

Contents

- 01: New News Starts
- 02: Our Business Member
- 03: New News Continues
- 03: Movie Matinee
- 04: Out to Lunch Bunch
- 04: Birthday Celebration
- 04: More Information Pages 4 – 6
- 07: Metabolic Reset
- 08: Polk County Plant Sale

New News Starts

Lee Schlenker – President: Well, hello and welcome to May, this is Older American's month. The city has kept me informed on where they stand on maintenance of the building. One of the freezers that Meals on Wheels uses went down and the city was right on top of it and seeing what needs to be done to fix it. A big thank you to those who are still sitting at the front desk and welcoming all who come into the center, your effort and work is greatly appreciated. We will be getting our Easter Seals person the week of April 27th, so look forward to seeing a new face at the front desk.

Bingo is going strong. Karaoke has restarted as it stays lighter later.



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, May 8th**

**DAS General Membership Meeting
11:00AM Saturday, May 9th**

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. Two in a corner, one in a room, zero in a house, but one in a shelter. What am I?
2. No matter how little or how much you use me, you change me every month. What am I?
3. Which letter of the alphabet has the most water?

Answers on Next Page

Answer for Riddles

1. The letter "R."
2. A calendar.
3. "C."

New News Continues

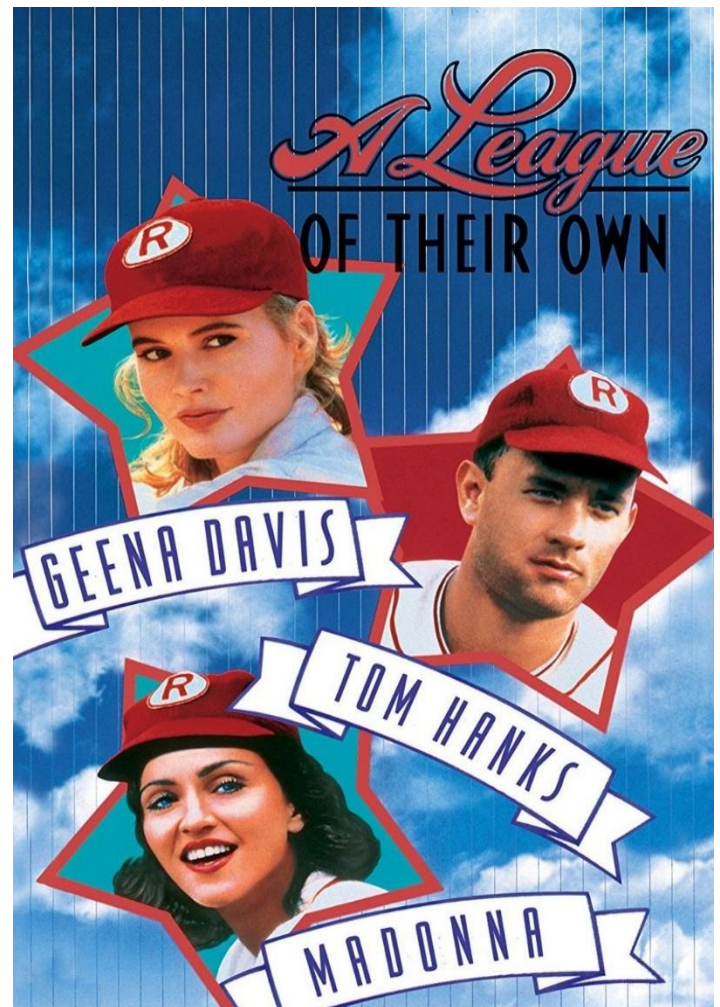
But what do you think about moving it forward, so it starts maybe an hour earlier? Still need to hear from you all.

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

I have talking with the other Senior Centers in Polk and Marion counties and have discovered several things that could really help us. The other item is to have a feed once a month on a Friday evening that would go along with music in the park. It would not interfere with bingo and would be another source of income for the center. Please let me know of your interest and willingness to work on it.

