

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



Bingo's Grand Reopening!

It's been 9 months since Dallas Area Seniors hosted Bingo at the Dallas Senior Center. Bingo was one of the most popular and well attended activities offered by DAS. Since shutting down Bingo back in January, many have shared how they have missed Bingo and are anxiously waiting for it to resume. The good news is that The Department of Justice has approved our application for Bingo; and Bingo will return on Friday September 13th at 5:00pm. Bingo will be held on the 2nd and 4th Fridays of each month.

Here is what you need to know. A committee of volunteers was formed from the membership to make plans for the return of Bingo. The committee forwarded their recommendations to the Board and the Board made a few adjustments, then voted to approve the following Bingo fees.

Continued Page 6

Announcements

Bingo returns Sept. 13th.

Labor Day Picnic Sept. 2nd

Trust and Power of Attorney Sept. 18th

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

DAS Information



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

Current Board of Directors

Carolyn King,
Nancy Bliven,
Frances Forsythe,
Nancy Howell,
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.
- **Listening Ear:** One on One support with Betty Sledge, our President, and Polk County Behavioral Health Clinician. Call Senior Center for an appointment.
- **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 11AM 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 1:30PM to 3:00PM to discuss the book of the month. Linda Jenkins leads the group.
- **Lunch Bunch:** Meets monthly at various local restaurants. Great for those who like to socialize over food.
- **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 Games:** We have a Wii that is available for play by the membership. Have fun.

This is a list of our ongoing activities. We are always looking to add new activities to our list. If you would like to head an activity, please contact Steve Mohr, our executive director at the senior center.

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

If you pick up a starving dog and make him prosperous, he will not bite you. This is the principal difference between a dog and man.

Mark Twain

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

*If you could kick the person in the pants
responsible for most of your trouble, you
wouldn't sit for a month.*

Theodore Roosevelt

Riddle Me This

1. What did Roger Rabbit give to Jessica Rabbit when they were married?
2. I have no legs. I will never walk but always run. What am I?
3. I have rivers but do not have water. I have dense forests but no trees or animals. And I have cities, but no people live in those cities. What am I?

Answers on Next Page

Riddle Me This - Answers

1. Answer: An eighteen-carrot ring.
2. Answer: A river.
3. Answer: A map.

New News Continues

A three-card pack of 10 games entry is \$10. A six-card pack of 10 games entry is \$20. Blackout is \$10.00. 50% of the handle received will be returned in the way of cash prizes for the winners, and the other 50% will be used to support DAS. With these new prices, we will be able to give larger cash prizes. Food will be available for an additional fee of \$5 for hotdog, chips and a cookie. Soda and bottled water are available for an additional \$1.

For our Grand opening on the 13th, we will be offering a special deal. When you buy the first pack, the second pack will have half off. In other words, if you purchase a 6-card pack for \$20, the second pack will be \$10.00. If you purchase the 3-card pack for \$10.00 the second will be for \$5.00. Daubers will be available at our cost.

DAS purchased a Bingo software program that will be used to call Bingo. This program will be played on the large TV screen for all to see. It will also be broadcast through the sound system, making it easy to hear. A new number will be called automatically every 10 seconds. This program has many games to choose

from, making it fun and easy for all concerned.

Please spread the word and let's fill up our senior center to capacity. I look forward to seeing you at Bingo.



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

Mezcal Sports Bar

Thursday, Sept. 12th, 11:30 AM
788 SW Birch St., Dallas

Text Shirley Hill at 503-871-0843 or sign up at the Senior Center if you plan to come. Mezcal is located next to Ixtapa restaurant.

Up Coming DAS Events:

- Labor Day Picnic September 2nd
- Bingo Kick Off September 13th
- Scarecrow Contest October 5th
- Halloween October 31st
- Thanksgiving Party November 23rd
- Christmas/Elections December 14th
- Superbowl February 9th

Financial Education: Rebecca Masingale is a 16-year employee of WaFd Bank, is a DBA (Doing Business As) of Washington Federal Bank, will be doing an educational session on Power of Attorney (POA) and Trust in the banking world. Please join her on September 18th at 10AM for this class.



Book Club: There will be a meeting of the book club during September. **Please come to the senior center and check**

the bulletin board for the name of the book. The book list will be posted around the first of September. You should be able to find these books at the following libraries or other locations.

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

Pinochle or Bridge: Looking for people interested in learning or a refresher course on Pinochle or Bridge. If we have enough interest, we will put together training or refresher sessions for you. There will be signup sheets at the senior center.

We are also looking for people who would like to teach Pinochle or Bridge to newcomers or teach refresher classes. Please let us know if you are interested in teaching Bridge or Pinochle.

If we have enough interest, we will call or send an email with the date and time for these sessions. These sessions will be held on Friday when we can hold them upstairs.

Veterans Group: We are looking at starting a veteran's group for our veterans. This would be an informal group that would get together and talk about veteran issues and other things of interest. We want to keep this as an informal group. There will be a sign-up sheet at the senior center if you are interested. We would like to remind veterans that there are two great formal service organizations for us. The American Legion and Veterans of Foreign Wars are great organizations for veterans. Meetings date and times will be decided at the first meeting.

Labor Day Picnic: There is a sign-up sheet at the senior center for the picnic. The cost is three dollars a person. This is for chicken and other supplies. This is a potluck on the side dishes. When you sign up, please list the dish you will be bringing. Sign up is going to August 28th. The picnic will start at 11AM in the park. At 12PM food will be served. If it is raining on September 2nd the gathering will be held at the senior center.

"I learned that courage was not the absence of fear but the triumph over it. The brave man is not he who does not feel afraid but he who conquers that fear."

Nelson Mandela



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RHODE ISLAND

SOUTH CAROLINA
VERMONT
VIRGINIA



SEPTEMBER 2024 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day Closed for Holiday	3 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise	4 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	5 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:00AM 10 Minute Writing 11:10AM Low Impact Exercise 12PM Bridge	6 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	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 Cards/Table Games 10:15AM Low Impact Exercise 11:00AM 10 Minute Writing 11:10AM Low Impact Exercise 11:30AM Lunch Bunch 12PM Bridge	13 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear 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 1:30 Book Club	18 10AM 4 Handed Pinochle 10AM Card/Table Games 10AM Trust and POA 11AM Mah-Jongg	19 10AM Card/Table Games 10:15AM Low Impact Exercise 11:00AM 10 Minute Writing 11:10AM Low Impact Exercise 12PM Bridge 1PM Age Cafe	20 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	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 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	26 10AM Card/Table Games 10:15AM Low Impact Exercise 11:00AM 10 Minute Writing 11:10AM Low Impact Exercise 12PM Bridge	27 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear 5PM Bingo Dinner 6PM Bingo	28
29	30 10AM Cards/Table Games 10AM 5 Crowns Game					