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## New News Starts

**Lee Schlenker – President:** Well, hello and welcome to July. The city has kept me informed on where they stand on maintenance of the building. All safety inspections have been positive; we passed them all. Come into the center during July to escape the heat and enjoy some company. There are plenty of different games to play, people to talk with and a good meal on Monday, Wednesday and Friday.

Bingo is going strong. Karaoke is also doing well.

There is still work to do on the bylaws and the executive officers and the board are still working on the changes to be made.



817 SW Church St.  
Dallas, OR 97338  
(503) 623-8554

## DAS Online Media

[DALLAS AREA SENIORS](https://www.dallasareasenior.net)

<https://www.dallasareasenior.net>

[Facebook](#)

## DAS Meeting Information



**DAS Board of Directors Meeting**

**3:00PM Friday, July 10<sup>th</sup>**

**DAS General Membership Meeting**

**11:00AM Saturday, July 11<sup>th</sup>**

## 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

### 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

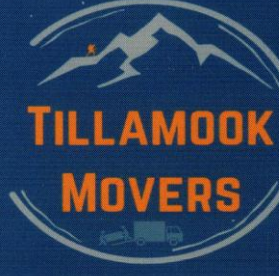
### Jefferson Lodge Memory Care

Come on by for your tour!  
**The Difference Between Living and  
Living Well!**  
664 SE Jefferson Street  
Dallas OR 97338  
503-623-8104

*All Are Welcome All Are Loved*



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



### SERVICES

- Residential Moving Experts
- Commercial Moving Experts
- Storage Unit Clear-Outs
- Out-Of-State Moving
- Responsible Junk Removal

**Serving All Of Oregon**

**Trent Buchler – (503) 549-9433**

### Riddle Me This

1. What has a head but no brain?
2. I start with M, end with X, and have a never-ending amount of letters. What am I?
3. What word in the English language does the following: the first two letters signify a male, the first three letters signify a female, the first four letters signify someone great, while the entire word signifies a great woman. What is the word?

**Answers on Next Page**

## Answer for Riddles

1. Lettuce.
2. Mailbox.
3. Heroine.

## New News Continues

If you have any concerns, please feel free to talk with Brad or me (Lee) about them.

We have filled the Treasurer position with Katie Griffin, and she will be starting soon.

Is anyone interested in manning a booth at the county fair with the Monmouth Center to pass out information about Senior Centers. As of now we will be helping with the cost of a booth so that we can pass out information about the Dallas Center.

Do any of you go to Sounds of Summer at the Rotary Amphitheater and find it hard to get down to the area in front of the stage or that the concrete seating area is not comfortable. We need to talk with the city about this.

Please write a letter to the Dallas City Council on why and what you like about the Senior Center and bring it into the center ASAP.

The Office Manager position is in work with a committee working on a job description. After a draft is drawn up, it will

still be needed to go to our lawyer for final review.

I have been talking with the other Senior Centers in Polk and Marion counties and have discovered several things that could really help us. Please let me know of your interest and willingness to volunteer at our center.

So, see you at the center! - Lee

**Movie Matinee:** This month's movie will be Walk the Line. This movie will be shown on July 13<sup>th</sup> at 3PM downstairs at the senior center. There will be a concession stand for candy during the movie. Money raised from concession sales will go to pay for the license we need to show movies.





**Lunch Bunch:** July Out to Lunch Bunch, are you hungry for good food and fellowship? You are welcome to join us!

**Chen Family Dish**  
**165 Orchard Dr,**  
**Dallas, OR 97338**  
**(503) 623-7080**

**Thursday, July 9<sup>th</sup>, 11:30 AM**

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

**Birthdays This Month:** These people are celebrating a birthday this month. Jeff Cattanach, Katie Falkosky, Joyce Harris, Lynn Hurt, Bill Jobe, Dorcas Manley, Kevin Mudd, Robert VanElverdinghe, Kay Whitney, Dick Rhoades. If you see these folks, please wish them a Happy Birthday for the month of July.

