



NEWSLETTER – APRIL 2024

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Phone: 503-623-8554

Email: DallasSeniorCenter@gmail.com

PRESIDENT – BETTY SLEDGE



Age Cafe: The "Cafe Program" comes from World Cafe's, which highlight conversations of consequence. There are three different types: Age Cafe's,

Memory Cafe's, and Death Cafe's. Five to eight people gather together with a facilitator and are asked up to three different questions regarding the subject. There are no wrong answers, simply different opinions, perspectives, and experiences. On Friday, April 12th from 1:00 to 2:30 there will be an Age Cafe at the Center. If you would like to attend, please call the Center, or stop by and sign up. There will be beverages and snacks provided.

Staying Hydrated: What are the benefits of increasing water intake every day? We all know that good hydration is necessary for several functions in the body, but we may not know the specifics. An adult woman needs about 11 cups of water and day and a man about 15.5 cups. Here are some reasons why:

- It helps maintain optimal body temperature and the proper lubrication of the joints.
- It also helps flush out toxins through the urine and sweat.
- It helps prevent kidney stones.

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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 \$20

**Regular Hours 10AM-3PM
Monday - Friday**



**DAS Center Board Meeting 8:30AM
Monday, April 8th
DAS General Meeting 11:30AM
Saturday April 13th**

Please remember to pay your membership dues. The dues are \$20.00 annually. You can mail them in or stop by the senior center to pay them.

Announcements

Healthy Soul – April 9th at 1PM
Quilt Class - on April 15th, 22nd and 29th at 10AM see information by Jan Story on Page 7
Age Café – April 12th at 1PM

Current Board of Directors

Keith Tierney,
Carolyn King,
Nancy Bliven,
Frances Forsythe,
Nancy Howell,
Bob Brannegan,
Bob Anderson

Current Executive Committee

President: Betty Sledge
Vice-President: Rose Brown
Secretary-Treasurer: Judy Jones

Executive Director: Steve Mohr



ART WORKSHOP Every Friday 10AM to Noon

Bring your favorite type of art or craft and materials for fun time of getting progress on your own project and of sharing ideas and tips as you work on your project.

DAS Activities

SENIOR FUN FITNESS

Low Impact: Every Tuesday & Thursday 10:15AM, and a second session at 11:15AM, these are 45-minute sessions, Upper Level of Senior Center with Julie Coleman. This class is designed to move every muscle in either a chair or standing.

NEED VOLUNTEER LEADER: Walk with Ease
Call Betty at 503-877-8103



Karaoke on the 1st and 3rd Monday of each month from 6:00 p.m. to 9:00 p.m. If you like to sing, you can sing your favorite solo, or if you just like to listen, come on down and enjoy the festivities!

MONDAY BRIDGE DAY!!

Bridge **1ST & 3RD** Monday 12-3
And Every Thursday 12-3



MAH-JONGG
EVERY WEDNESDAY
11AM to 3PM
Upper Level of
Dallas Area Senior Center

**APRIL OUT TO LUNCH BUNCH
HUNGRY FOR GOOD FOOD AND
FELLOWSHIP?**

YOU ARE WELCOME TO JOIN US!!!

Chen's Family Dish Chinese Cuisine

Thursday, April 11th, 11:30 AM

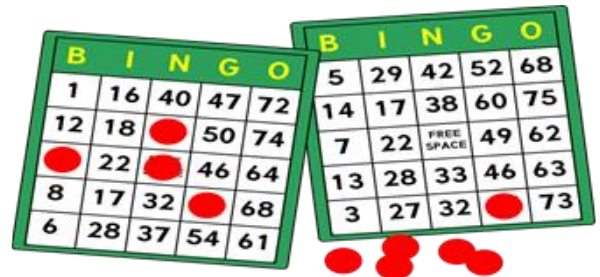
165 Orchard Dr, Dallas

**TEXT SHIRLEY HILL AT 503-871-0843 OR
SIGN UP AT THE SENIOR CENTER IF YOU
PLAN TO COME**



BINGO SCHEDULE

**THERE WILL BE NO FRIDAY NIGHT BINGO
UNTIL FURTHER NOTICE. IF YOU HAVE
QUESTIONS ON THIS PLEASE CONTACT
THE DALLAS AREA SENIORS CENTER AT
503-623-8554 DURING NORMAL
BUSINESS HOURS.**



**Book Club
April 16th
1:30PM**



The current selection for discussion in April Book Club is "The Personal Librarian" by Marie Benedict and Victoria Murray. We will discuss the book on Tuesday, April 16th from 1:30PM to 3PM. We meet on the upper level. You can probably find the book at a local library. Dallas Library 503-623-2633; Monmouth Library 503-838-1932; West Salem Library 503-588-6315; Salem Public Library 503-588-6315; or used bookstores.

