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## Announcements

**Watch the time and dates of meetings.**

**Age Café – Moves to a 10:30AM time**

## New News Starts

### *Executive Director – Steve Mohr*



What's new at the Dallas Senior Center? Answer, it's up to you. What new activities or services would you like to see us offer? In other words, what would

make the senior center more attractive and inviting if we added a particular activity or service?

Our mission statement is “to improve the quality of life for all senior citizens in the greater Dallas area.”

Quality is different for every person. We all like and enjoy different activities. We are looking to expand the hours, lower the age requirement and provide different activities that will meet the needs and desires of the seniors in our community.

## DAS Meeting Information



**DAS Board of Directors Meeting**

**8:00AM Saturday, Aug. 9<sup>th</sup>**

**DAS General Membership Meeting**

**10:00AM Saturday, Aug. 9<sup>th</sup>**

## DAS Online Sites:

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

**<https://www.dallasareaseniors.org>**

**[Facebook](#)**

## 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



### 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



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

### Riddle Me This

1. No matter how little or how much you use me, you change me every month. What am I?
2. How much dirt is in a hole that's two feet by three feet?
3. The 22nd and 24th presidents of the United States of America had the same parents but were not brothers. How can this be possible?

Answers on Next Page

## Answers to Riddles

1. A calendar.
2. None, it's a hole.
3. They were the same man—Grover Cleveland.

## New News Continues

If you have something that you would like to see offered, please stop by and speak to me or drop a note in the mail. Our address is 817 Church St. Dallas, Or 97338

We would like to see more seniors become involved in our senior center. If there are other reasons why you or your friends have not taken advantage of the senior center, we would like to know what those reasons are. Again, I would love to know what those reasons are so we can address those issues and make changes if possible. This senior center is for all seniors in the Dallas area.

I look forward to getting to know you and talking with you. Come on and enjoy a cup of coffee on us.

Steve Mohr Executive Director

## Oregon Law RS 659A.143

### Regarding Service/Assistance Animals

**Definition:** “Assistance animal” means a dog or other animal designed by administrative rule that has been individually trained to do work or perform tasks for the benefit of an individual.

What we **CANNOT** do:

- Ask an individual about the nature or extent of a disability that the individual has or may have.
- Require an individual to provide documentation proving that an animal is an assistance animal or an assistance animal trainee.
- We cannot restrict or deny a person with an assistance animal in any area of the place that is open to the public.
- Charge any fee related to having an assistance animal.

What you may or can do:

- Ask whether an animal is required due to their disability.
- About the nature of the work or task that an animal is trained to do or perform.
- You can charge the person for any damage caused by the assistance animal.
- Impose legitimate requirements necessary for the safe operation of the place of public accommodation or the services, programs, or activities.

What you can expect:

- The person must always maintain control of the animal. If the animal is not under control as required, a place of public accommodation may consider the animal to be out of control.
- The animal must be house broken.

- The animal is on the job and there for the sole purpose of performing its job.
- The owner/handler is fully responsible for the care and control of the animal.



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

**Taters Cafe**  
**683 SE Jefferson St,**  
**Dallas, OR 97338**  
**(503) 623-3335**

**Thursday, Aug. 14<sup>th</sup>, 11:30 AM**

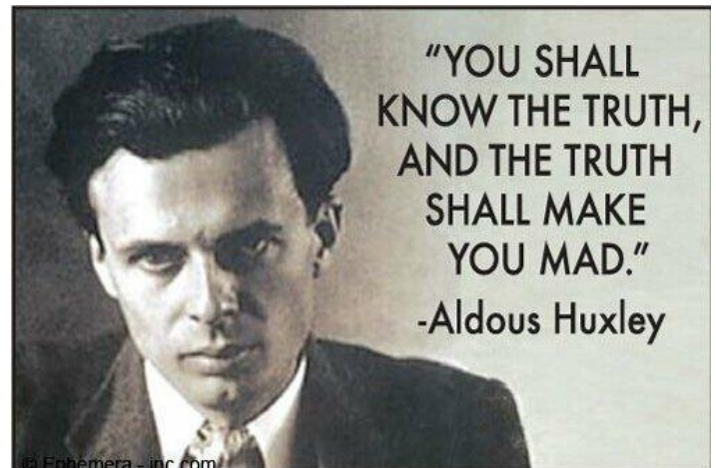
**Text Shirley Hill at 503-871-0843 or sign up at the Senior Center if you plan to come.**

**Birthdays This Month:** These people are celebrating a birthday this month. Susan Anderson, Debbie Baughman, Eileen Cotman, Bob Craven, Ian Finseth, Moira Gates, Walter Hildebrand, Shirley Hill, Jennifer McQuade, Donald Parsons, Darlene Smith, Frances Stuck If you see these folks, please wish them a Happy Birthday for the month of August.