**Picnic in the Park:** Sign up for the annual Picnic in the Park is going on at the senior center. The picnic will be July 4<sup>th</sup> at 12PM in the park. You must sign up by July 1<sup>st</sup>. There is a \$5.00 charge per person. This is to buy chicken, drinks, plates, and other utensils. You are asked to bring your favorite dish to go with the chicken. Yes, this is a potluck. This is going to be held at the park. If you have any questions, please contact Tike Miller through the senior center.

**Nurse Next Door:** Is providing free blood pressure checks at the senior center. They will be doing these checks on Wednesday July 1st from 11AM till 1PM. This is a free service for our members.

**In Memoriam:** Long term member Florence Irene Hildebrand passed away June the 15<sup>th</sup>, 2026, she was surrounded by family and friends at the time of her passing. She was born on October 22, 1929, in Belgrade, Montana to Guy Otto and Elizabeth Thurston. The family eventually moved and settled in Dallas. She graduated from Dallas High School and married her high school sweetheart, Walter Hildebrand on June 5, 1949. They just celebrated their 77th anniversary with family and friends. Florence is survived by her husband, Walter, her children Sandra Kay Myers (Gary), Joyce Fay Simpson (Rick), her daughter in law Robyn Hildebrand, grandchildren Gary Myers Jr., Janet Myers, and Dustin Hildebrand. She's also survived by seven great grandchildren. Florence is preceded in death by her son Steven W. Hildebrand, and grandson Eric Clanfield. A celebration of life was held for Florence on June 23<sup>rd</sup> at Dallas Retirement Village.

## ARE U READY FOR A **METABOLIC** *Reset*

THE FUTURE OF *HEALTH AND WELLNESS!*



Join us to learn  
more!  
**Tuesday July 14th**  
**@ 1:30pm PST**  
**Dallas Senior Center**  
**upstairs!**

**IF YOU'RE STRUGGLING WITH ANY OF THE FOLLOWING:**

FATIGUE - BRAIN FOG - WEIGHT GAIN - ANXIETY - CRAVINGS - POOR SLEEP  
HIGH CHOLESTEROL OR BLOOD PRESSURE - DIABETES OR INSULIN RESISTANCE

