

DALLAS AREA SENIORS NEWSLETTER – MARCH 2024

817 SW Church Street, Dallas, OR 97338-3103, Phone: 503-623-8554

EXECUTIVE DIRECTOR – STEVE MOHR



I am writing my March newsletter article on Valentines Day. Valentines Day is a day when we celebrate love, especially,

the love we share between those we care about. Webster's Dictionary says the word LOVE can be either a noun or a verb. I am using it as a verb for this article.

When love is used as a verb it refers to action. The Bible uses love as an action as well. Here are a couple of examples: "For God so loved the world that He gave His only Son..." Jesus said, "If you love me, you will keep my commandments." Love involves action. This morning before coming to the office, I went to the store to buy my wife a valentine's gift. I wanted to show her in a physical way that I love her. It was love in action. My wife would always tell our kids, "Don't tell me, show me." Words alone have very little meaning. At that they would say: "actions speak louder than words."

As I mentioned in my article last month, DAS needs to find a way to raise enough money to keep DAS alive and our organization open. Based on our expenses last year and projected budget for this year, DAS needs approximately \$6100 a month, or \$73,000 a year to keep the doors open.

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 Hrs.10AM-3PM



**DAS Center Board Meeting 8:30AM
Monday, March 4th**

**DAS General Meeting 11:30AM
Saturday March 9th**

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

Karaoke returns March 4th at 6PM
St. Patrick Fundraiser March 14th at 6PM

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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 session, 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



**Try out BUNCO on the 2nd and 4th,
Tuesdays at 1:00 P.M.**

Suspended until further notice.

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

"The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the Veterans of earlier wars were treated and appreciated by their nation." - George Washington

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

YOU ARE WELCOME TO JOIN US!!!

Westside Pacific Restaurant

Thursday, March 14th, 11:30 AM

670 S Pacific Hwy W., Rickreall.

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



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**



**BOOK CLUB
March 19th
1:30PM**

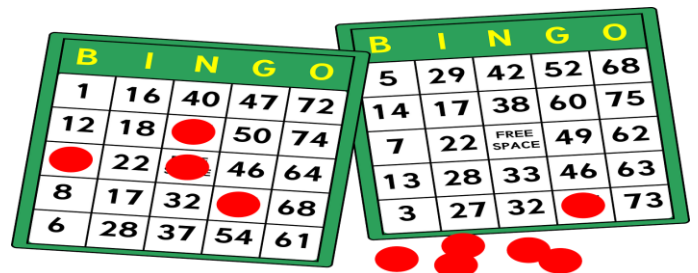


The current selection for discussion in November Book Club is "Homecoming" by Kate Morton. We will discuss the book on Tuesday, March 19th from 1:30PM to 3PM. We meet on the upper level. You can probably find the book at a local library. Dallas Library 503-623-2633; Monmouth Library 503-838-1932; West Salem Library 503-588-6315; Salem Public Library 503-588-6315; or used bookstores.

HAPPY READING!!!

BINGO SCHEDULE

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



The Democrats are the party that says government will make you smarter, taller, richer, and remove the crabgrass on your lawn. The Republicans are the party that says government doesn't work and then they get elected and prove it. ~P.J. O'Rourke

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. Mahjonn
2. Bunco (On Hold)
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.

DAS Featured Activity

Join the fun
RUMMIKUB

Every Day 10AM-3PM

Pictured below playing Rummikub are: Dave, MaryJo, Millie, and Mary.



HOW TO PLAY Rummikub

This game is played with tiles. The face of the tiles shows a number from 1 to 13 with two jokers. Each player gets 13 tiles that are hidden from other players and placed on a tile rack. The object of the game is to be the first player to get rid of all your tiles by making SETS or RUNS. A SET is 3 or 4 of the same number in different colors. A RUN equals consecutive numbers of at least 3 tiles in the same color. To begin laying down tiles on the table, you must first be able to add all the numbers you will play to equal 30 points.

When one player does not have any more tiles, the round ends, and everyone counts the tiles still on their rack and deducts that from their score. The person who has no tiles then gets to add the total points left by other players. That ends a round.

Community Information



Statewide services for Oregonians age 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.

LOCAL EVENTS

March 2nd & 3rd Salem Roadster Show – Oregon State Fairgrounds [“Click Here”](#)

March 3rd, 9AM Flea Market, Polk County Fairgrounds, Rickreall, OR 97371

March 23rd, 10AM Wagon Wheel Doller's 41st Annual Doll Show & Sale, Fairgrounds, Rickreall, OR 97371

Dallas Cinema, Tuesday 7PM show only \$5
Independence Prestige Cinema Super
Tuesday \$5

The reason birds can fly, and we can't, is simply because they have perfect faith, for to have faith is to have wings. J.M. Barrie, Scottish playwright, and writer, known for 'Peter Pan.'

Business Sponsor of the Month Westside Pacific Family Restaurant & Saloon

670 S Pacific Hwy W., Rickreall.

Members: 10% off purchase
(Alcoholic beverages not included)



Riddle Me This

1. What 5-letter word typed in all capital letters can be read the same upside down?
2. The more you take, the more you leave behind. What am I?
3. David's father has three sons: Snap, Crackle, and _____?
4. What is more useful when it is broken?
5. I am easy to lift, but hard to throw. What am I?

