

Contents

- 01: New News Starts
- 02: Our Business Member
- 03: New News Continues
- 04: Out to Lunch Bunch
- 04: Financial Education
- 04: Birthday Information
- 04: Board Meeting
- 04: Father's Day BBQ
- 05: Patio Garden
- 05: Facebook Information
- 05: July 4th Picnic
- 06: Upcoming Events
- 06: Facebook Questionnaire
- 08: Patio Garden Pictures

New News Starts

Executive Director – Steve Mohr



Do you know what the top ten concerns are for seniors? According to aseniorconnection.com

article, the top 10 concerns for seniors include: health

care costs, disease, physical aging, physical assistance, financial security, loneliness, financial predators, abuse or neglect, transportation, and the changing social climate.

Here at the Dallas Area Senior Center, we can't help addressing all these concerns, but we can provide services that do address some of these concerns.



Announcements

Father's Day BBQ – June 14th, 1:00PM

Bowling Starlite Lanes – June 18th, 12:30PM

DAS Meeting Information



DAS Board of Directors Meeting

8:30AM Wednesday, June 11th

DAS General Membership Meeting

11:00AM Saturday, June 14th

DAS Online Sites:

[DALLAS AREA SENIORS](http://www.dallasareaseniors.org)

<https://www.dallasareaseniors.org>

[Facebook](#)

Our Business Members



**JOYFUL SOUND
HEARING**

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



Dallas

FOURSQUARE CHURCH

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

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



**SYNERGIZE
AUTO**

201 NE Polk Station Road, Dallas, OR
(971) 718-4042

Riddle Me This

1. I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?
2. What starts with T, ends with T, and has T in it?
3. What can go through glass without breaking it?

Answers on Next Page

Answers to Riddles

1. An echo
2. A teapot
3. Light

New News Continues

1) **Loneliness:** We have over 160 people who attend our senior center for a variety of reasons. The majority of our seniors are single and come to the center for the fellowship and companionship. Many call the senior center their family. You will find that there are a number of our seniors who come every day to be with their friends at the center. They play cards, and other games, some come for exercise, some love to just visit. We have some who love to work on puzzles or play Wii. By coming to the senior center, they no longer feel alone. If you're looking for a place like this, please come and join us. If you know someone who is lonely, encourage them to come and check us out.

2) **Financial Predators:** We occasionally have a bank representative who comes to teach us about how to avoid scams and those who try to take advantage of seniors.

3) **Transportation:** As a family, we do our best to take care of family needs. If you become a member of the senior center and need a ride somewhere, we have a few people who are willing to help

out. We do not offer transportation as a service to non-members.

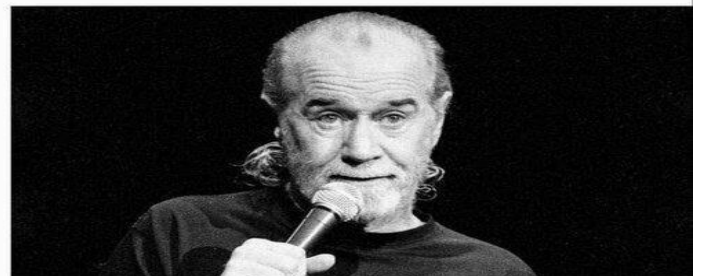
4) **Social Changing Climate:** Change is hard for all of us, and especially seniors. While we can't stop the changes going on around us, hanging out with other seniors who are experiencing the same challenges and talking with each other can offer us hope and encouragement.

5) **Health Care Costs:** While we can't help paying for health care costs, we do have a lady who meets with seniors to discuss, answer questions and help guide seniors to make wise decisions regarding Medicare insurance.

If you are a senior age 60+ and you are looking for help and encouragement with people your same age, come and join at the Dallas Area Senior Center.

