

DALLAS AREA SENIOR CTR. NEWS January 2024

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FROM THE EDITOR-SHERYL REARDON

Happy New Year 2024

It seems like the years go by faster and faster with each passing year. Actually, we have the same 24 hours a day, and 365 days in a year (except for Leap Year).

The year 2024 has been stated as a "Year of Change". Are you ready for the changes that may come in 2024? What changes would you like to see? I'll share some of my thoughts.

1. I would like to change the way I tend to waste too much time watching YouTube.
2. I would like to see some health changes in my body.
3. I would like to get to know my acquaintances at the Senior Center as personal friends.
4. I would like to find ways to encourage people more and find real answers to their needs.
5. I would like to let go of all my failures and forgive my faults and other's faults.
6. I would like to live each day without any fear of tomorrow.
7. I would like to remember 4 fingers point to me when I point one finger at someone else.
8. I would like to be willing to cut out some of my activities so I can restore my health have time to be a friend. Actually, I have decided to resign my position as Editor of the newsletter. Fortunately, Brad Kane is willing to accept the job starting with the next issue (February). Thank you, Brad! I know I am placing the newsletter in capable hands. (See page 4)

You may have noticed that the changes I have listed are changes that only I can choose to do. These changes don't happen without my cooperation and effort. These changes are completely doable.

Maybe you have some of these changes on your New Year's list of possible changes. Let's face the Year of Change with hope and a positive CAN DO attitude. We've done it before, and we can do it again.

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
Age 60 or Greater!
Regular Hrs.10AM-3PM

ATTENTION!!!

DSC BOARD for 2024

SEE PAGE 3 & 5



**DSC Center Board
Meeting 8:30AM
Monday, January 8**

**DSC General Meeting
11:30 Saturday**

January 13th

Potluck Following

FEATURED DSC ACTIVITY – ART WORKSHOP

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.

You can create art in so many ways!

As you can see from the picture we are doing 5 different art projects at the Art Workshop. Linda is **sewing decorative lace** on a journal bag to hold her current project notes on her autobiography. She also **paints her own illustrations** for her book. Jeff is **drawing an ink Art Nouveau portrait** of a beautiful woman for his Adult Coloring Book. Sheryl is making a **Christmas Wreath**, but usually **paints in Acrylic on canvas**. Dorcus is painting her **original holiday cards in watercolor**. Debra is cutting out sections of an old book to make a **16 X20 collage**. A new member of the Art Workshop is planning on bringing her **“painting rocks”** hobby to our group. Bring your version of “art” and join us every Friday morning from 10AM to Noon. See you there!

Join the fun

Art Workshop

Every Friday 10AM-Noon

Pictured below Right to Left
Linda, Jeff, Sheryl, Dorcus, Debra



**Try out BUNCO on the 2nd and 4th
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!

START THE YEAR 2024 OFF RIGHT!

PAY YOUR \$20 ANNUAL DUES

AGE 60 or Greater

Members get to participate in more than 20 different activities at Dallas Senior Center, 5 hours a day (10AM-3PM) Monday thru Friday.

You can now fill out and print your new membership form on the Dallas Area Senior Center webpage, then bring the completed form with your \$20 to Rose at the Senior Center to receive your valuable **Dallas Area Senior Center membership card.**

The latest newsletter is also on the “Dallas Area Senior Center” webpage.

RIDDLE

**WHAT BUILDING HAS
THE MOST STORIES?**

Answer Page 5

JANUARY OUT TO LUNCH BUNCH

HUNGRY FOR GOOD FOOD AND FELLOWSHIP?

YOU ARE WELCOME TO JOIN US!!!