Answers on Next Page

Riddle Me This - Answers

1. Answer: SWIMS
2. Answer: Footsteps
3. Answer: David
4. Answer: An Egg
5. Answer: A Feather

New News for You

Continued From Page 1

Our present due structure of \$20 a year per member and based on last year's membership of approximately 275 members, that gives us a total of \$5,500 a year or \$258 a month. To meet our present budget, we will need to put together a master plan to address this short fall. Here are some of the things we are considering at this point.

- 1) **Dues:** Changing our due structure.
- 2) **Fund Raisers:** Doing more high-volume fund raisers to bring in more income.
- 3) **Bingo:** Raising the costs to play bingo when bingo returns.
- 4) **Donations:** We are looking at ways to ask for donations. This could take on several possibilities. Anyone can give a tax donation to help support DAS even now.

These are just a few ideas we are considering. There are other options we

can look at; but no matter what path we take, there will be pros and cons. My question for all of us is: How much do we love our DAS? And if we love it enough that we want to see it stay open, will we be willing to show our love by supporting it financially? The cost of doing DAS right is not free, we need to increase our financial support along with volunteering our time as need to support various events.

Remember, love is an action word. If you love the idea of having a senior center open to provide various activities that help support the wants and needs of seniors, then please do your part to support DAS so we can keep our doors now and in the future for our beloved seniors.

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.

Big Thank You: Ran out of room in the newsletter last month. We need to give Sheryl Reardon a **Big Thank You** for the time she was the newsletter editor. It takes a lot of time and effort to put together a newsletter each month. So please give her a Big Thank You for a job well done.

Let's Keep the Dallas Area Seniors Center Open:

Dallas Area Seniors are sponsoring an Old Fashion Irish Stew and Dumplings St. Patrick's Dinner including desert and drink for \$20 on Thursday March 14th at 6PM. Tickets are available at the Senior Center located at 817 SW Church St. in Dallas between 10AM and 3PM Monday through Friday. Your support would be greatly appreciated.

Newsletter Calendar Update: This is Brad your newsletter editor. I know the calendar is a real issue for many of you. Starting in April we will print the calendar on a bigger sheet of paper. You will notice the difference in how easy it is to read. Those of you who get the newsletter by email will see the new calendar this month. We simply couldn't get it printed and attached for the month of March. If you want to see what the new calendar will look like, it will be taped to the outside doors of the senior center for the month of March. If you happen to come by the senior center look at the new calendar. The good news for those who get it mailed is to look for a much better calendar next month.

Lunch Bunch Note: If you are going to take part in the lunch bunch, please text Shirley Hill or sign up at the senior center. It is important that Shirley has a head count of how many people will be coming. The restaurant may need to call in extra staff depending on the number of people coming. So please make sure you sign up

by either texting Shirley or the sign-up sheet at the senior center.

Contact Information: Please make sure we get either an email address and/or a phone number for you. We do need to contact members from time to time. We are getting applications in with no email address and/or phone number. So, when you fill out your application again next year make sure to put either an email address and/or a phone number.

Technical Genius: is a local computer company and will be providing computer classes and help with other smart devices. Look for more info to be coming out soon!

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

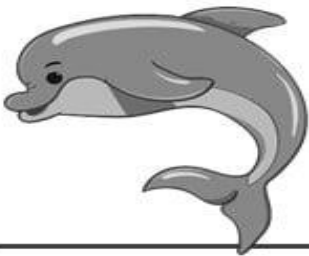
We can mail the newsletter to you from US Postal Service.

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

We can email the newsletter to you directly.

Name: _____

Ocean Word Search



SHARK
FISH
WHALE
STARFISH
SEAHORSE

OCTOPUS
LOBSTER
DOLPHIN
JELLYFISH
CRAB

TURTLE
SHRIMP
SQUID
TUNA
SEAL



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MARCH 2024 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|---|--|--|
| | | | | | 1 10AM Card/Table Games 10AM 6 Handed Pinochle 10AM Art Workshop 10AM Listening Ear | 2 |
| 3 | 4 8:30AM Board of Directors 10AM Cards/Table Games 10AM 5 Crowns Game 1PM Bridge 6PM Karaoke | 5 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise | 6 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg | 7 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 12PM Bridge | 8 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear | 9 11:30AM DAS General Meeting & Potluck |
| 10 Daylight Saving Time Begins | 11 10AM Cards/Table Games 10AM 5 Crowns Game | 12 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise | 13 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg | 14 10AM Card/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 11:30AM Lunch Bunch 12PM Bridge 6PM St. Patrick Fundraiser | 15 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear | 16 |
| 17 St. Patrick Day | 18 10AM Cards/Table Games 10AM Caregiver Support 10AM 5 Crowns Game 1PM Bridge 6PM Karaoke | 19 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 1:30PM Book Club Deadline For Calendar and Newsletter | 20 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg | 21 10AM Card/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 12PM Bridge | 22 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear | 23 |
| 24 ----- 31 | 25 10AM Cards/Table Games 10AM 5 Crowns Game | 26 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise | 27 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg | 28 10AM Card/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 12PM Bridge | 29 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear | 30 |



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