HAPPY READING!!!

Caregivers Support Group

This group of individuals meet to share their experiences, frustrations, concerns, joys and more of the task of care giving for their loved ones. This is a caring, open group that support each other during sometimes difficult and trying times. The group leader is Sally Davies. They meet the 3rd Monday of the month at 10:00-11:30 upstairs in the Center to afford privacy.

Listening Ear

If you are worried about something or have a problem that is difficult and think talking to someone might help, check out the Listening Ear program. Call the center for an appointment with Betty Sledge who is not only our president, but also the Older Adult Behavioral Health Specialist for our county. Her work number is 503 798-0451.

WHAT GOES ON HERE

Exercise

1. Low Impact
2. Walking w/Ease – Need Volunteer

Support – Counseling

1. Caregivers Support Group
2. Listening Ear

Art Workshop

1. All kinds of Art

Social Fun Activities

1. Book Club
2. Lunch Bunch Outing
3. Jig Saw Puzzles
4. Karaoke
5. Bingo Dinner (On Hold)
6. Bingo Games (On Hold)
7. Other Fun Activities

Specialty Games

1. Mahjongg
2. Bunko
3. Rummikub
4. Other Specialty Games

Card Games

1. Bridge
2. Pinochle
3. 5 Crowns
4. Game of 9
5. Cribbage
6. Other Card Games

DAS Center Meetings

1. Board of Directors
2. General Membership

Lots of teasing, laughs and friends go on at many of these events.

What other Activities are you interested in?
Would you volunteer to be a leader? Contact Steve Mohr if you would like more information on leading an activity.

Join the fun!

5 CROWNS GAME

Every Monday 10AM-3PM

Pictured below playing 5 Crowns are: Walt, Florence, Sharon, Margie, Rose.



HOW TO PLAY 5 Crowns

This game is best explained by a YouTube video. I like the game overview by Brimley Games. Simply go to YouTube and search for HOW TO PLAY 5 CROWNS. If you are unable to access YouTube, the game is simple after you watch a few games as an observer. You can watch the game played Every Monday from 10AM – 2PM. One thing unusual about this game is that it is played with 2 decks with 5 Suits instead of 4 and a variety of wild cards. Other than that, it is like Rummy. For instance, the object is to run out of cards in your hand. You lay down sets of 3 or more either in the same suit in consecutive number order or sets of 3 or more the same number. You draw cards from the same deck when it is your turn. You must discard 1 card when you lay all the others down to win. Note: You do have to hold all cards in your hand until the round is over, which can be tricky when you get additional cards each round.

DALLAS AREA SENIORS

Members

\$20
PER YEAR
2024



*"Active Together
Stay Together"*

To join must be
60+

Nothing Costs money

Tons of activities which
include:

Card Games, Bingo,
Out to Lunch,
Holiday Dinners,
Art Work Shop, Book Club,
Low Impact Fitness
&
so Much More!

*Past
Members
Don't forget
to Renew!!!*

**OPEN
MON - FRI
10-3**

(503)-623-8554
**817 S.W. Church St.
Dallas, OR. 97338**

WWW.DALLASAREASENIORS.ORG

Riddle Me This

1. I am a rock group with four members. All dead, one was assassinated. What am I?
2. I saw a boat full of people, yet there wasn't a single person on the boat. How is that possible?
3. Why is Europe like a frying pan?
4. I go in hard, come out soft, and you love to blow me. What am I?
5. Some people prefer being on top, others prefer being on the bottom, and it always involves a bed. What am I?

Answers on Next Page

New News for You

- It helps prevent urinary tract infections which are common in older adults.
- It helps keep mucous membranes (mouth, eyes, and nose) moist.
- It helps prevent constipation.
- If the climate is hot or for an extremely active person, the body would need more water due to increased sweating.

Drinking eight glasses (64 ounces) can help boost weight loss for the average person or someone just looking to drop a few pounds. It keeps the skin plump. Eat water-rich snacks, such as melon, berries, and cucumbers. Milk or herbal tea are also

added to your daily water intake. However, caffeinated drinks and soda are not recommended because they may increase dehydration. So, consider getting back to drinking more of what the body was designed to drink-plain old H₂O!

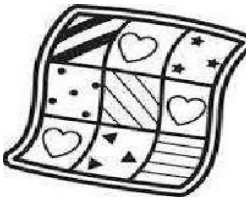
Introducing "Healthy Soul: Serving the souls of seniors." Do you have a healthy soul? Do you even realize that you have a soul? If you are interested in learning more, join me on Tuesday April 9th at 1:00PM upstairs as we do some soul searching. Focusing on the health of your soul is the most important thing you can do to improve your life now and into the future. Please sign up at the Senior Center if you plan on coming. If we have enough interest, this could be a weekly event.

