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New News Starts

Executive Director – Steve Mohr



“Oh, the weather outside is frightful, but the fire is so delightful...” Lately at the Dallas Senior Center, the weather outside has been frightful, but inside it has been delightful. Monday through Friday from 10-3, seniors gather daily to fellowship, play games, exercise and enjoy a hot cup of coffee, tea or chocolate. Meals are also provided three days a week if you would like to enjoy a warm meal at lunchtime.

But we are more than just a social center, we are family. The members here look out for each other and help one another when there is a need. Members have even helped other members financially. Some of our members helped to pay membership dues when others couldn't afford it. **Continued Page 6**



Announcements

Super Bowl Party – February 9th

Gardening Class – February 21st, 10AM

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, February 3rd
DAS General Membership Meeting
11:30AM Saturday, February 8th

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.
- **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 discussing age related topics. Conversations that matter. 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

When I was a boy, I was told that anybody could become President; I'm beginning to believe it. ~Clarence Darrow

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



*Politicians are people who, when they see
 light at the end of the tunnel, go out and
 buy some more tunnel. ~John Quinton*

Riddle Me This

1. What has four fingers and a thumb, but is not living?
2. Ask this question all day long, but always get completely different answers, and yet all the answers will be correct. What is the question?
3. What can go through glass without breaking it?

Answers on Next Page

Riddle Me This - Answers

1. Answer: A glove.
2. Answer: What time is it?
3. Answer: Light.

New News Continues

I have come to see the senior center as an extension of my family. With every family, we have our challenges, but I have come to witness how this family has pulled together to support the center in a variety of ways.

As we move forward, we are hoping to add more activities to serve those who have interests in addition to those we have now. If you have something you would like to see available at the senior center that you would enjoy and think others would enjoy, please stop by and talk to me to see if we can add that to our available services.

Upcoming special events include the Super Bowl Party on February 9th, and Bingo on 2nd and 4th Friday of the month. We are also planning on another St. Patrick's Day Dinner in March. Finally, I would encourage all our members to attend our monthly general meeting on the second Saturday of the month. We present a brief report on what is going on and we always have a potluck meal. The meal is the highlight, but the information will keep you informed and give you a platform for asking questions or sharing ideas. Stop by

and say and bring a friend and introduce them to the senior center.



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

Spoon N Folks Thai Cuisine
184 SE Washington St., Dallas
Thursday, Feb. 13th, 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 February Book Club is **“The Entire Sky: a novel”** by Joe Wilkins. We will discuss this book on Tuesday, February 18th 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



LIX **SUPER BOWL** *Party* **\$25**

FEBRUARY 9TH

Doors open at 2:30
Food, games, and
prizes. And of course the
super bowl will be held
on the 65" big screen.

HOSTED BY
THE DALLAS AREA SENIORS

817 SW CHURCH ST., DALLAS
WWW.DALLASSENIORCENTER.ORG
503-623-8554

DAS Code of Conduct

All staff, volunteers, participants/members, and others who participate in DAS activities and use the Dallas Senior Center are expected to:

1. Refrain from being rude towards others.
2. Respect all by using polite language, (no foul language, cussing or swearing).
3. Be responsible for refraining from negative comments regarding staff, board members, members and all those associated with DAS and DAS policies.
4. Be responsive and sensitive to diversity amongst members, participants, staff, board members and the community at large.
5. Engage with others respectfully in an environment free from harassment, intimidation, physical and sexual assault.
6. Respect all by committing to appropriate use of electronic devices.
7. Share resources and solve problems cooperatively and peacefully.
8. Take care of the property, keep communal space clean and conserve and protect community resources.
9. Self-regulate to the best of one's ability in a mature and responsible manner and conduct oneself in a way that is safe, respectful, and does not disrupt the ability of others to participate.
10. Commit to a drug free environment. No use of tobacco products, e-cigarettes, alcohol, etc.

DAS will not tolerate any member or non-member that uses the Dallas Senior Center in any capacity who does not respect the Code of Conduct. Those who violate this code of conduct may be removed have their membership revoked and will be asked to leave the center and in future involvement at the Dallas Senior Center as stated in the DAS bylaws under Article III section 3.



MASTER GARDENER CHATS

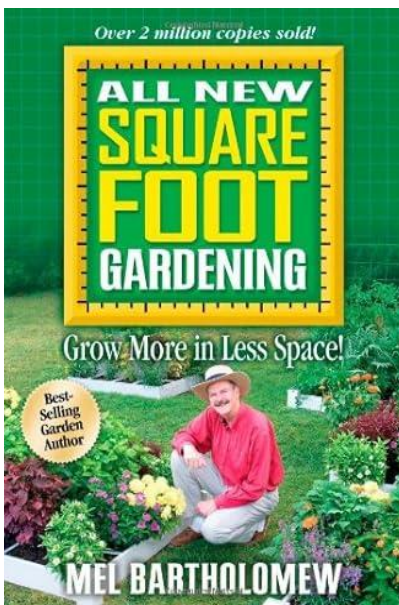
Join certified Master Gardener, Lee Schlenker, to learn new ideas about how you can grow and garden. Stay tuned in to the newsletter for the next date and topic.

The Second Class* is

FRIDAY, FEBRUARY 21st-10:00AM

The Square Foot Garden Part Two

Schedule of Classes



Jan 17th: Intro to Master Gardening & The Square Foot Garden Part One

Feb 21st: The Square Foot Garden Part Two

March 21st: Seed Starting

April 18th: Raised Beds

May 16th: No class due to the Polk County Master Gardener Plant Sale

June 20th: Drip Irrigation

July 18th: Pest Control

August 15th: Start Your Harvest

September 19th: Seed Saving

Oct, Nov, Dec: Enjoy what your garden provided

***If you missed the first class. Please come to the second class as Lee will help you catch up.**

NAME: _____ DATE: _____

Spongebob Word Search

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

BARNACLE BOY
BIKINI BOTTOM
CHUM BUCKET
CLARINET
GARY
JELLYFISH
KAREN
KRABBY PATTY
KRUSTY KRAB
LARRY
MERMAID MAN

MR KRABS
MRS PUFF
PATRICK
PEARL
PINEAPPLE
PLANKTON
SANDY
SPONGEBOB
SQUAREPANTS
SQUIDWARD
TREE DOME



February 2025 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

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