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New News Starts

Executive Director – Steve Mohr



This past month the board of directors spent four hours in intensive training. The purpose of the training focused on two areas of responsibility. The first part of our training was on the role and responsibility of the board of directors. The second half of the training focused on developing a strategic plan. This strategic plan will help us plan for the future of DAS. At our next general meeting on Saturday May 11th, I will share more about the results of our training.

The board of directors is still working on a financial budget which includes a strategic plan on how we are going to raise money for the DAS. A final budget has not been set at this point. We are looking at a variety of revenue sources to help us reach our goal. After requesting support from the city council, the city of Dallas has contacted us regarding our request.

Continued Page 6

Announcements

- Financial Education** – New News
- Healthy Souls** – New News for Update
- Book Club** – New News for Update
- Lunch Bunch** – New News for Update
- Memorial Day – Closed for Holiday**

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

DAS Information



DAS Board of Directors Meeting

8:30AM Monday, May 6th

DAS General Membership Meeting

11:30AM Saturday May 11th

Current Board of Directors

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

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 Holiday 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.org)

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 11:15AM. 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 Older Adult Behavioral Health Specialist. 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?
- **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 1:30PM to 3:00PM to discuss the book of the month. Linda Jenkins leads the group.
- **Lunch Bunch:** Meets monthly at various local restaurants. Great for those who like to socialize over food.
- **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 6PM. If you love to sing this is for you.
- **Bingo Dinner:** On Hold
- **Bingo:** On Hold

- **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.
- **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.
- **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 Games:** We have a Wii that is available for play by the membership. Have fun.

This is a list of our ongoing activities. We are always looking to add new activities to our list. If you would like to head an activity, please contact Steve Mohr, our executive director at the senior center.

*"In Mexico a window air conditioner is called a politician because it makes a lot of noise but doesn't work very well."
Deighton, Len*

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 Community Free Medical Clinic Polk Community Free Clinic at Trinity is open the 2nd and 4th Saturdays of every month at Trinity Lutheran Church 320 Fir Villa, Dallas. Patients will be seen on a first come, first served basis from 7AM to 11AM. This faith-based free clinic serves the uninsured of Polk County who have either medical or mental health issues. For more information, please call (503) 831-0551.

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.

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

***I have come to the conclusion
that politics is too serious a
matter to be left to the politicians.
~Charles de Gaulle***

Our Business Members



171 Court St SE
Dallas OR 97338
Benefit to Member: 10% off purchased (Alcoholic beverages not included)



141 SW Washington St
Dallas OR 97338
Benefit to Member: 2X Reward Program, double points Mon.

- Thur. Ask server to help sign you up.



957 Main St
Dallas OR 97338
Benefit to Member: 10% off purchased (Alcoholic beverages not included)



967 Main Street
Dallas OR 97338
Benefit to Member: 10% off purchased (Alcoholic beverages not included)

Westside Pacific Restaurant Saloon

670 S. Pacific Hwy W

Rickreall OR 97378

Benefit to Member: 10% off purchased (Alcoholic beverages not included)

Dallas Golf Club

11875 Orrs Corner Rd

Dallas OR 97338

Benefit to Member: 10% off purchased Pro-shop items.



170 E. Ellendale Ave
Dallas OR 97338
Benefit to Member: Free Non-Alcoholic Beverage W/Meal



962 Main Street
Dallas OR 97338
Benefit to Member: 10% off purchased (Alcoholic beverages not included)

Riddle Me This

1. I have a head like a cat and feet like a cat, but I am not a cat. What am I?
2. I start with a "p" and ends with "o-r-n," and I'm a major player in the film industry. What am I?
3. What is at the end of a rainbow?

Answers on Next Page

Riddle Me This - Answers

1. Answer: A kitten.
2. Answer: Popcorn.
3. Answer: The letter W!

New News Continues

Continued From Page 1

We are still working on this request at the time of me writing this report for the newsletter. There are several issues we are sorting through before we can answer the city's request.

I want to thank Betty for her public support at the general meeting of my work over the past four months. I would also like to thank all the members who attended the general meeting and for the support you also showed to me. I have enjoyed working with each of you and pray that we can raise the financial support needed so that I can continue to serve you and the seniors of this community. I want to also thank all of you who have worked to make it the senior center and place where people want to come. We have received over 40 new members who have heard about us and decided to join in the past three months.