Thursday, January 11th 11:30 AM

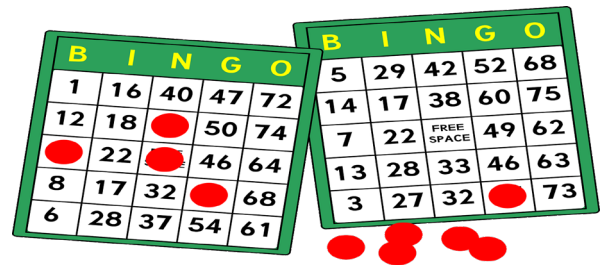
MASALA BITES INDIAN RESTAURANT

413 Main Street, Dallas

IMPORTANT

CALL SHIRLEY HILL AT 503-623-6766 IF YOU PLAN TO COME

Last month we had twice more than who called up.



HELP NEEDED TO SET UP FOR BINGO

NEED A COUPLE ABLE BODIED SENIORS TO HELP SET UP CHAIRS AND TABLES FOR A NIGHT OF FOOD AND FUN. CALL DAVE AT 503-910-0165. THANK YOU.

Current

Elected Board of Directors

Steve Mohr,
Keith Tierney
Carolyn King,
Nancy Bliven,
Frances Forsythe,
Nancy Howell.
Brad Kane
Bob Brannegan

Current Executive Committee

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

See Page 5 for Steve Mohr new position.



BOOK CLUB
TUESDAY 1:30-3
JANUARY 16TH

The current selection for discussion in November Book Club is **"HANG THE MOON BY JEANNETT WALLS.** We will discuss the book on **Tuesday, JANUARY 16TH** 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.

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.



NEW YEAR RESOLUTION!!!

MAH-JONGG

EVERY WEDNESDAY
11AM to 3PM
Upper Level of
Dallas Senior Center

NEW NEWSLETTER EDITOR

As some of you know, I (Sheryl Reardon) have been the DAS Newsletter Editor for the past several months, and the Art Workshop leader and set up the DAS Store. I have loved creating the newsletter, advertising all the wonderful opportunities we have here to work and play together. Thank you for your help and all the compliments. Recently my doctor has discovered a malfunction in my heart. He has recommended that I eliminate some of the stress in my life created by wearing "too many hats" of responsibility. So, I am turning over the Newsletter Editor and calendar to Brad Kane, our new member of the Dallas Senior Center Board of Directors. Brad has had a lot of experience in creating newsletters, computer in and outs and networking with people. He has agreed to continue the newsletter beginning with the February 2024 issue. You can usually find him playing Pinochle or Bridge weekdays. I will continue doing the Art Workshop.

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

Sorry! NO KARAOKE UNTIL SPRING!



SHOPPING AT THE SENIOR CENTER STORE

The reason we have a store is to raise funds to decrease the current DASC monthly \$1000 shortage in income over expenses.

While we encourage you to NAME YOUR OWN DONATION, we do expect you to give generously to help us balance our monthly budget.

Thanks for your help!

NOTE CHANGE ON MONDAY BRIDGE DAYS!!

Bridge 1ST & 3RD Monday 12-3

And Every Thursday 12-3



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

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

LOCAL EVENTS & DISCOUNTS

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

West Valley Taphouse, Dallas. 10% off purchase except alcoholic beverages.

H2O every Wednesday Senior discount of 25% off any item less than \$25.

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

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

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

Continued from page 3

DALLAS AREA SENIOR CENTER UNDER NEW MANAGEMENT!

Hi everyone! Your Board of Directors has listened to your voices and have responded with a new plan to bring life and vitality and financial help to DAS.

Steve Mohr has been hired to personally help bring this new plan into reality. Steve will be available most days, beginning January 3rd, at the center to hear what new things you would like to see accomplished here. He is experienced in 501C3 and fund raising as a Pastor. He also will be working toward making DAS grow in membership and expand more into the Dallas Seniors who are not currently members.

He is planning to create more advertising in the local newspapers and will find more businesses to sponsor the activities here. There is also a Dallas wide survey planned to bring in other area Seniors. Steve is a Chaplain available to help you handle anything you are going through personally.

He wants to emphasize that he is not here to replace anyone. He wants everyone to feel safe, welcomed and part of a "family".