So, see you at the center! - Lee

Movie Matinee: This month's movie will be *A League of Their Own*. This movie will be shown on May 11th 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: May Out to Lunch Bunch, are you hungry for good food and fellowship? You are welcome to join us!

Bangkok Street
608 S Main St,
Dallas, OR 97338
(503) 751-1754

Thursday, May 14th, 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. Ann Bonds, Bob Brannigan, Dave Horton, Sherril Hurt, Janet Perry, Susan Sutherland. If you see these folks, please wish them a Happy Birthday for the month of May.

SERVICES: If you need assistance, contact the following for your needs:

Dog Sitters: Kay Whitney

Master Gardener: Lee Schlenker

If you know of any members that can provide service and help to our members please let us know so we can post them in the newsletter.

Mother's Day Breakfast – May 9th. 8:00AM-9:30AM. All Mother's will be served breakfast before the general meeting by our own President, Lee Schlenker, plus other distinguished gentlemen of the Center (David Horton, Dave Jesse, and Calvin Smith). Breakfast will consist of eggs, pancakes, sausage, and bacon.

DALLAS AREA SENIORS OFFICERS

PRESIDENT: Lee Schlenker

VICE PRESIDENT: Brad Kane

SECRETARY: Nancy Howells

TREASURER: Judy Jones

DIRECTORS:

Betty Sledge

Brian Dalton

Calleen Harrison

Judy Greening

Lynette Horton

Nancy Bliven

Tommy Steggell

DECORATIONS: All decorations are now organized and have its own tub according to holidays, labeled on the outside for easy identification. The decorations are located under the north stairwell. If need any decorations, ask the Decorating Committee, Lynette Horton or Judy Greening. A big thank you to these two for taking on the task of organizing and keeping the center decorated for each holiday.

COMMITTEES/ACTIVITIES

10-Minute Writing: Betty Sledge

Activities (Events and Parties):

Tike Miller
Nancy Bliven
Nancy Howells
Lynette Horton

Bingo (2nd and 4th Friday):

Betty Sledge
Tommy Steggell

Bridge:

Susan Schuch

Bunko (2nd and 4th Tuesday):

Rose Brown

Crafts (10AM-Noon Fridays):

Decorating:

Judy Greening
Lynette Horton

Exercise (Tuesdays and Thursdays):

Julie Coleman

Finance:

Lee Schlenker
Nancy Howells
Judy Jones

Insurance:

Lisa Bilgen de Herrera

Lunch Bunch:

Shirley Hill

Mah-Jongg:

Eileen Watts

Newsletter:

Open Position

Promotions/Movies:

Tommy Steggell

Supplies (Office):

Judy Jones

Supplies (Pop, Water, Plates, etc.):

Rose Brown

Supplies (Cleaning):

Cherel Schuler

Watch Clinic (1st Friday):

Rebecca Graham

Wii Bowling:

Meals on Wheels:

Monday, Wednesday and Friday at 12PM.
Home Delivery is Available

If you need anything from any of the committees, please contact any person from the committee and they will gladly assist you.

Newsletter Editor: This is now an open position. If you would like to do the newsletter, please contact Lee Schlenker. We will work with you to make sure you have the information to do the newsletter. You will also have to maintain the electronic membership listing. You will be sending out emails to the membership, sending the newsletter electronically to members, and printing address labels for those members that want a printed copy of the newsletter. You must be able to work with Microsoft Word and Excel. Understand how to save your work as a PDF to be emailed to members. Training will be provided if required. So, if you want to do the newsletter, please step up. We need the help.



Arts & Crafts:

Every Friday, at 10AM upstairs. Come do arts & crafts with our very talented members, Dorcas Manley. She makes beautiful cards. Jeff Cattanach does amazing drawings.

There are several other very talented people. Stop by and see these very creative people.

