Committee and the three positions on the Board of Directors. If you have a candidate for a position that is not on your ballot, please write them in. All ballots must be received by December 2nd, so they may be totaled. The results of the election will be announced at the General Membership meeting on December 14th. If you have any questions about the election, please contact the senior center.

FREE PRINTABLE

Fall Word Search

Find all the words below.

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| V | V | W | H | A | W | K | S | W | Y | Z | Q | H | S | V | W | Q | T | N | U |
| V | G | N | I | V | I | G | S | K | N | A | H | T | S | J | H | W | V | K | D |
| L | X | O | E | W | J | W | I | L | A | X | F | C | F | S | N | O | G | D | E |
| A | C | U | N | R | O | C | B | E | U | Y | J | O | F | I | Y | R | Z | G | P |
| T | R | M | U | M | C | I | A | A | T | K | B | O | O | M | H | C | U | B | I |
| L | E | F | S | E | J | G | U | F | U | S | A | L | B | T | Y | E | O | B | T |
| X | N | W | U | V | P | Q | O | Q | M | A | Z | M | G | L | B | R | M | N | C |
| Q | J | F | R | H | C | V | E | W | N | A | E | K | A | R | W | A | Z | M | V |
| N | K | K | J | R | E | D | I | C | E | L | P | P | A | N | R | C | L | C | M |
| O | G | S | C | T | D | J | Z | J | D | A | F | E | R | N | C | S | V | L | Q |
| F | B | V | R | L | S | G | J | N | E | E | W | O | L | L | A | H | T | B | S |
| K | G | Y | X | E | R | M | D | I | P | C | Z | N | C | Y | Y | F | L | H | O |
| Z | F | Y | P | H | T | A | N | Y | M | O | P | I | D | R | A | C | E | A | V |
| H | A | N | T | C | Y | Y | O | C | N | L | J | H | V | L | P | J | E | R | B |
| N | O | G | N | H | L | E | Z | M | I | O | M | E | L | L | U | J | V | V | O |
| B | D | K | M | P | I | K | N | J | K | R | Q | G | Y | B | Q | K | Y | E | R |
| A | Z | Y | L | J | L | R | T | W | P | F | P | A | D | K | E | A | L | S | U |
| E | X | D | K | H | M | U | U | L | M | U | X | T | U | L | Z | T | U | T | Z |
| Y | Z | A | V | Q | R | T | T | G | U | L | C | E | G | L | I | D | I | F | J |
| A | I | Q | U | A | L | N | D | M | P | U | K | K | P | L | Q | U | N | G | V |

APPLECIDER
COOL
FOOTBALL
LEAF
SCARECROW

AUTUMN
CORN
HALLOWEEN
PUMPKIN
THANKSGIVING

COLORFUL
FALL
HARVEST
RAKE
TURKEY

December 2024 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|---|--|--|--|---|---|
| 1 | 2 10AM Cards/Table Games 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke | 3 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Healthy Soul | 4 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg | 5 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 11:15 10 Minute Writing 12PM Bridge | 6 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 12PM Watch Clinic | 7 |
| 8 | 9 8:30AM Board of Directors 10AM Cards/Table Games 10AM 5 Crowns Game | 10 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Bunko | 11 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg | 12 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 11:15 10 Minute Writing 11:30 Lunch Bunch 12PM Bridge | 13 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 5PM Bingo Dinner 6PM Bingo | 14 11:30AM DAS General Meeting & Potluck |
| 15 | 16 10AM Cards/Table Games 10AM 5 Crowns Game 10AM Caregiver Support 12PM Bridge 4PM Karaoke | 17 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Healthy Soul | 18 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg | 19 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 11:15 10 Minute Writing 12PM Bridge 1PM Age Café | 20 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop | 21 |
| 22 | 23 10AM Cards/Table Games 10AM 5 Crowns Game Deadline For Calendar and Newsletter | 24 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Bunko | 25 Closed Christmas Day | 26 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 11:15 10 Minute Writing 12PM Bridge | 27 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 5PM Bingo Dinner 6PM Bingo | 28 |
| 29 | 30 10AM Cards/Table Games 10AM 5 Crowns Game | 31 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise | | | | |