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New News Starts

Newsletter Editor Info: Volunteering is great way to enjoy your time at the senior center. We have members who do all the tasks that keep our senior center running. From cleaning, helping members in, purchasing drinks that we enjoy, let's not forget the important one of making coffee, and many other important tasks. Volunteers are what make our senior center run. Without volunteers our senior center would cease operating. There are plenty of volunteer opportunities at the senior center. Everything from helping with Bingo, which is a fundraiser for us, to editing the newsletter, and other activities. So, if you can volunteer please let us know as we can use the help.



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, September 11th
DAS General Membership Meeting
11:00AM Saturday, September 12th

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. The more of this there is, the less you see. What is it?
2. How many letters are in the alphabet?
3. What has many hearts but no other organs?

Answers on Next Page

Answer for Riddles

1. Darkness.
2. Eleven, "t-h-e-a-l-p-h-a-b-e-t."
3. A deck of cards.

New News Continues

We had an issue with the AC unit in the kitchen. It started leaking and all the coolant leaked out. Peak came in and pulled the faulty unit. The unit needs to be replaced. The company which manufactures the HVAC unit only makes new units in January of each year. So, if we are lucky, we will see a new unit for the kitchen about February or March next year. In the meantime, Peak has capped off the lines running into the kitchen, so the rest of downstairs has AC, and of course heat when winter gets here. Right now, we are using fans to blow cool air into the kitchen to keep it cool.

Our three new activities, Cornhole Darts, and Scrabble seem to be off and running. We could use a few more dart players. We also have Scrabble that is played on the first and third Tuesday of each month. Coming soon will be checkers. So come and check out the new activities.

Movie Matinee: This month's movie will be Best in Show. This movie will be shown on September 14th 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.



Changes to Bingo: September is our first anniversary of restarting bingo. We have some fun changes and in addition to our bingo line up and offerings. Please watch our WEB site and other social media posts for the details. **We are now accepting debit cards or American green backs.**



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

Spoon N Folks Thai Cuisine
184 SE Washington St.,
Dallas, OR 97338
(503) 831-1286

Thursday, September 10th, 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. Bob Anderson, Diane Berger, Vickie Boer, Aleta Caudill, Bob Craven, Tom Crosby, Gayle Currie, Charlotte Hancock, Doug Hancock, Lynette Horton, Dennis Johnson, Charlotte Lyman, Janice Russ, Lee Schlenker, James Schuch, Judy Smith, Donna Wetter, Kelly Wilhite. If you see these folks, please wish them a Happy Birthday for the month of September.

Medicare Information: Mary Mestas will be providing Medicare Information to seniors in the local community. She will be at the senior center on September 14th, from 1PM to 3PM.

Election Information: In September we need at least three volunteers to be on the nominating committee. We currently have three volunteers, but with all the work required, I would like to see at least two more volunteers on the committee. Besides getting nominations for the positions, the committee also puts the ballot together, mails out the ballots, and counts the ballots. So, it is a very busy committee. This year the Vice President, Treasurer, and three director positions will be up for reelection. If you are thinking about running for an office, be at our general membership meeting in September to see who is on the nominating committee so you can get your name in the mix.

Dart Board: Thanks to Dave Jesse and the team that help get the cork board around the dart board. They did a great job of getting the area ready for darts. Game on to play darts. This is a picture of the dart board area now.



Cornhole Tournament: The first cornhole tournament was held July 27th at 12:30 upstairs at the senior center. We had seven teams sign up. Here are the teams.

Humpty & Dumpty

Nancy Howells & Calvin Smith

The Valkyries

Pat Meling & Dorcas Manley

Team Jesse

Cherel Shuler & Dave Jesse

Blue Eyed Bombers

Betty & Fran

Team DJ

Judy G. & Dave Horton

Team Winner

Tike & Lynette Horton

Team Hoffman

Suzanne Hoffman & Wally Jensen

In the end The Valkyries defeated Team Hoffman to take the victory. We had some great games and a lot of fun. Here are a few pictures.



I would like to Thank Stan and Michelle Mills for providing Dilly Bars after the tournament. They were enjoyed by many.



Curious about your metabolic health?



Join me for a

FREE OVERVIEW AND METABOLIC SCAN.

For the past *6 years*, I've been on my own metabolic health journey. What I've learned has changed my life, and I'd love to share it with you.

HAVE YOU EVER WONDERED...

- ✓ Why you're tired, foggy, or craving sugar—even when you're trying to eat healthy?
- ✓ Why stubborn weight, poor sleep, and low energy seem connected?
- ✓ Whether improving your metabolism could help you feel better for years to come?

WHAT YOU'LL LEARN



MY PERSONAL JOURNEY

How addressing the root cause changed everything.



SCIENCE BACKED

Peer-reviewed research with measurable results.



WHAT MAKES OUR APPROACH DIFFERENT

It's not another diet.
It's a better way.



HOW PEOPLE ARE IMPROVING

More energy, better sleep,
and lasting health.