**Meeting Date & Time Change:** The board meetings will be on the Saturday Aug. 9<sup>th</sup> at 8AM, before the general membership meeting. The General Membership Meeting is going to be at 10AM right after the board of directors meeting.

**Hearing Aids:** Rebecca Graham will now be changing hearing aid batteries. She is at the senior center on the first Friday of the month. Just as a reminder she is still doing watch batteries.

**Picnic in the Park by Tike Miller:** There will be a picnic in the park on Labor Day which is September 1<sup>st</sup>. The picnic will start at 12PM at the park. There is a sign-up sheet at the senior center. A \$5.00 charge to help cover the cost of the chicken. Bring your favorite potluck dish.



**Cherry Pie Recipe:** Susan Rychlik brought a cherry pie to the 4<sup>th</sup> of July picnic. It was a hit. On pages 5 & 6 is her recipe for a great Cherry Pie.



## Cherry Pie

Homemade Cherry Pie is such an easy pie recipe and works great with fresh or canned cherries, so you can enjoy cherry pie all year round!

Prep Time <b>20 Minutes</b>	Cook Time <b>60 Minutes</b>	Total Time <b>1 Hour 20 Minutes</b>
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Course: **Dessert** Cuisine: **American** Servings: **12 Slices**

Calories: **122kcal** Author: **Lauren Allen** Changes by: **Susan Rychlik**

### Ingredients

- 4 cups fresh, sour cherries or 3 (14.5 oz) cans of sour cherries
- 1 cup granulated sugar
- 1/3 cup cornstarch
- 2 Tablespoons of butter
- 2 Tablespoons of lemon juice
- Pie Crust - Pillsbury crusts – rolls 2/boxes
- 1 large egg white, beaten with a fork
- Granulated sugar, for sprinkling on top
- 1/4 – 1/2 Tablespoon Almond extract

### Instructions

#### **If using fresh cherries:**

1. Pit and halve the cherries. Add them to a mixing bowl with sugar, cornstarch, almond extract, and lemon juice and toss to combine. Set aside while you prepare the pie crust. (When using fresh cherries, you don't need to cook the mixture, like you do with the canned cherries).

#### **If using canned cherries:**

1. Drain the juice from the cans of cherries into a saucepan, reserving 1/3 cup in a small bowl. Set the cherries aside.
2. Add cornstarch to the bowl with the reserved 1/3 cup of juice and stir well to combine.
3. Heat the saucepan (that has the juice and cornstarch in it) over medium heat. Add the sugar and Almond Extract and stir well. Bring mixture to a low boil. Cook, stirring, until thickened, for about 2-3 minutes. Stir butter and lemon juice. Fold in the cherries.
4. Allow mixture to cool to room temperature while you prepare the pie crusts.

## Prepare Pie:

1. Preheat oven to 400 degrees F. Grab you 9" deep disk pie pan. (You can use a regular 9" pan but you may have more filling than you need).
2. Remove one of the Pillsbury crusts from the fridge. Gently place in the bottom of you 9" deep dish pie pan. Spoon the cherry filling into the unbaked crust.
3. Remove the second Pillsbury crust from the fridge and roll it out in a similar manner. Use a pizza cutter, knife or pastry wheel to cut the crust into long strips, about 1/2" wide. Lay strips over the crust in a lattice pattern. (If you're lazy, like me, you can just lay half of the strips going one direction, and the others on top, going perpendicular, leaving a small space between each.)
4. Pinch the edges of the top and bottom pie crusts together and crimp the edge, if you like brush a thin layer of beaten egg white over the top of the pie crust and sprinkle the crust pieces lightly with granulated sugar.
5. Bake at 400 degrees F for 60 minutes. Check it after about 25 minutes and gently place a piece of tinfoil over the top crust to keep it from getting to brown. I remove this tinfoil about 5 minutes before it's done baking.
6. Remove to a wire cooling rack and allow it to cool for several hours. Once cooled completely, you can cut and serve it or cover it and refrigerate it overnight to serve the next day.
7. Leftover cherry pie will last up to 5 days, stored in the fridge.

