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New News Starts

Executive Director – Steve Mohr



I grew up watching Charlie Brown's Holiday TV specials. Every year, I looked forward to watching the holiday Thanksgiving and Christian classics. I can

imagine that most of you did too or are at least familiar with the Charlie Brown cartoons that were in the newspaper.

In my office at the Senior Center, I have posted above my desk a picture of Charlie Brown sitting next to his dog Snoopy. Charlie Brown says to him: **"Stop overthinking. If it's God's will, it'll happen and nothing will stop it. If it's not, He has a better plan. Have peace in knowing that."**



Announcements

Mother's Day Breakfast – May 10th, 9:00AM

Ice Cream Social – May 7th, 1PM

Financial Training – May 14th, 10AM

Birthday Celebration – May 28th, 1PM

DAS Meeting Information



DAS Board of Directors Meeting

8:30AM Monday, May 8th

DAS General Membership Meeting

11:00AM Saturday, May 10th

DAS Online Sites:

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

<https://www.dallasareaseniors.org>

[Facebook](#)

Our Business Members



**JOYFUL SOUND
HEARING**

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

All Are Welcome All Are Loved



Dallas

FOURSQUARE CHURCH

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

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



**SYNERGIZE
AUTO**

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

Riddle Me This

1. I have two coins that add up to 30 cents, and one of them isn't a nickel. What are they?
2. Forward I am heavy, but backward I am not. What am I?
3. A man dies of old age on his 25th birthday. How is this possible?

Answers on Next Page

Answers to Riddles

1. A quarter and a nickel (the quarter isn't a nickel).
2. A ton.
3. He was born on February 29.

New News Continues

For those of you who don't believe in God, you can replace God with the word fate. The definition of fate is: The supposed force, principle, or power that predetermines events.

Many people, especially seniors, are worried about what is happening in our country and how it will effect them. Some also worry about their declining health or the inflation that puts huge financial stress on them that effects their ability to survive. Worry seems to be a natural response by many people when negative things happen that they fear will or do affect them. When life happens, and it does to us all, worry is not the answer. Not only is it not the answer, but it also doesn't change a thing and in fact makes matters worse. According to WebMD, worry can affect your nervous system, muscles, breathing, and heart. It can and does also affect one's mental health, causing stress, anxiety, and panic attacks.

Charlie Brown's solution is to "have peace in knowing that," in other words, in knowing that it's all going to work out.

Verywellmind.com gives these tips to help with worry: exercise, focus on what you can control, practice gratitude, get enough sleep, put your mind elsewhere, get help.

While these may help, I would suggest the Serenity Prayer by Reinhold Niebuhr (1892-1971). You will find some of the same helpful tips listed above included in his prayer.

"God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace; taking, as He did, this sinful world, as it is, not as I would have it; trusting that He will make all things right if I surrender to His Will, that I may be reasonably happy in this life and supremely happy with Him forever in the next."

I believe Charlie Brown got it right.



Financial Education:

Rebecca Masingale will be holding a WaFd Financial Education Class on May 14th, 10:00AM. This is a free class for all members.

This month's education will be Bitcoin and Crypto currency. This will be a very basic overview of the Crypto currency and how it could affect banking in the future.



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

Westside Pacific Family Restaurant
670 S Pacific Hwy, Rickreall, OR
Thursday, May 8th, 11:30 AM

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

Newsletter Editor Comments: For those of you who support the bond measure for a new police station. We have yard signs you can pick up at the senior center. Stop by any time and grab a sign to show your support.

Birthdays This Month: These people are celebrating a birthday this month. Ann Bonds, Bob Brannigan, Jan Dolezal, Karen Hirte, Dave Horton, Mercedes Houghtaling, Sherril Hurt, Michelle Mills, Linda Mohr, Juanita Preece, Sue Schroeder, and Barbara Sutherland. If you see these please wish them a Happy Birthday for the month of May.

"A people that values its privileges above its principles soon loses both."

Dwight D. Eisenhower

WHO WANTS TO GO BOWLING **By Lynette Horton**



Starlite Lanes – 394 Main Street, Dallas



Starting in May, every Wednesday at 12:30, come bowl a few games during opening bowling with your fellow seniors. Bring out the bowling balls and shoes and join us May 7 for the first get together. \$3 a game for seniors/\$3.50 to rent shoes.



There are also Senior Leagues forming now for summer and the fall, if interested contact Starlite Lanes. Sheridan has a senior league, and McMinnville will now be coming to Dallas for bowling.

Board Meeting Date Change: The board of directors meeting will now be the Thursday before the second Saturday. This change is to allow for an improved financial report.

Mother's Day Breakfast: There will be a Mother's Day breakfast at the senior center on May 10th at 9AM. This will be a breakfast buffet. Biscuits and gravy, fruit, coffee, juice and water will be served. Ladies eat free and gentlemen will pay \$5.00 to eat. If you have questions, contact the senior center. The General Membership meeting to follow at 11AM after breakfast.