WHERE:

DALLAS SENIOR CENTER
817 SW CHURCH ST



WHEN:

TUESDAY,
SEPTEMBER 8, 2026



TIME:

1:30 – 2:30 PM



EVERY ATTENDEE RECEIVES A **FREE METABOLIC SCAN**
WITH PERSONALIZED RESULTS.



I can't wait to share this with you!
I LOOK FORWARD TO SEEING YOU LIVE!



JOIN US TO SUPPORT OUR COMMUNITY, SAVE OUR FAIRGROUNDS, AND PROTECT POLK COUNTY'S HERITAGE, CULTURE AND EMERGENCY RESPONSE.

The Polk County Fairgrounds has been a vital part of our county for generations.



EACH YEAR, THE FAIRGROUNDS:

- ✓ Hosts over 225,000 people annually over 700 diverse events.
- ✓ Supports local youth and residents with over 600 exhibitors each year, including over 300 4-H and FFA youth and 300 open class exhibitors presenting over 4,500 exhibits.
- ✓ Generates over \$850,000 in local charitable giving through hosted fundraisers;
- ✓ Serves as the County's front-line hub for local emergency evacuation and disaster relief; and
- ✓ Is the official secure School Reunification Center for West Salem and most local schools.

- ★ **ENDORSE THE LEVY** SHOW YOUR SUPPORT BY ADDING YOUR NAME.
- ★ **DISPLAY A SIGN** HELP SPREAD THE WORD IN YOUR NEIGHBORHOOD.
- ★ **VOLUNTEER** GET INVOLVED WITH OUTREACH AND EVENTS.
- ★ **STAY INFORMED** SIGN UP FOR UPDATES AND CAMPAIGN NEWS.
- ★ **DONATE** SUPPORT THE CAMPAIGN TO SAVE OUR FAIRGROUNDS.
- ★ **VISIT [SAVEPOLKFAIRGROUNDS.COM](https://www.savepolkfairgrounds.com)** TO LEARN MORE.

 Friends of the Polk County Fairgrounds

Paid For by Friends of the Polk County Fairgrounds 24113





SAVE OUR FAIRGROUNDS!

PROTECT POLK COUNTY'S
HERITAGE, CULTURE & EMERGENCY RESPONSE

The Polk County Fairgrounds has long been a central hub of community life for rural Polk County – a place to showcase our agricultural heritage, host 4-H and FFA youth events, and bring exhibitors from all across Polk County to showcase goods and services all throughout the year. The Polk County fairgrounds hosts 225,000 people per year.

On November 3rd, Polk County will be asking local voters to approve a straight-forward 5-year, \$1 million per year property tax levy to keep the Polk County Fairgrounds open and restore the Fairgrounds as a safe and vital community hub for agriculture, education, community events, and emergency response.

The tax levy will preserve the Polk County Fairgrounds as the County's primary asset for local emergency staging, evacuation, disaster relief and school re-unification center for West Salem and all of Polk County.

The Polk County Fairgrounds will permanently close December 31st without passage of the levy.

WHAT THE TAX LEVY WILL DO



Save the Polk County Fairgrounds!



Commit 65% of levy funds to secure the safety and functionality of the Fairgrounds to make it a safe and viable community hub and emergency response center.



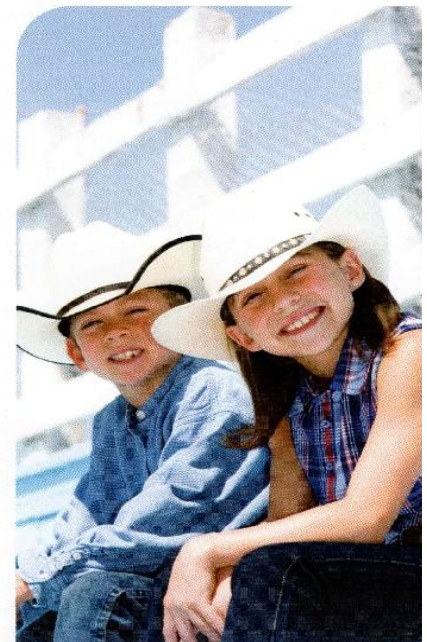
Fund \$3.5 million over 5 years in electrical replacements, building renovations, roof replacements, HVAC system replacements, asphalt replacement and interior flooring replacement. The levy will also bring technology infrastructure to the fairgrounds to build its capability as an emergency response facility and a safe school re-unification center for West Salem and all of Polk County.



Preserve Polk County's agricultural heritage and supporting local youth with facilities that can continue to host over 300 4-H and FFA every year.



Cost taxpayers – on average – between \$2 and \$5 per month. The 12-cent per \$1,000 levy would cost the average Polk County household \$30 per year.



VISIT

SavePolkFairgrounds.com
or Friends of Polk County
Fairgrounds on facebook
to learn more.



Join our
**Open
House**



SAVE THE DATE
26 | 10
SEPTEMBER | AM
2026

Refreshment will be served.
Dallas Area Seniors,
817 SW Church St.