Bingo Dinner: We have a new person cooking our Bingo Dinner. Dennis Wood, who is about to retire from the Coast Guard has stepped up to cook our Bingo Dinner for us. For those of you who missed our first dinner with Dennis. We had a Polish Sausage on a Hoagy bun, Sauerkraut, a bowl of homemade Chilli, and either Iced Tea or Lemonade for a drink. Due to time constraints, Dennis was unable to bake a cake for the dinner. A cake was purchased for desert. All this for \$10.00 dollars. It was well worth the money. So come by and have a great meal at a reasonable price even if you don't want to play Bingo.

Nurse Next Door: Is providing free blood pressure checks at the senior center. They will be doing these checks on Wednesday May 6th and Wednesday May 20th from 11AM till 1PM. This is a free service for our members.

Senior Center Coat Rack: On May 15th any coat on our coat rack that is not claimed by the members will be donated to charity. The coat rack is full and there is nowhere for the members coming into the center to hang their coats. If you have a coat hanging there come pick it up or it's gone to charity.

Karaoke: Karaoke is back. Please see the calendar for dates and times.

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

THE FUTURE OF *HEALTH AND WELLNESS!*



Join us to learn
more!
**Monday May 11th
@ 1:30pm PST
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

**34TH ANNUAL POLK COUNTY
MASTER GARDENER™ ASSOCIATION**

Polk County
Master
Gardener
Association



www.polkmgga.org

PLANT SALE

Friday, May 8:

9 AM - 4 PM

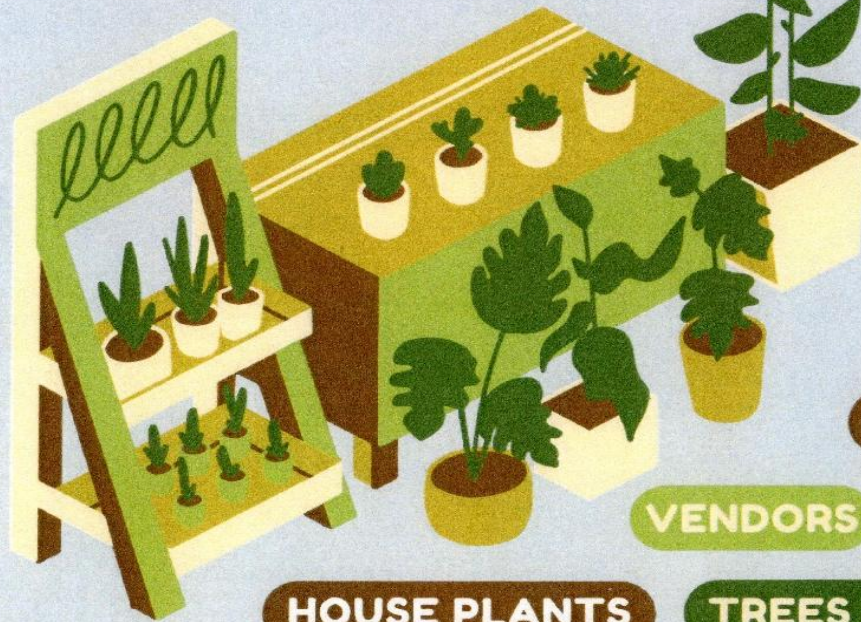
Sat., May 9:

9 AM - 2 PM

Mother's Day Weekend 2026

**LOTS of Annual Flowers &
Beautiful Hanging Baskets**

**Polk County
Fairgrounds**
RICKREALL, OR
**Free Parking &
No Entry Fee**



Kids can pot up a
marigold & collect a
packet of seeds!

First marigold free per
child. Additional pots
can be planted for \$1.

VEGETABLES

HANGING BASKETS

VENDORS

COUNTRY STORE

HOUSE PLANTS

TREES & SHRUBS

HERBS

NATIVE PLANTS

BERRIES

ANNUALS

PERENNIALS

Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Accommodation requests related to a disability should be made by May 1, 2026 to OSU Extension Service at 503-626-8395 or aisha.hutchison@oregonstate.edu



**Oregon State University
Extension Service
Master Gardener™**

May 2026 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

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