"The real reason we can't have the ten commandments in a courthouse: you cannot post "thou shalt not steal", "thou shalt not commit adultery", and "thou shalt not lie", in a building full of lawyers, judges, and politicians. It creates a hostile work environment"

– George Carlin





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

Route 99 Restaurant
9015 Portland Rd NE, Brooks, OR
503-983-9090

Thursday, June 12th, 11:30 AM

This will require travel time to the restaurant. Meet at the senior center at 11AM to leave at 11:30AM. Carpool will be leaving from the senior center.

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



Financial Education: Rebecca Masingale will be holding a WaFd Financial Education Class on June 24th, 10:00AM. This is a free class for all members.

This month's education will be Bitcoin and Crypto currency. This will be a very basic overview of the Crypto currency and how it could affect banking in the future. This will continue the discussion from last month.

Salem Health: Will be holding a seminar on **Live a Longer Healthier Life** on June 11th, at 10AM. This will be held at the Majestic Event Center. Call 503-814-2432 for more information.

Birthdays This Month: These people are celebrating a birthday this month. Margorie Bowser, Barbara Chaney, Beverly Finseth, Valerie Harding, Norma Hasting, Dave Jesse, Brad Kane, Audrey Lieder, Judy Ohren, Angelo Stephenson, Dave Sutherland, Charl Traugher, Shirley Watson, Dianne Mundorf. If you see these please wish them a Happy Birthday for the month of June.

Board Meeting Date Change: Thursday will not work for the board meeting. For the month of June, we will be meeting on June 11th at 8:30AM. If you wish to attend, please let Steve Mohr know.

Father's Day BBQ: There will be a Father's Day BBQ at the senior center on June 14th at 1PM. Ladies will pay \$5.00, and gentlemen will eat free. Hamburgers and hot dogs are provided. Hope to see you all there for this event. If you have questions, contact the senior center.

Rotating Pinochle: If you like playing pinochle. Come join us on Monday morning at 10AM and play rotating pinochle. Rotating pinochle is where you will change partners after each game. Signup sheet at the front desk of the senior center.

Any American who is prepared to run for president should automatically, by definition, be disqualified from ever doing so. ~ Gore Vidal

Patio Garden – by Lee Schlenker

The Patio Garden is taking shape with lots of different plants and some new furniture. Hopefully the weather will start to cooperate so we can enjoy being outside. I have received numerous donations from different businesses in Dallas to make the patio a place to be.

The two large, raised beds are filled with flowering plants and a large selection of vegetables. As the vegetables ripen, they will be available to members and the excess will be given to the Dallas Food Bank.

The following businesses have donated to the center so please support them or send your family and friends to them:

The Old Mill Feed & Garden, Hamblin's Nursery, Polk County Master Gardener Association, The Lollipop Forest Dahlia's, Feiring Farm Fresh, Petals & Vines, Cascade Home Center

So, please step outside and see the new Patio Garden as it grows, blossoms, and produces this summer.

Facebook by Jo Ann Beal - Are you on Facebook? We're trying to grow our social media presence on Facebook and could use your help with a "Follow" on our **Dallas Oregon Area Senior Center** Facebook page. The steps to doing it are simple.

1. Search Facebook for **Dallas Oregon Area Senior Center** and once it appears in your search, click/tap on it.

2. Click/Tap on the button with the three dots [...]. A "Follow" option should appear. Click/Tap that, and that should do it!

3. After you "Follow" our Facebook page, you can also click/tap the "Like" button. This will help too!

To make sure you follow the correct Facebook page, make sure it reads: **Dallas Oregon Area Senior Center** Thanks in advance for your help!

By following the center's page, you'll get to see what we share with the community about our Senior Center! The link to our Facebook page is on the first page of the newsletter. If you get the newsletter by email you can click on the link, and you will go to the correct Facebook page.

July 4th Picnic by Tike Miller – Tike will be holding her annual 4th of July picnic in the park. Since the center is closed on the 4th this is a great way for members to get together and have fun. We need a \$5.00 donation to help cover the cost of the chicken. Bring a potluck side dish and your own drinks. Game prizes and lots of fun. Sign up at the front desk at the senior center. I need to know how many are coming by July 1st. The fun and games begin at 12PM on July 4th at the park. If you have any questions, please call Tike at 503-930-5834.

A politician is a fellow who will lay down your life for his country. ~ Texas Guinan

Upcoming Events by Tommy Steggell

Wow, June already! Summer is upon us and at the end of the month we will mark our way halfway through this year!

Looking at events for June, Father's Day is coming, and the day before Father's Day on June 14, we will have a barbecue here at the center at 1 o'clock in the afternoon. It looks as though Safeway will be donating hamburgers, hotdogs, buns, chips, and the condiments to go on said hamburgers and hotdogs. There will be no charge for this as this is a members benefit and if you have a family member or a friend that would like to tag along feel free to bring them at no charge as well. A couple of us will barbecue up until the burgers and dogs are gone. Please bring a small side dish, potluck style (if you can). I hope to see you here at the center.

Looking at other center events coming up, there will be a chili cook off at the end of August. More details to come on that

The center is now open on bingo Fridays until bingo is over. Hotdog sales start at 5 o'clock or thereabouts. Ticket sales will start at 5:30 on those nights for bingo. There's been some talk about doing some trivia games on those afternoons from three until 5 PM.

We also can't forget about Dallas days coming up and our participation in that event. There has been some talk about making strawberry shortcakes on those days to sell to the public that's coming through. It sure would be nice if we could use that opportunity to showcase our facility and hopefully gain some new members.

Looking at adding new activities, how many people would be interested in a possible afternoon matinee once a month? We could stay open just enough to watch a movie and have popcorn. I for one would love to watch singing in the rain once again.

I'm always open to other suggestions. There's lots of ideas we can turn into events and activities.

See you at the center!

Tommy Steggell
Event Coordinator

Facebook Questionnaire – Jo Ann Beal

- With my current approval to focus on attracting the attention of the community with our social media/Facebook posts to generate more interest and ultimately more membership, I've realized many community members probably already know some of our current Senior Center members and just don't know that they're Senior Center members. So, I've developed a plan to introduce our Senior Center members to the community via Facebook by utilizing an informational questionnaire and sharing the answers/information with the community. Of course, if the member wants to participate. Additionally, Facebook posts will only use the answers, not the questionnaire form itself. **The questionnaire is on the next page.**

Dallas Senior Center Questionnaire. Let's get to know you!

We want to highlight our Dallas Senior Center members and share with others about what great people you are!

We've developed this short questionnaire with general questions you can answer, that we'll use to highlight you and your participation in the Dallas Senior Center on our Senior Center's Facebook page!

Your participation in the questionnaire is strictly optional, but by highlighting you, it can help us grow in membership and grow in membership dues.

If you'd like to participate, just answer the below questions and turn in the completed questionnaire to Julie at the front desk. Jo Ann will collect them and get in touch with you about going forward with your highlight appearance on Facebook! So exciting!

If you don't feel comfortable answering a particular question, just skip it! No problem at all.

We look forward to sharing with everyone about how great you are!! We hope you'll take a few minutes to complete the questionnaire and tell us more about you!

First Name:

Last Name:

Nickname:

How long have you been a Dallas Senior Center member?

What's one of your favorite things about the Dallas Senior Center, or favorite activity?

What is/was your occupation? If retired, from what/where?

What are your hobbies?

Do you have a hidden talent?

What's your favorite food?

What's your favorite snack?

What's your favorite dessert?

What's your favorite restaurant?

What's your favorite TV show?

What's your favorite movie?

Who's your favorite actor/actress?

Do you have any pets? If so, what types, and what are their names?

What was your favorite trip or vacation?

