

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



“Entitlement?” I have heard many older adults say the younger generation acts as if they are entitled to... you fill in the blank.

Some years ago, a church I worked for hired a young man, (still a teenager) just starting college to be the youth director. He had just graduated from High School and had no education or experience, yet he told me he expected to be paid the same amount as those who were seasoned youth ministers. He compared himself with those who had a college degree, years of experience and worked in larger churches with more responsibility. In his mind he believed he was entitled to the same benefits.

The word entitlement means: “having a right to certain benefits.” The truth of the matter is that it is not just young people who suffer from entitlement; but it affects people of all ages. Seniors are not immune to feeling entitled.

Continued Page 6

Announcements

- 10 Minute Writing – Starts at 12PM Thursdays
- Halloween Party – November 1st
- Thanksgiving Party – November 9th
- WaFd Financial Education – November 13th
- Legacy Charitable Giving – November 15th
- Closed Thanksgiving – November 28th**

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 December 1st, 2024

- \$120.00 Yearly (Single)
- \$180.00 Yearly (Couples)
- \$10.00 Monthly (Single)
- \$15.00 Monthly (Couples)
- \$5.00 Day Visit

DAS Information



DAS Board of Directors Meeting
8:30AM Monday, November 4th
DAS General Membership Meeting
11:30AM Saturday November 9th

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 12PM to 1PM.
- **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 12:30PM to 3:00PM to discuss the book of the month. Laurie Wilson leads the group.
- **Lunch Bunch:** Meets monthly at various local restaurants. Great for those who like to socialize over food.
- **Watch Clinic:** First Friday of the month. Have your watch cleaned and new battery for a \$1.00.
- **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 Video Games:** We have a Wii that is available for play by the membership. Have fun.

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 we would learn what the human race really is at bottom, we need only observe it in election times.

Mark Twain

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



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

*Suppose you were an idiot, and suppose
you were a member of Congress; but I
repeat myself.*

Mark Twain

Riddle Me This

1. What loses its head in the morning but gets it back at night?
2. Who makes it, has no need of it. Who buys it, has no use for it. Who uses it can neither see nor feel it. What is it?
3. What gets broken without being held?

Answers on Next Page

Riddle Me This - Answers

1. Answer: A pillow.
2. Answer: A coffin.
3. Answer: A promise.

New News Continues

Believing one is entitled to something is a mindset based on opinions not necessarily on reality. Even at the senior center the spirit of entitlement is unfortunately alive and well in the minds of some.

The reality is, Dallas Area Seniors is a 501c3 charitable organization that IS NOT RUN BY THE CITY. The cost to operate the senior center is the responsibility of the members. Therefore, it is up to us, the members, to find ways to pay for the benefits we enjoy. As a 501c3 organization funding comes from membership dues, donations, and fundraisers. The present budget stands at \$90,000. Our present membership is 233. If every member returns in 2025, the total cost to keep the doors open would amount to \$387 a year per member. So far, we have raised \$60,000 in donations. This leaves us with \$30,000 for members to cover. That means we would have to charge \$130 per member to make up the difference. The board decided to make the new dues \$120 for individuals and \$180 for couples. These dues will be for the year

2025. Think of it this way. It is only \$10 per month. We provide coffee and tea every day and lunch is served 3 days a week. Many members donate snacks that are available to our members at no additional cost. \$10 a month is cheap when you think of what you get.

We are not entitled to enjoy the benefits of the senior center for free. Outside donations cover 2/3 of our costs. As members, we are only paying 1/3 of the costs. We are blessed and we need to realize that. Let's not complain but be thankful for what we have while paying so little for it.

We will start collecting dues in December for 2025



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

Masala Bites Indian Restaurant

413 Main St., Dallas

Thursday, Nov. 14th, 11:30 AM

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



Book Club: The current selection for discussion in November Book Club is “**The Little Liar**” by Mitch Alborn. We will discuss the

book on Tuesday, November 19th at 12:30PM. We meet on the upper level. 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

Up Coming DAS Events:

- Halloween Party November 1st
- Thanksgiving Party November 9th
- Christmas/Elections December 14th
- Superbowl February 9th

Flu, Cold, RSV and Covid: Covid has been rampant this summer. Cold and Flu season is starting this fall. **Please, if you are sick stay home. Do not come into the senior center.** We have many members with comprised immune systems. It is more difficult for them to overcome an illness.

Legacy Charitable Giving: Developing a Personal Plan: Bob Brannigan, one of our board members, will have a seminar on endowments and estate plans. This seminar will be held on Nov. 15th at 10AM. The seminar will be upstairs at the senior center.

WaFd Education: Rebecca Masingale will be holding a WaFd Financial Education Class on November 13, 10:00AM. This is a free class for all members.

Election Information:

Nominating Committee

Eileen Cotnam - 541-817-5838

Tike Miller - 503-930-5834

Dianne Mundorf - 402-896-9454

Nominations Executive Committee

Judy Reid – Secretary

Bob Brannigan – Vice President

Nominations Board of Directors

Lee Schlenker,

Rebecca Masingale,

Nancy Bliven,

Nancy Howell,

Bob Anderson,

Brad Kane

These are the people who have been nominated or running for reelection. The phone numbers for the Nominating Committee are listed so you can call and place your name to run for a position. **Please let's get more people running for these positions. We really need to have people run for the Board of Directors.**

Party Information: Halloween is a costume and potluck party on the first of November. Thanksgiving is a sign-up party, so we know how much turkey to cook. Please sign up at the senior center. The Thanksgiving party is November 9th at 1PM.

Puzzle #1

Assorted Words 1

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

ABATE
ABOLISHES
AMEBA
ANODYNES
BAPTIZE
CERVICES
COUNTERFEIT
CREDULITY

CURTAIN
DREARIES
ERADICATED
FRECKLING
GASTRONOMICAL
KINETICS
NASALIZED
PREPPED

QUICK
RETURNING
SECUREST
UNPACKED
WHEELED

November 2024 - 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 10AM Listening Ear 12PM Watch Clinic 12PM Halloween Party	2
3	4 8:30AM Board of Directors 10AM Cards/Table Games 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	5 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Healthy Soul	6 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	7 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge 12PM 10 Minute Writing	8 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear 5PM Bingo Dinner 6PM Bingo	9 11:30AM DAS General Meeting & Potluck
10	11 10AM Cards/Table Games 10AM 5 Crowns Game Veterans Day	12 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Bunko	13 10AM 4 Handed Pinochle 10AM Card/Table Games 10AM WaFd Financial Edu. 11AM Mah-Jongg	14 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 11:30 Lunch Bunch 12PM Bridge 12PM 10 Minute Writing	15 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear 10AM Legacy Charitable Giving	16
17	18 10AM Cards/Table Games 10AM 5 Crowns Game 10AM Caregiver Support 12PM Bridge 4PM Karaoke	19 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Healthy Soul 1:30PM Book Club	20 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	21 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge 12PM 10 Minute Writing 1PM Age Café	22 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear 5PM Bingo Dinner 6PM Bingo	23
24	25 10AM Cards/Table Games 10AM 5 Crowns Game Deadline For Calendar and Newsletter	26 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Bunko	27 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	28 Closed Thanksgiving	29 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	30