Ice Cream Social: There will now be a monthly Ice Cream Social. This will take place on the first Wednesday of each month at 1PM. This event is free to the members. Please check the calendar each month for this tasty event.

Birthday Celebration: There will be a celebration of all members having a birthday in the current month. This be held on the fourth Wednesday of each month. There will be cake and ice cream for all. This is a free event for the members. Keep an eye on the calendar for this fun event.

Time to Walk: It is time to get up and get moving! Tuesday 12:00 - 12:30 and Thursday 1:00 to 1:30. Quip trips around the downtown core. More days to be added if there is interest. Walk at your own speed and remember that *MOTION IS LOTION*. Come and give it a try. Lead by Betty Sledge.



**Aging is like a
Garage Sale.
Some stuff
looks old, some
stuff doesn't
work and some
stuff you can't
even identify.**

Oldtimers9.com

Dallas Area Senior Center 2025 Holiday Bazaar

Vendor Application

Event Dates: Sat. November 22nd & Sun. November 23rd Time: Saturday 10Am to 4PM, Sunday 10AM to 3PM

This is the first year that Dallas Area Senior Center is hosting this event. We will have 20 spaces available. Spaces are located on the 1st and 2nd floors (w/elevator) and the earliest accepted applications will be assigned spaces first. The event will be 2 days with the ability to set up the Friday, Nov. 21st. If you choose two days, you will be able to leave your items after the 1st day. **Only artisan and handcrafted vendor creations will be chosen.**

CASH OR CHECK ONLY Mail Application and check to: Dallas Area Senior Center, 817 SW Church Street, Dallas OR 97338_ATN: STEVE MOHR PAYING CASH: Center hours are: Monday Thru Friday 10AM to 3PM. Space fees are **NONREFUNDABLE** unless the event is cancelled by Dallas Area Senior Center.

Applications must be received by JUNE 30th, 2025

Name: _____ Date: _____

Business Name: _____ E-Mail address: _____

WEB Site: _____

Address: _____ Phone #: _____

City: _____ State: _____ Zip code: _____

Description of items you create pictures please: _____

Spaces: 6' x 10'. Please indicate which floor you prefer. **TABLES NOT INCLUDED**

(1st floor 13 spaces 2nd floor 7 spaces)

Sat. 11/22 6 x 10 space \$45 _____ 1st or 2nd floor _____

Sun. 11/23 6 x 10 space \$45 _____ 1st or 2nd floor _____

Electrical outlet \$5 _____ (16 outlets available)

Total enclosed: _____ Your signature: _____

After all applications are received you will be notified of acceptance. Your space assignment, parking and unloading instructions will be provided closer to the Bazaar date. Proceeds from this event help support our Center. Thank you for applying. **Questions regarding the event please email: lizbrowder@msn.com**



Spring Word Search



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

SPRING
MAY
GREEN
WARM
UMBRELLA



MARCH
FLOWERS
GRASS
SHOWERS
EASTER



APRIL
BASEBALL
SUNSHINE
RAIN
BIRDS



www.thriftymommastips.com

Animal Word Search

Name: _____



Birds of a Feather

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

Word list:

BLUEBIRD
CHICKADEE
COWBIRD
CROW
DOVE
DUCK
EAGLE
EGRET

FINCH
GOLDFINCH
GOOSE
HAWK
HERON
KESTREL
LOON
MEADOWLARK

NIGHTHAWK
ORIOLE
OWL
PARTRIDGE
PELICAN
RAVEN
ROBIN
SANDPIPER

SPARROW
SWALLOW
SWAN
THRASHER
WARBLER
WOODPECKER
WREN



May 2025 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge 1:30PM 10 Minute Writing	2 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 12PM Watch Clinic	3
4	5 10AM Cards/Table Games 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	6 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Healthy Soul	7 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 1PM Ice Cream Social	8 8:30AM Board of Directors 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	9 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 5:30PM Bingo Hot Dogs 6PM Bingo	10 9AM Mother's Day Breakfast 11:00AM DAS General Meeting
11 Mother's Day	12 10AM Cards/Table Games 10AM 5 Crowns Game	13 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Bunko	14 10AM 4 Handed Pinochle 10AM Card/Table Games 10AM Financial Training 11AM Mah-Jongg	15 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge 1PM Age Café 1:30PM 10 Minute Writing	16 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Gardening Class	17
18	19 10AM Cards/Table Games 10AM 5 Crowns Game 12PM Bridge 4PM Karaoke	20 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Healthy Soul	21 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg Deadline For Calendar and Newsletter	22 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge 1:30PM 10 Minute Writing	23 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 5:30PM Bingo Hot Dogs 6PM Bingo	24
25	26 Closed Memorial Day	27 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Bunko	28 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg 1PM Birthday Celebration	29 10AM Card/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 12PM Bridge 1:30PM 10 Minute Writing	30 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop	31