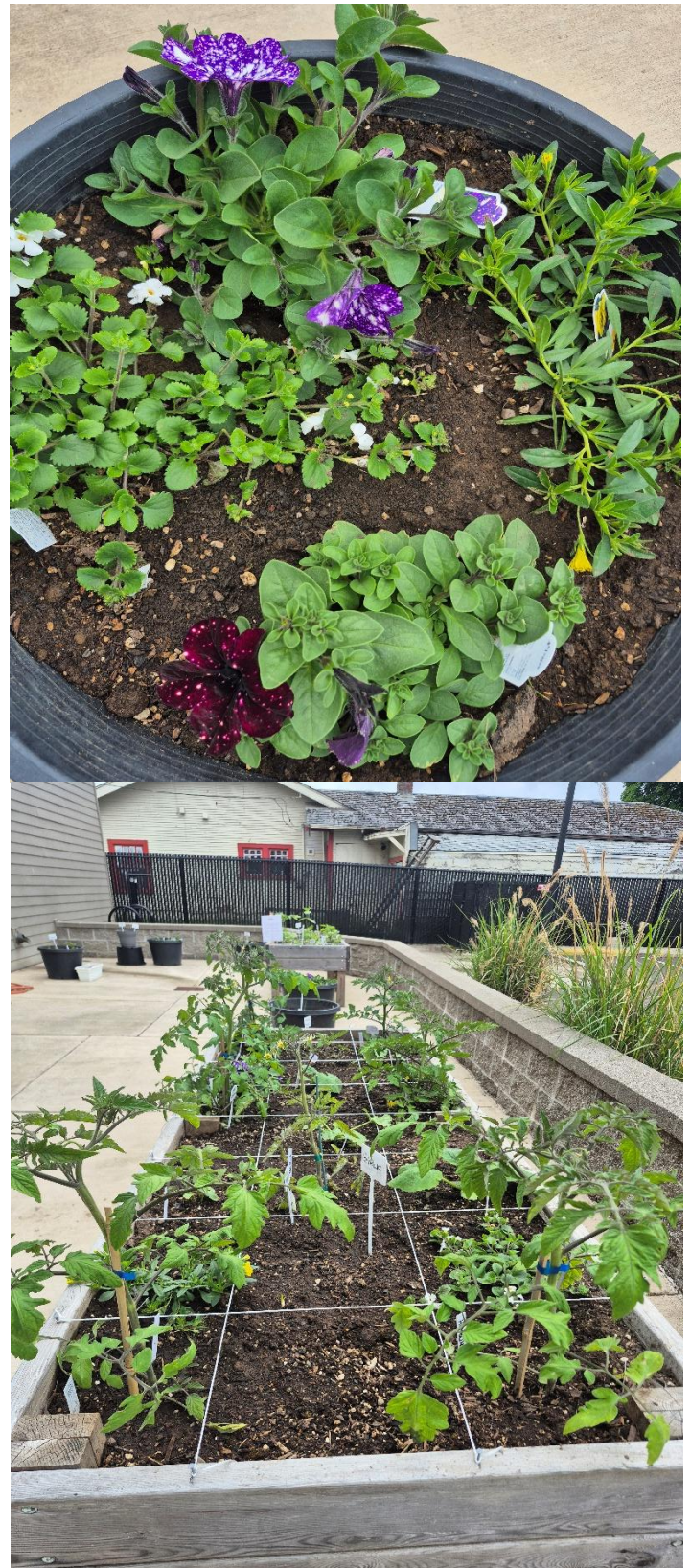
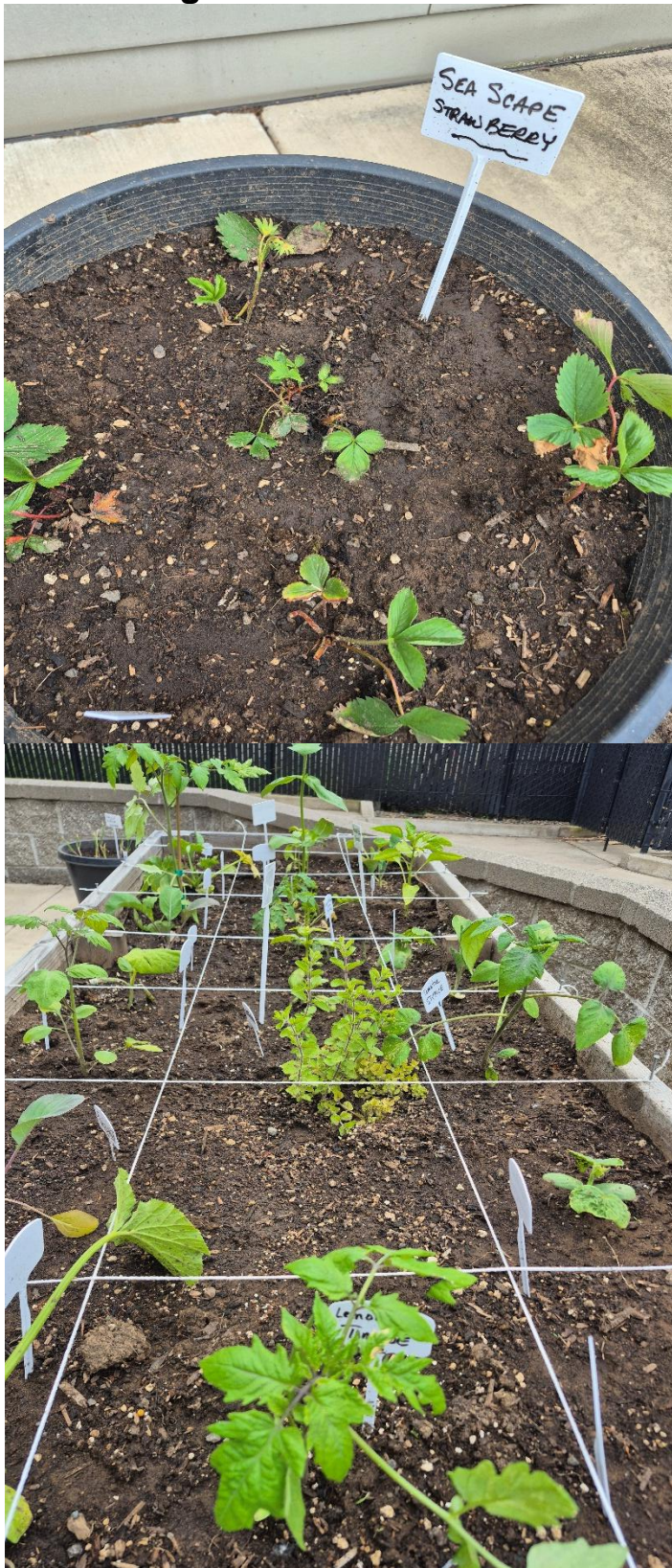
What is a favorite memory? If can be anything.

Do you have a message to the community about the Dallas Senior Center?

Is there anything else you would like people to know about you or the Dallas Senior Center?

05/2025

These photos were taken by Betty Sledge of our Patio Garden.



June 2025 - 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 1PM Ice Cream Social	5 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge 1:30PM 10 Minute Writing	6 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 12PM Watch Clinic	7
8	9 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 8:30AM Board of Directors 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 11:30AM Lunch Bunch 12PM Bridge 1:30PM 10 Minute Writing	13 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 5:30PM Bingo Hot Dogs 6PM Bingo	14 11:00AM DAS General Meeting 1PM Father's Day BBQ
15 Father's Day	16 10AM Cards/Table Games 10AM 5 Crowns Game 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 12:30PM Bowling at Starlite	19 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge 1PM Age Café 1:30PM 10 Minute Writing	20 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Gardening Class Deadline For Calendar and Newsletter	21
22	23 10AM Cards/Table Games 10AM 5 Crowns Game	24 10AM Cards/Table Games 10AM Financial Education 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 1PM Birthday Celebration	26 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge 1:30PM 10 Minute Writing	27 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 5:30PM Bingo Hot Dogs 6PM Bingo	28
29	30 10AM Cards/Table Games 10AM 5 Crowns Game					