Business Sponsor of the Month

Washington Street Steakhouse
141 SW Washington Street
Dallas, OR
7AM – 9PM

****Free Birthday slice of their Mile High Pie!!!**



ANSWER TO RIDDLE OF THE MONTH

What building has the most stories?

Answer: A Library



A huge thank you to the team of volunteers and participants for our fun filled and delicious Christmas Party.

USA WORD SEARCH

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

WORD LIST

ABRAHAM LINCOLN
APPLE PIE
BALD EAGLE
BARBECUE
BASEBALL
BLUE JEANS
CORN DOG

COUNTRY MUSIC
COWBOY
DEMOCRACY
FIREWORKS
FOOTBALL
FREEDOM

HOLLYWOOD
HOT DOGS
INDEPENDENCE
LIBERTY
NASCAR
OPPORTUNITY

PATRIOTISM
SPRING BREAK
STAR SPANGLED BANNER
SUMMER CAMP
THANKSGIVING
WASHINGTON

Homemade
GIFTS MADE EASY

JANUARY 2024

DALLAS AREA SENIOR CENTER

CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY – FRIDAY

SUN	MON	TUES	WED	THUR	FRIDAY	SAT
	1 HAPPY NEW YEAR SENIOR CENTER CLOSED	2 10:30 Low Impact Exercise 11:15 “ “ “ 10-3 Cards/Games	3 10-3 Cards/Games 10-3 Four hand Pinochle 11:30-3 Mah-jongg	4 10-3 Cards/Games 10:30 Low Impact Exercise 11:15 “ “ “ 12:00 -3 Bridge	5 10-3 Card/Games 10-3 Six hand Pinochle 10-12 Art Workshop	6
7	8 8:30am Board of Direct. 10-3 Cards/Games 10-2 Five Crowns No Karaoke	9 10:30 Low Impact Exercise 11:15 “ “ “ 1PM Bunko \$2	10 10-3 Cards/Games 10-3 Four hand Pinochle 11:30-3 Mah-jongg	11 10-3 Cards/Games 10:30 Low Impact Exercise 11:15 “ “ “ 11:30 Lunch Bunch 12-3 Bridge	12 10-3 Cards/Games 10-3 Six hand Pinochle 10-12 Art Workshop 3PM Bingo Setup 5-6pm Bingo Dinner \$5 6-8:30pm Bingo Games	13 11:30 Gen. Meet& Potluck
14	15 Martin Luther King 10-3 Cards/Games 10-2 Five Crowns 10-11:30 Caregivers 1-3pm Duplicate Bridge	16 10:30 Low Impact Exercise 11:15 “ “ “ 1:30-3 Book Club	17 10-3 Cards/Games 10-3 Four hand Pinochle 11:30-3 Mah-jongg	18 10-3 Cards/Games 10:30 Low Impact Exercise 11:15 “ “ “ 12-3 Bridge	19 10-3 Cards/Games 10-3 Six hand Pinochle 10-12 Art Workshop	20
21	22 10-3 Cards/Games NO Karaoke	23 10:30 Low Impact Exercise 11:15 “ “ “ 10-3 Cards/Games 1-3pm Bunko \$2 Deadline for Calendar And Newsletter	24 10-3 Cards/Games 10-3 Four hand Pinochle 11:30-3 Mah-jongg	25 10-3 Cards/Games 10:30 Low Impact Exercise 11:15 “ “ “ 12-3 Bridge	26 10-3 Card/Games 10-3 Six hand Pinochle 10-12 Art Workshop 3PM Bingo Setup 5-6pm Bingo Dinner \$5 6-8:30pm Bingo Games	27
28	29 10-3 Cards/Games 10-11:30 Alzheimer Support 10-2 Five Crowns	30 10:30 Low Impact Exercise 11:15 “ “ “ 10-3 Cards/Games	31 10-3 Cards/Games 10-3 Four hand Pinochle 11:30-3 Mah-jongg			