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New News Starts

Newsletter Editor Info: On July 20th Lee Schlenker resigned as President and board member of the Dallas Area Seniors. The Board of Directors convened an emergency board meeting on July 21st and elected Brad Kane to be President of the Dallas Area Seniors. Judy Greening was elected Secretary for the Dallas Area Seniors. The board voted to make Betty Sledge Vice President of the Dallas Area Seniors. This leaves us two members short on the Board of Directors. The board voted to leave these positions open till elections. These positions would have been up for reelections. It made no sense to bring two new people on board just to have them run for reelection in five months.



817 SW Church St.
Dallas, OR 97338
(503) 623-8554

DAS Online Media

[DALLAS AREA SENIORS](https://www.dallasareasenior.net)

<https://www.dallasareasenior.net>

[Facebook](#)

DAS Meeting Information



DAS Board of Directors Meeting
3:00PM Friday, August 7th
DAS General Membership Meeting
11:00AM Saturday, August 8th

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

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

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

All Are Welcome All Are Loved



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

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- Commercial Moving Experts
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- Out-Of-State Moving
- Responsible Junk Removal

Serving All Of Oregon

Trent Buchler – (503) 549-9433

Riddle Me This

1. What gets smaller every time it takes a bath?
2. Only one color, but not one size, stuck at the bottom, yet easily flies. Present in sun, but not in rain, doing no harm, and feeling no pain. What is it?
3. I am a seven-letter word. I am very heavy. Take away two letters from me, and you will get 8. Take away one letter and you will get 80. Who am I?

Answers on Next Page

Answer for Riddles

1. Soap.
2. A shadow.
3. Weighty.

New News Continues

Two new activities are starting up. One is the game of Cornhole and the other is the game of Darts. We will have cornhole being played on the fourth Monday of the month at 12:30PM upstairs at the senior center. This game will be limited to 10 two person teams. Darts will be on the first and third Tuesday of each month at 1PM upstairs. Each date will have Six Two person teams. Calvin Smith and Dennis McCorkendale are the activities leaders for darts.

I would like to thank the following people for their work cleaning the outside of our building: Lynette and Dave Horton, Judy Greening, and Calvin Smith. Betty Sledge and Richard Smith came by and helped for a short time but were unable to be there the full time. We really appreciate our volunteers. A few pictures of the cleaning crew are in the newsletter.

Bingo dinners are now cancelled. Tike Miller will be unable to continue doing the dinners. We appreciate all the hard work Tike has done in support of bingo.

Movie Matinee: This month's movie will be Best in Show. This movie will be shown on August 10th at 3PM downstairs at the senior center. There will be a concession stand for candy during the movie. Money raised from concession sales will go to pay for the license we need to show movies.



Metabolic Reset: Please see the July newsletter for a description of this event. There is a flyer in the newsletter that explains what Metabolic Reset is. If you have questions let Noreen Smith know. You can catch her at exercise classes on Tuesdays and Thursdays.



Lunch Bunch: July 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, OR 97338
(503) 623-0678

Thursday, August 13th, 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, Lisa Bilgen, Eileen Cotnam, Bob Craven, Don Easterday, Ian Finseth, Moira Gates, Katie Griffin, Shirley Hill, Gary Johnston, Stan Mills, Betty Sledge, Darlene Smith, Frances Stuck. If you see these folks, please wish them a Happy Birthday for the month of August.

Nurse Next Door: Is providing free blood pressure checks at the senior center. They will be doing these checks on Wednesday August 5th from 11AM till 1PM. This is a free service for our members and is open to the public.

Cornhole: There will be a cornhole tournament on the fourth Monday of each month. Limit to 10 two-man teams. Come by the senior center and sign up.

Grief Support Group: There will be Grief Support Group meeting on the fourth Monday of each month. This group will meet upstairs at 11AM at the Dallas Area Seniors center. This group will be led by Angie Sletten, a Bereavement Coordinator from Serenity Hospice. If you know of anyone who requires grief support, please let them know. This is open to all members of the senior center and the public.