## Notes

**Make ahead instructions:** The cherry filling can be made a few days in advance, stored in the fridge until ready to use.

**Freezing instructions:** Cover the baked and cooled cherry pie tightly and freeze for 2-3 months. Thaw overnight in the refrigerator. The prepared cherry pie filling can also be frozen.

## **Nutrition**

Calories: 122kcal | Carbohydrates: 26g | Fat: 2g | Saturated Fat: 1g | Cholesterol: 5mg  
Sodium: 21mg | Potassium: 106mg | Fiber: 1g | Sugar: 22g | Vitamin A: 90iu | Vitamin C: 4.2mg  
Calcium 7mg | Iron: 0.2mg

## SUMMER WORD SEARCH

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

**WORD BANK:**

BBQ

BEACH

CAMPING

FUN

HOT

ICE CREAM

JUMP

KITE

PICNIC

PLAY

POOL

POPSICLE

SAND

SUMMER

SUN

SUNGLASSES

SWIM

SWING

VACATION



## Butterfly Word Search

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

ABDOMEN  
 ANTENNEA  
 BALTIMORECHECKERSPOT  
 BASKING  
 BROOD  
 CATERPILLAR  
 CHRYSALIS  
 CLASPERS  
 COMMON SULPHUR  
 COMPOUNDEYE  
 CREMASTER

DIAPYCNASE  
 EGG  
 EMERGE  
 ENTOMOLOGIST  
 FEMALE  
 FLOWERS  
 FOREWING  
 FRASS  
 FRITILLARY  
 GARDEN  
 HEAD

HIBERNATION BOX  
 HINDWING  
 INSECT  
 LEGS  
 LEPIDOPTERA  
 MALE  
 METAMORPHOSIS  
 MILKWEED  
 MONARCH  
 MOURNINGCLOAK  
 NECTAR

PAINTEDLADY  
 PROBOSCIS  
 PUDDLE  
 PUPAE  
 REDADMIRAL  
 SCALES  
 SWALLOWTAIL  
 THORAX  
 VEINS  
 VICEROY  
 WINGS



August 2025 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 12PM Watch Clinic	<b>2</b>
<b>3</b>	<b>4</b> 10AM Cards/Table Games 10AM Rotating Pinochle 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	<b>5</b> 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Healthy Soul	<b>6</b> 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 1PM Ice Cream Social	<b>7</b> 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge 1:30PM 10 Minute Writing	<b>8</b> 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 5:30PM Bingo Hot Dogs 6PM Bingo	<b>9</b> 8AM Board of Directors 10AM DAS General Meeting & Potluck
<b>10</b>	<b>11</b> 10AM Cards/Table Games 10AM Rotating Pinochle 10AM 5 Crowns Game	<b>12</b> 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Bunko	<b>13</b> 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	<b>14</b> 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	<b>15</b> 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Gardening Class	<b>16</b>
<b>17</b>	<b>18</b> 10AM Cards/Table Games 10AM Rotating Pinochle 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	<b>19</b> 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Healthy Soul	<b>20</b> 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	<b>21</b> 10AM Card/Table Games 10:15AM Low Impact Exercise 10:30AM Age Café 11:10AM Low Impact Exercise 12PM Bridge 1:30PM 10 Minute Writing	<b>22</b> 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 5:30PM Bingo Hot Dogs 6PM Bingo Deadline For Calendar and Newsletter	<b>23</b>
<b>24</b>  <b>31</b>	<b>25</b> 10AM Cards/Table Games 10AM Rotating Pinochle 10AM 5 Crowns Game	<b>26</b> 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Bunko	<b>27</b> 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 1PM Birthday Celebration	<b>28</b> 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge 1:30PM 10 Minute Writing	<b>29</b> 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop	<b>30</b>