My office is always open and invite you to talk to me if you have any comments or suggestions. Together let us make DAS the most desired senior center in our county.

In your Service,
Steve Mohr, Executive Director



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

Spoon N Folks Thai Cuisine
Thursday, May 9th, 11:30 AM
184 SE Washington St, Dallas

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 May Book Club is **"Dear Edward"** by Ann Napolitano. Discussion on the book will be on Tuesday,

May 21st 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 Library 503-588-6315,
- Used Bookstores.



Newsletter Update: The Board of Directors on April 8th directed that Steve Mohr, the Executive Director, take over the newsletter. Brad Kane has turned over all the files for the newsletter to me. Brad had been working on a new major update to the newsletter. I'm the recipient of Brad's hard work. He will be helping me with the newsletter at least through June's edition. Lots to learn as I have never worked with a modified Microsoft Word template before. Besides that, I must learn mail merge to print address labels, emailing the newsletter, how to work with the PDF files, and a lot of little things. We would like comments from the membership on the new format. I will be passing on the comments to Brad so we can work together to make this the best newsletter possible.

Healthy Soul: Will be meeting on the first and third Tuesday of the month. A brand-new activity for our senior center. Please see the calendar for dates and time.

Financial Education: Rebecca Masingale is a 16-year employee of WaFd Bank, is a DBA (Doing Business As) of Washington Federal Bank, will be doing an educational session on current scams, financial fraud, red flags, Power of Attorney and Trust ownership. Please join her on May 7th at 1PM for this class.

WEB Site: Our WEB site address for those of you who get the newsletter printed is:
<http://www.dallasareaseniors.org>

One Marine Is Better Than Ten ISIS Fighters

A large group of ISIS fighters in Iraq are moving down a road when they hear a voice call from behind a sand dune: "One Marine is better than ten ISIS fighters."

The ISIS commander quickly orders ten of his best men over the dune where a gun-battle breaks out and continues for a few minutes, then silence.

The voice once again calls out: "One Marine is better than one hundred ISIS S.O.Bs."

Furious, the ISIS commander sends his next best 100 troops over the dune and instantly a huge gun fight commences. After 10 minutes of battle, again silence.

The voice calls out again: "One Marine is better than a thousand ISIS fighters."

The enraged ISIS commander musters 1000 fighters and sends them to the other side of the dune. Rifle fire, machine guns, grenades, rockets, and cannon fire ring out as a terrible battle is fought. Then, silence.

Eventually one badly wounded ISIS fighter crawls back over the dune and with his dying words tells his commander, "Don't send any more men, it's a trap! There're two of them..."

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.

DESSERTS WORD SEARCH

FREE PRINTABLE WORKSHEET

Desserts Word Search

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



BROWNIE
CAKE
CHEESECAKE
CHOCOLATE
COBBLER
COOKIE
CUPCAKE
DOUGHNUT

FLAN
FRUIT
FUDGE
ICE CREAM
MILKSHAKE
MOUSSE
PARFAIT
PASTY

PIE
PUDDING
SMORES
SORBET
SUNDAE
TART
TRIFLE
TRUFFLE



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MAY 2024 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	2 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 12PM Bridge	3 10AM Card/Table Games 10AM 6 Handed Pinochle 10AM Art Workshop 10AM Listening Ear	4
5	6 8:30AM Board of Directors 10AM Cards/Table Games 10AM 5 Crowns Game 1PM Bridge 6PM Karaoke	7 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 1PM Financial Education 1PM Healthy Soul	8 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	9 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 11:30AM Lunch Bunch 12PM Bridge	10 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	11 11:30AM DAS General Meeting & Potluck
12	13 10AM Cards/Table Games 10AM 5 Crowns Game	14 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM 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 11:15AM Low Impact Exercise 12PM Bridge	17 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	18
19	20 10AM Cards/Table Games 10AM 5 Crowns Game 10AM Caregiver Support 1PM Bridge 6PM Karaoke	21 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 1PM Healthy Soul 1:30PM Book Club Deadline For Calendar and Newsletter	22 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	23 10AM Card/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 12PM Bridge	24 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	25
26	27 Memorial Day Closed for Holiday	28 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 1PM Bunko	29 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	30 10AM Card/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 12PM Bridge	31 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	