Medicare Help: Medicare Insurance specialist Lisa Bilgen de Herrera is here the first Tuesday of each month at 11AM – 1PM. Lisa can answer questions and help you navigate the different types of Medicare insurance. This is open to all members of the senior center and the public.

Election Reminder: While elections are several months away. This is a reminder to the membership that we need three members to volunteer to be on the nominating committee. At our September meeting these volunteers will need to be identified to the membership. If you are interested in serving on this committee let a board member know.

Darts: We have a dart league starting up. It will take place on the first and third Tuesday of the month. Come to the senior center to sign up. See calendar for the dates in August.

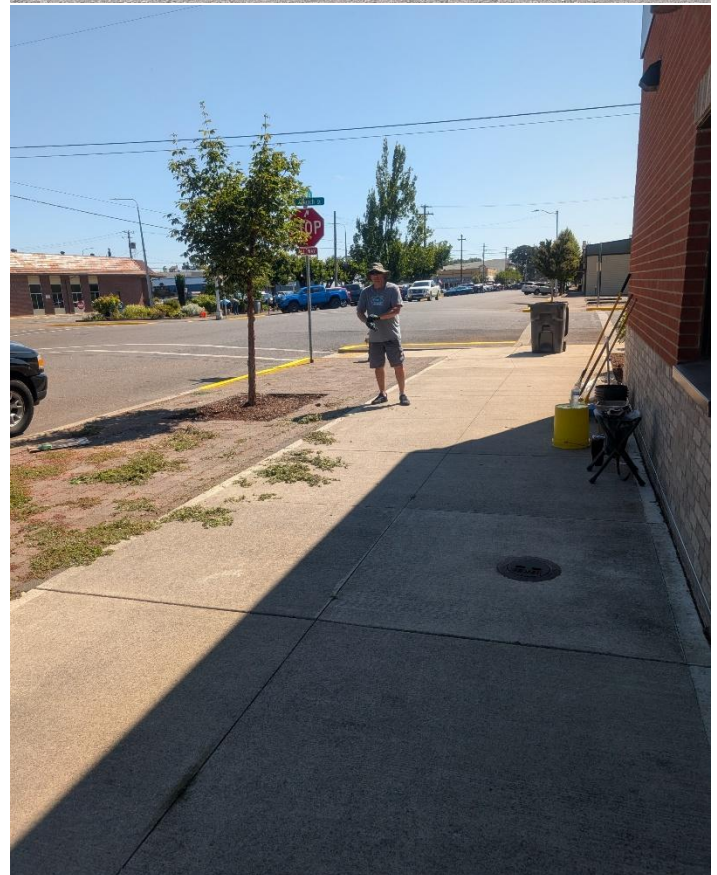
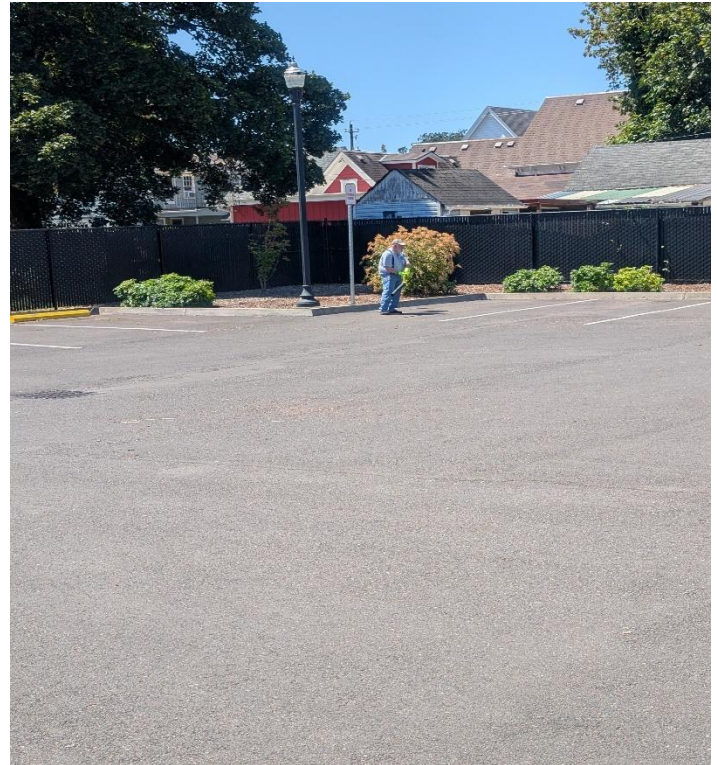
DALLAS AREA SENIORS OFFICERS:

PRESIDENT: Brad Kane
VICE PRESIDENT: Betty Sledge
SECRETARY: Judy Greening
TREASURER: Katie Griffin

DIRECTORS:

Brian Dalton
Calleen Harrison
Lynette Horton
Nancy Bliven
Dorcas Manley

Cleaning Crew Pictures



TAI CHI - MOVING FOR BETTER BALANCE



Learn 8 basic Tai Chi forms to improve balance, strength, mobility and lower fall risk.

No cost - Beginners welcome!

Registration limited to the first 20 people

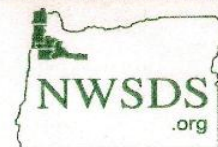
Every Monday and Wednesday

Aug 17th - Nov 9th, 2026

9:30 a.m. - 10:30 a.m.

**St. Philip Catholic Church
825 SW Mill Street, Dallas, OR**

**For information or to register,
call (833) 673-9355**



Safe at Home is looking for volunteers. The information is in the flyer. They like having seniors help with reuniting families. So, if you interested give them a call. They will also be doing Polk County as well.



safe at home
FAMILY PARTNERS

Help Families to Reunite

Volunteer to help foster children on their path home!



earlylearninghub
A program of Marion & Polk Early Learning Hub



The *Safe at Home* program is seeking volunteers who can help support in-home safety for families with an open Child Welfare case in Marion County.

As a Family Partner Volunteer, you will:

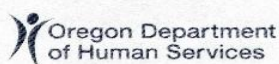
- Support the in-home safety of children who are transitioning out of foster care
- Help uphold a family's safety plan and assist in maintaining a safe, nurturing environment during reunification
- Play a vital role in helping families reunify and close their child welfare case

Consider becoming a Family Partner Volunteer!

You might be a great fit if you:

- Care about child safety and family stability
- Can collaborate with ODHS Child Welfare
- Can follow unique case-specific guidelines and responsibilities
- Are able to complete the Family Partner Volunteer training

In partnership with:



Contact Program Manager, Claudia Rodriguez, to learn more or get started.