THE SOLUTION MAY BE A **METABOLIC RESET!**

**HEAL YOUR BODY • JOIN THE MISSION**

Lose  
**10x**  
More Weight

Lose  
**17x**  
More Fat Lost

Preserve  
**98%**  
Lean Body Mass

## Card Games

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

BACCARAT  
BLITZ  
BRIDGE  
CANASTA  
CASINO  
CRIBBAGE  
EUCHRE  
FAN TAN  
FREE CELL  
GO FISH

HEARTS  
MAO  
NERTZ  
OH HELL  
OLD MAID  
PATIENCE  
PINOCHLE  
PIQUET  
POKER  
PYRAMID

ROOK  
RUMMY  
SKAT  
SLAP JACK  
SNAP  
SPADES  
SPIT  
WAR  
WATTEN  
WHIST

# July 2026 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

**HOURS: 10AM – 3PM MONDAY - FRIDAY**

| SUNDAY    | MONDAY                                                                                  | TUESDAY                                                                                                                                         | WEDNESDAY                                                                                                                                                             | THURSDAY                                                                                                                                                       | FRIDAY                                                                                                                                                                        | SATURDAY                                                      |
|-----------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
|           |                                                                                         |                                                                                                                                                 | <b>1</b><br>10AM 4 Handed Pinochle<br>10AM Card/Table Games<br>11AM Mah-Jongg<br><b>11AM Blood Pressure Chk</b><br>12:30PM Wii Bowling<br><b>2PM Ice Cream Social</b> | <b>2</b><br>10AM Card/Table Games<br>10:15AM Low Impact Exercise<br>11:10AM Low Impact Exercise<br>12PM Bridge                                                 | <b>3</b><br>10AM Cards/Table Games<br>10AM 6 handed Pinochle<br>10AM Art Workshop<br>12PM Watch Clinic<br>1PM 10 Minute Writing                                               | <b>4</b><br><b>Happy 250<sup>th</sup> Birthday America</b>    |
| <b>5</b>  | <b>6</b><br>10AM Cards/Table Games<br>10AM 5 Crowns Game<br>12PM Bridge<br>4PM Karaoke  | <b>7</b><br>10AM Cards/Table Games<br>10:15AM Low Impact Exercise<br>11AM Scrabble<br>11AM Medicare Information<br>11:10AM Low Impact Exercise  | <b>8</b><br>10AM 4 Handed Pinochle<br>10AM Card/Table Games<br>11AM Mah-Jongg<br>12:30PM Wii Bowling                                                                  | <b>9</b><br>10AM Card/Table Games<br>10:15AM Low Impact Exercise<br>11:10AM Low Impact Exercise<br><b>11:30AM Lunch Bunch</b><br>12PM Bridge                   | <b>10</b><br>10AM Cards/Table Games<br>10AM 6 handed Pinochle<br>10AM Art Workshop<br>1PM 10 Minute Writing<br><b>3PM Board of Directors</b><br>5PM Bingo Dinner<br>6PM Bingo | <b>11</b><br><b>11:00AM DAS General Meeting &amp; Potluck</b> |
| <b>12</b> | <b>13</b><br>10AM Cards/Table Games<br>10AM 5 Crowns Game<br>3PM Movie Matinee          | <b>14</b><br>10AM Cards/Table Games<br>10:15AM Low Impact Exercise<br>11:10AM Low Impact Exercise<br>1PM Bunko<br><b>1:30PM Metabolic Reset</b> | <b>15</b><br>10AM 4 Handed Pinochle<br>10AM Card/Table Games<br>11AM Mah-Jongg<br>12:30PM Wii Bowling                                                                 | <b>16</b><br>10AM Card/Table Games<br>10:15AM Low Impact Exercise<br>11:10AM Low Impact Exercise<br>12PM Bridge                                                | <b>17</b><br>10AM Cards/Table Games<br>10AM 6 handed Pinochle<br>10AM Art Workshop<br>1PM 10 Minute Writing                                                                   | <b>18</b>                                                     |
| <b>19</b> | <b>20</b><br>10AM Cards/Table Games<br>10AM 5 Crowns Game<br>12PM Bridge<br>4PM Karaoke | <b>21</b><br>10AM Cards/Table Games<br>10:15AM Low Impact Exercise<br>11AM Scrabble<br>11:10AM Low Impact Exercise                              | <b>22</b><br>10AM 4 Handed Pinochle<br>10AM Card/Table Games<br>11AM Mah-Jongg<br>12:30PM Wii Bowling<br><b>1PM Birthday Party</b>                                    | <b>23</b><br>10AM Card/Table Games<br>10:15AM Low Impact Exercise<br>11:10AM Low Impact Exercise<br>12PM Bridge<br><b>Deadline For Calendar and Newsletter</b> | <b>24</b><br>10AM Cards/Table Games<br>10AM 6 handed Pinochle<br>10AM Art Workshop<br>1PM 10 Minute Writing<br>5PM Bingo Dinner<br>6PM Bingo                                  | <b>25</b>                                                     |
| <b>26</b> | <b>27</b><br>10AM Cards/Table Games<br>10AM 5 Crowns Game                               | <b>28</b><br>10AM Cards/Table Games<br>10:15AM Low Impact Exercise<br>11:10AM Low Impact Exercise<br>1PM Bunko                                  | <b>29</b><br>10AM 4 Handed Pinochle<br>10AM Card/Table Games<br>11AM Mah-Jongg<br>12:30PM Wii Bowling                                                                 | <b>30</b><br>10AM Card/Table Games<br>10:15AM Low Impact Exercise<br>11:10AM Low Impact Exercise<br>12PM Bridge                                                | <b>31</b><br>10AM Cards/Table Games<br>10AM 6 handed Pinochle<br>10AM Art Workshop<br>1PM 10 Minute Writing                                                                   |                                                               |