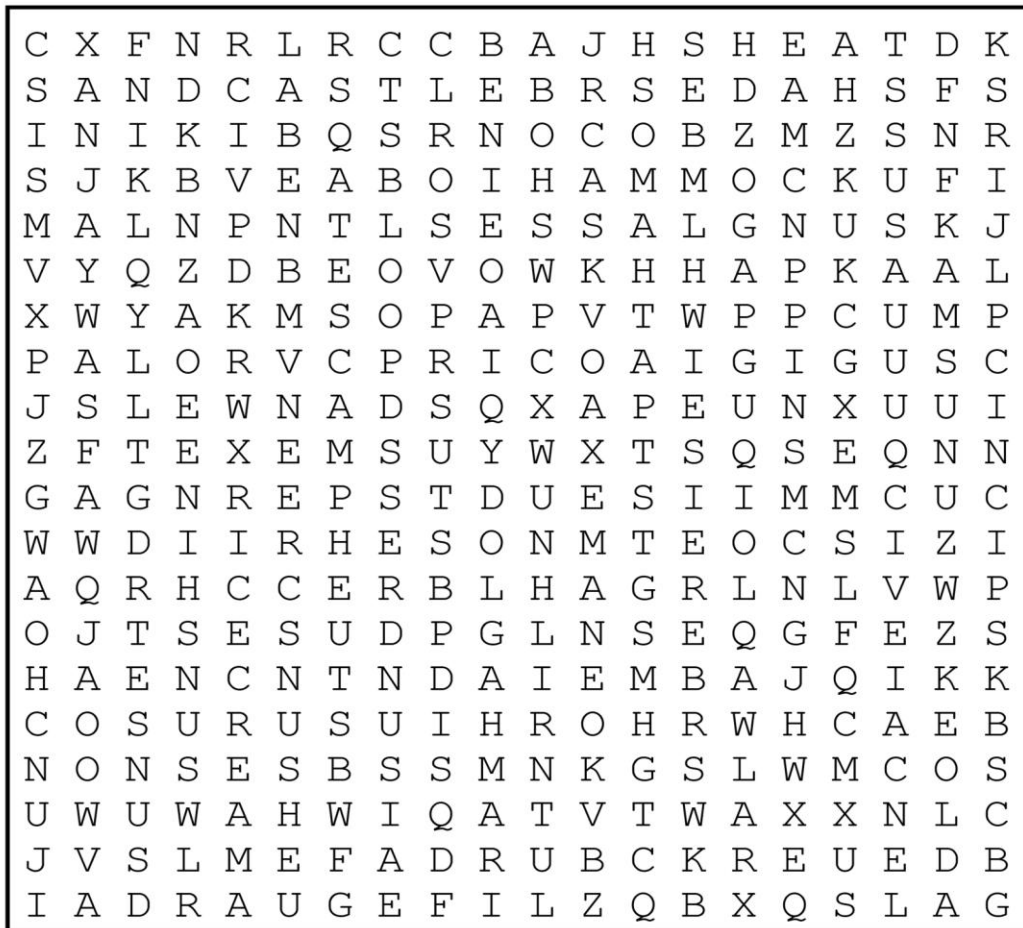
Open Five Years At This Location
<http://dallasareasenior.net>

Word Search

Name: _____



SUMMER TIME



Word list:

BEACH
BIKINI
CAMP
FISHING
HAMMOCK
HEAT
ICECREAM

LEMONADE
LIFEGUARD
PARK
PICNIC
POOL
POPSICLE
RELAX

SAND
SANDALS
SANDCASTLE
SEASHELLS
SHADE
SUN
SUNSET

SUNDRESS
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIMSUIT
VACATION
WATERMELON



SunCatcherStudio.com

September 2026 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10AM Cards/Table Games 10:15AM Low Impact Exercise 11AM Scrabble 11AM Medicare Info 11:10AM Low Impact Exercise 1PM Darts	2 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 1PM Wii Bowling 2PM Ice Cream Social	3 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge	4 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 12PM Watch Clinic 1PM 10 Minute Writing	
6	7 Closed for Labor Day	8 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 1PM Bunko 1:30PM Metabolic Reset	9 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 11AM Blood Pressure Chk 1PM Wii Bowling	10 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 11:30AM Lunch Bunch 12PM Bridge	11 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 1PM 10 Minute Writing 3PM Board Meeting 6PM Bingo	12 11:00AM DAS General Meeting & Potluck
13	14 10AM Cards/Table Games 10AM 5 Crowns Game 1PM Medicare Info 3PM Movie Matinee	15 10AM Cards/Table Games 10:15AM Low Impact Exercise 11AM Scrabble 11:10AM Low Impact Exercise 1PM Darts	16 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 1PM Wii Bowling	17 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge	18 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 1PM 10 Minute Writing	19
20	21 10AM Cards/Table Games 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	22 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 1PM Bunko Deadline For Calendar and Newsletter	23 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 1PM Wii Bowling 1PM Birthday Party	24 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge	25 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 1PM 10 Minute Writing 6PM Bingo	26 DAS Open House
27	28 10AM Cards/Table Games 10AM 5 Crowns Game 11AM Grief Support Grp 12:30PM Cornhole	29 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise	30 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 1PM Wii Bowling			