📞 971-600-6026

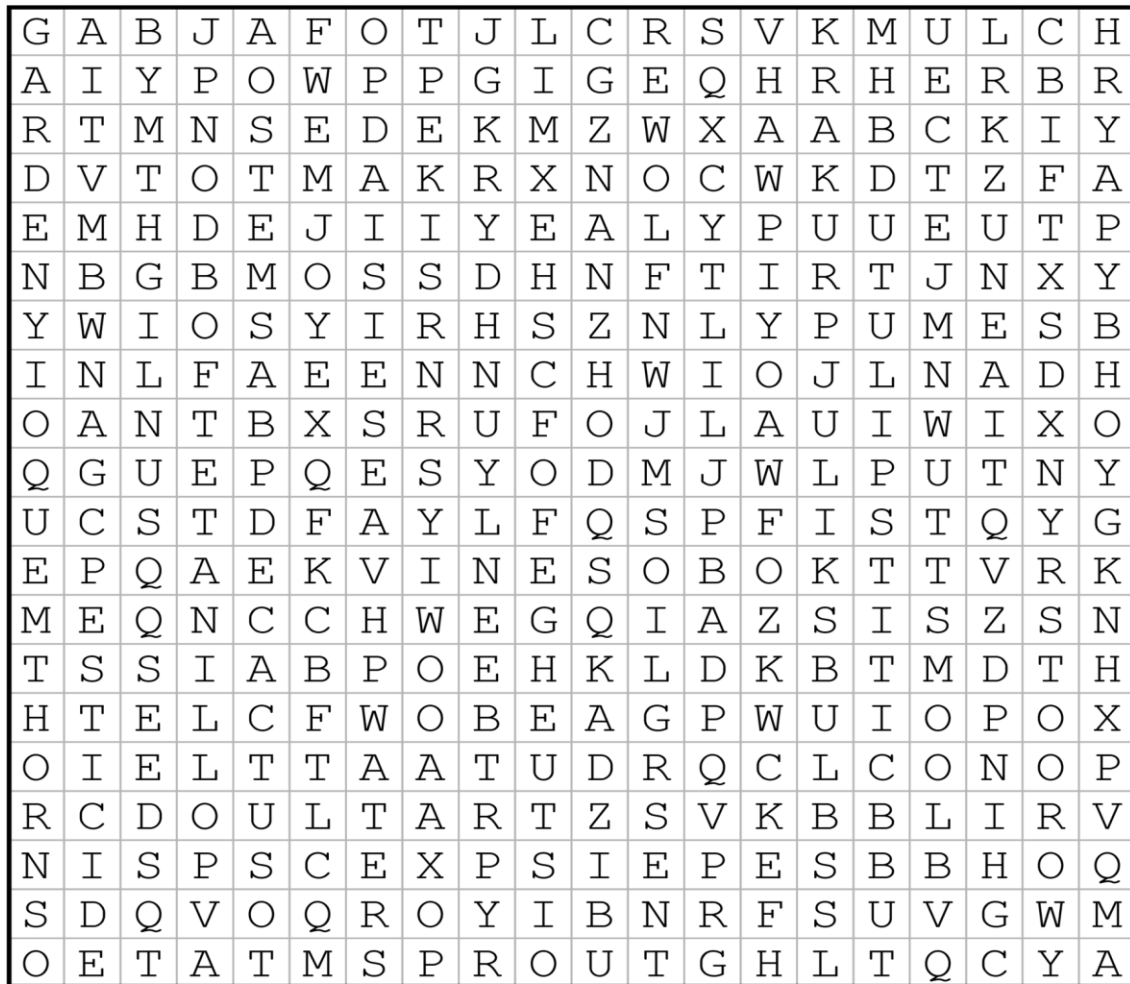
✉️ crodriguez@earlylearninghub.org



Word Search

Name: _____

Gardening and Plants



Word list:

BLOOMS
BULBS
CACTUS
COMPOST
DAISIES
FERNS
FLOWER

GARDEN
HARVEST
HERB
MULCH
PERENNIAL
PESTICIDE
POLLINATE

POTTING
PRUNING
ROOTS
SEEDS
SHADE
SOIL
SPROUT

STEMS
SUNLIGHT
THORNS
TULIPS
VINES
WATER
WEEDS



SunCatcherStudio.com

August 2026 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 10AM Cards/Table Games 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	4 10AM Cards/Table Games 10:15AM Low Impact Exercise 11AM Scrabble 11AM Medicare Information 11:10AM Low Impact Exercise 1PM Darts	5 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 11AM Blood Pressure Chk 1PM Wii Bowling 2PM Ice Cream Social	6 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge	7 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 12PM Watch Clinic 1PM 10 Minute Writing 3PM Board Meeting	8 11:00AM DAS General Meeting & Potluck
9	10 10AM Cards/Table Games 10AM 5 Crowns Game 3PM Movie Matinee	11 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 1PM Bunko 1:30PM Metabolic Reset	12 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 1PM Wii Bowling	13 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 11:30AM Lunch Bunch 12PM Bridge	14 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 1PM 10 Minute Writing 6PM Bingo	15
16	17 10AM Cards/Table Games 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	18 10AM Cards/Table Games 10:15AM Low Impact Exercise 11AM Scrabble 11:10AM Low Impact Exercise 1PM Darts	19 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 1PM Wii Bowling 1PM Birthday Party	20 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge	21 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 1PM 10 Minute Writing	22
23	24 10AM Cards/Table Games 10AM 5 Crowns Game 11AM Grief Support Grp 12:30PM Cornhole	25 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 1PM Bunko Deadline For Calendar and Newsletter	26 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 1PM Wii Bowling	27 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge	28 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 1PM 10 Minute Writing 6PM Bingo	29
30	31 10AM Cards/Table Games 10AM 5 Crowns Game					