Tai Chi: Mark Your Calendars for May. **Trusted Source:** Research shows that practicing Tai Chi can improve balance, stability, and flexibility in older people, including those with Parkinson's disease. Practiced regularly, it can also help reduce pain, especially from knee osteoarthritis, back problems, and fibromyalgia. Coming in May from 9:00AM-10:00AM on Monday and Wednesday. Sponsored in conjunction with NWSDS.

Calendar Update: We are staying with the letter size calendar. Found a way to make it readable. You will really see a difference in the calendar and how it looks. This is for the printed newsletter only.

Riddle Me This - Answers

1. Answer: Mt. Rushmore.
2. Answer: They were all married.
3. Answer: Because it has Greece at the bottom.
4. Answer: Chewing gum.
5. Answer: A bunk bed.



BEGINNING QUILTING:

April 15th, 22nd, 29th,
Cost: \$45. Bring your
scraps and learn the
basics of quilting. Learn

about different kinds of fabrics, how to measure, cut and sew them together into a cozy lap quilt. For more information see the Supply List or call JAN STORY at (503) 623-9698

April is Alcohol Awareness Month: Many people enjoy an alcoholic beverage or two on occasion with friends or family, but as we age our bodies process alcohol differently than it did when we were in our 40's. older adults also need to consider what medications they are on and the interaction between our prescriptions and alcohol. We need to be concerned not only with prescriptions, but also with over-the-counter medications and herbal remedies. If you choose to drink the recommendations for older adults is no more than 2 drinks a day for men and one drink a day for women.

In addition, yes size matters! The size of a standard drink is 12 oz of beer, 8 oz of malt liquor, 5 oz of wine, 1.5 oz of distilled spirits or "hard" liquor. Drinking above these levels in the older adult can lead to increases in injuries (from falls), long-term chronic health problems, and some types of cancer. So, consider what is best for you and if you choose to drink, drink responsibly.

DID YOU KNOW THIS? You can receive the newsletter in one of three ways.

We can mail the newsletter to you from US Postal Service.

You can download the newsletter from Dallas Area Seniors Webpage. ["Click Here"](#)

We can email the newsletter to you directly.



1970'S TV WORD SEARCH PUZZLE



ALL IN THE FAMILY
BARNEY MILLER
BIONIC WOMAN
BONANZA
BRADY BUNCH

CHARLIES ANGELS
EMERGENCY
FANTASY ISLAND
GOOD TIMES
GUNSMOKE

HAPPY DAYS
HOGANS HEROES
LAND OF THE LOST
NIGHT GALLERY
POLICE WOMAN

ROCKFORD FILES
THE JEFFERSONS
THE ODD COUPLE
THE WALTONS
THREES COMPANY

www.WordSearchAddict.com

APRIL 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 5 Crowns Game 1PM Bridge 6PM Karaoke	2 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise	3 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	4 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 12PM Bridge	5 10AM Card/Table Games 10AM 6 Handed Pinochle 10AM Art Workshop 10AM Listening Ear	6
7	8 8:30AM Board of Directors 10AM Cards/Table Games 10AM 5 Crowns Game	9 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 1PM Healthy Soul 1PM Bunko	10 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	11 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 11:30AM Lunch Bunch 12PM Bridge	12 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear 1PM Age Cafe	13 11:30AM DAS General Meeting & Potluck
14	15 10AM Quilt Class 10AM Cards/Table Games 10AM 5 Crowns Game 10AM Caregiver Support 1PM Bridge 6PM Karaoke	16 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 1:30PM Book Club	17 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	18 10AM Card/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 12PM Bridge	19 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	20
21	22 10AM Quilt Class 10AM Cards/Table Games 10AM 5 Crowns Game	23 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 1PM Bunko Deadline For Calendar and Newsletter	24 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	25 10AM Card/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 12PM Bridge	26 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	27
28	29 10AM Quilt Class 10AM Cards/Table Games 10AM 5 Crowns Game	30 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise				



GRAND RE-OPENING! RAFFLE PRIZES!

Great atmosphere, being able to socialize and meet new people while enjoying a warm meal!

Where:

Dallas Senior Center

When:


Monday, March 25, 2024

Time:

11:00 am

QUESTIONS?

 Contact: Lynda Stewart

 503-623-6232

 lynda.Stewart@nwsds.org



Please join us!

NWSDS is re-opening our congregate meal site located at the Dallas Senior Center on March 25th.

Moving forward every Monday and Wednesday at 11am meals for age 60 and up will be served.