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New News Starts

Executive Director – Steve Mohr



Another year (2024) has come and gone. Welcome to 2025! I have just finished my first year as the Executive Director of DAS as of January 2nd. Lots

have happened this past year and more change is coming for 2025.

First, let's recap 2024. Here are some changes and accomplishments for this past year. The Board voted to hire an Executive Director in 2023 to start in January of 2024. Below is a list of things that were accomplished and benefited DAS.

- Bingo was shut down in January, revamped and reopened in September. Since its reopening we have received approximately \$2500 to help support DAS.
- The city of Dallas donated to DAS \$42,000 for calendar year July 2024 to June 2025 and will continue for another 4 years.

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Announcements

Rose Bowl Party – January 1st

Financial Training – January 14th, 10AM

Gardening Class – January 17th, 10AM

10 Minute Writing – Starts at 12PM Thursdays

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)

\$10.00 Five Day Punch Card Pass

DAS Information



DAS Board of Directors Meeting
8:30AM Monday, January 6th
DAS General Membership Meeting
11:30AM Saturday, January 11th

Current Board of Directors

Nancy Bliven,
Brian Dalton,
Nancy Howells,
Bob Anderson,
Rebecca Masingale,
Brad Kane,
Lee Schlenker

Current Executive Committee

President: Betty Sledge
Vice-President: Bob Brannigan
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 rooms 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.
- **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 at 12PM.
- **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 have a new battery for \$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

Instead of giving a politician the keys to the city, it might be better to change the locks. ~Doug Larson

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



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



*We hang the petty thieves and appoint the
great ones to public office. ~Aesop*

Riddle Me This

1. I have four wheels and flies. What am I?
2. What type of building contains the most stories?
3. You walk into a room that contains a match, a kerosene lamp, a candle, and a fireplace. What should you light first?

Answers on Next Page

Riddle Me This - Answers

1. Answer: A garbage truck
2. Answer: A library
3. Answer: The match

New News Continues

- NWSDS gave DAS \$8,400 a year for rent and utilities.
- We hosted a St Patrick's dinner, Thanksgiving and Christmas fundraiser/parties. We received approximately \$2,000 from these events.
- We received \$2,000 toward an endowment fund.
- Many have donated money to help support DAS over the year.
- We have contracted Pacific Automation for a commercial copier that should save us money over the long haul and provide much better copies for our organization.
- We received a couple of grants to the tune of \$6,000 to benefit DAS.
- As of December 16, we have 70 paid members for 2025.

Looking forward to 2025, we are working on ways to improve DAS through: improved sign in, additional programs to offer seniors, additional funding, and increased new members. Below are projects we are working on.

- Working with the city manager on ways to increase financial support.

- Working with NWSDS on increasing their contribution for rent and utilities.
- Seeking help from NWSDS in supporting 501c3 senior centers.
- Working with Medicare insurance companies on supporting those using our facilities for exercise.
- Seeking more business to support the senior center.
- We will be using an electronic sign in for the new year. This will help track participants, and what activities are being used along with dues records in a more speedy and efficient manner.
- Continuing to investigate shuttle bus transportation for senior events.
- United Healthcare's Medicare Advantage plan is offering to pay us for each member who takes our exercise classes. We are asking our members to contact their Medicare advantage provider if they would do the same thing.

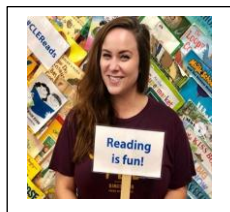
This year we will have 3 new board members and 1 new officer. If you have any suggestions for your questions, please feel free to bring it to one of our board members. We have 11 total board members for the year 2025. You can also bring it to me. All board members and the bylaws passed overwhelmingly. Thank you to all who voted. Let's work to make 2025 the best year ever.



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

Ixtapa Mexican Restaurant
1320 SW Fairview Ave., Dallas
Thursday, Jan. 9th, 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 January Book Club is “**The Ride of Her Life: the true story of a woman, her**

horse, and their last-chance journey across America” by Elizabeth Letts. We will discuss this book on Tuesday, January 21st at 12:30PM. We meet on the upper level. You should be able to find this book 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

Bingo and Fundraisers: Bingo and fundraisers are open to the public. Please make sure to tell your non-member friends about our Bingo and any fundraisers we put on. We love the public coming in and taking part in Bingo and fundraisers.

Gardening Class: Coming in the new year are gardening classes offered by a certified Polk County Master Gardener to help with your garden. Come to the class if you have questions or need help or new ideas of what you would like to grow. The first class is coming in the middle of January and will give you information about Master Gardeners and then an introduction to Square Foot Gardening. This will be a two-part class in the square foot garden. You will learn how to build your square foot garden (SFG) and the soil that will be in it. The second class will cover how to plan your SFG and take you from seed to harvest. You will have handouts that will help you with your SFG. These classes will be held on the third Friday of the month. Hope to see you in January and February for these classes, until then Happy Holidays.

In Memoriam: Member Gloria Van Elverdinghe passed away November the 30th. She was surrounded by all nine of her children. Gloria had 19 grandchildren with one on the way and 19 great grandchildren. She loved pinochle, playing the organ, and talking with people. Her funeral will be held at St. Philip Church in Dallas on January 18th at 11:00 a.m.

Election Results: Bob Brannigan was elected Vice-President, and Judy Jones Treasurer for the Executive Committee. Brian Dalton, Lee Schlenker, and Brad Kane were elected to the Board of Directors.

Rose Bowl Party: GO DUCKS! We will be having a Rose Bowl party on New Years Day at the Center to watch the Ducks take down the Buckeyes or the Volunteers. Ohio-Tennessee, no matter!

Food will be provided. Entrance fee is \$15 single or \$25 for a couple. Come and cheer on the Ducks with friends! New Year's Day begins at 1:00 p.m. Sign up or call in to the Center if you plan on attending so we can plan how much food to prepare.

Lynette Horton Christmas Party Info:
Dallas Area Senior Center Christmas Party. A good time was held by all. First thanks to Tike who worked hard to organize the party and cook the turkey and ham. Also, thanks to everyone else that helped decorate, get the food ready in the kitchen, and those that brought food. We had lots of food, played games and had a white elephant gift exchange. The party ended with Christmas Karaoke. Thank you to Betty for supplying the prizes for the games and door prizes.



January 2025 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Rose Bowl Party New Year's Day	2 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM 10 Minute Writing 12PM Bridge	3 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 12PM Watch Clinic	4
5	6 8:30AM Board of Directors 10AM Cards/Table Games 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	7 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Healthy Soul	8 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	9 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 11:30 Lunch Bunch 12PM 10 Minute Writing 12PM Bridge	10 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 5PM Bingo Dinner 6PM Bingo	11 11:30AM DAS General Meeting & Potluck
12	13 10AM Cards/Table Games 10AM 5 Crowns Game	14 10AM Cards/Table Games 10AM Financial Training 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Bunko	15 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	16 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM 10 Minute Writing 12PM Bridge 1PM Age Café	17 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Gardening Class	18
19	20 10AM Cards/Table Games 10AM 5 Crowns Game 10AM Caregiver Support 12PM Bridge 4PM Karaoke	21 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 12:30PM Book Club 1PM Healthy Soul	22 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	23 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM 10 Minute Writing 12PM Bridge	24 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 5PM Bingo Dinner 6PM Bingo	25
26	27 10AM Cards/Table Games 10AM 5 Crowns Game Deadline For Calendar and Newsletter	28 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Bunko	29 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	30 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM 10 Minute Writing 12PM Bridge	31 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop	