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New News Starts

Lee Schlenker – President: Hello and now welcome to the month of June, the beginning of summer here in the Pacific Northwest. All is well with the center as we leave Older Americans Month. We have got our new person for the front desk, Michael. He has been a help with the business of the center, but things might change.

Our calendar has become fuller over the last six months, and it continues to grow with new activities. There is a group that comes in to do blood pressure checks, karaoke is going strong and we owe a big thank you to Colleen Harrison for her donation to the center.



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, June 12th**

**DAS General Membership Meeting
11:00AM Saturday, June 13th**

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

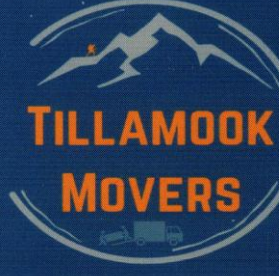
Jefferson Lodge Memory Care

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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Trent Buchler – (503) 549-9433

Riddle Me This

1. What two things can you never eat for breakfast?
2. What kind of room has no doors or windows?
3. What do Alexander the Great and Winnie the Pooh have in common?

Answers on Next Page

Answer for Riddles

1. Lunch and dinner.
2. A mushroom.
3. Their middle names.

New News Continues

Brad has been doing a great job of acquiring additional material so there is a bigger base of songs to choose from.

Keep your eyes open to see what is happening in Dallas close to the center. The "music in the park" is now on a Friday night and the farmer's market has become a part of it. So now it starts at 6 pm and the music finishes at 8 pm. So be ready to enjoy a Friday night out without having to spend a fortune.

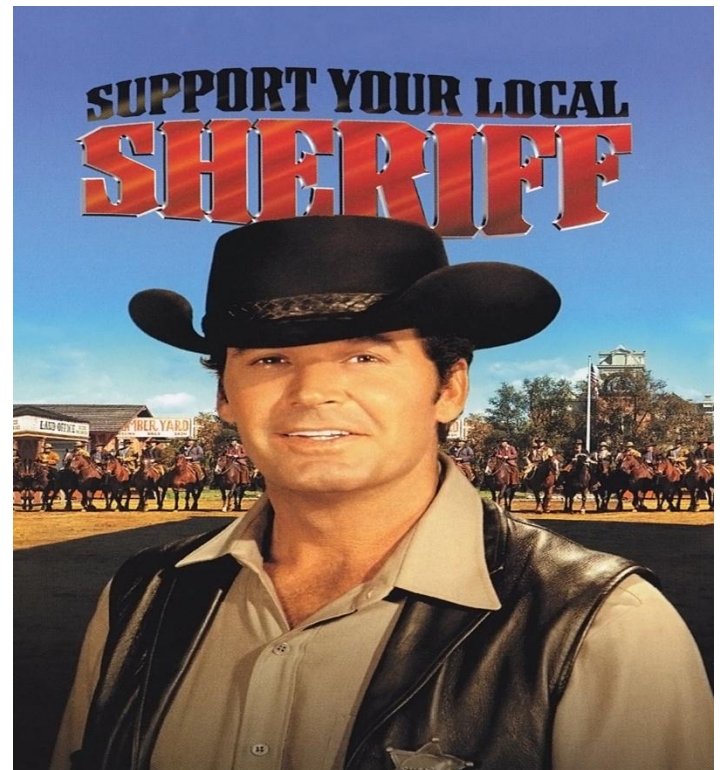
We had two people step down from our Board of Directors, Judy Jones as Treasurer and Tommy Steggell. So, we really need someone to fill in at Treasurer. In addition, we need help with Bingo and Movie Night. If you would like to help the center, please step forward and let us know where you would like to help.

I have filled out an application to be on the Seniors Advisory Council of the NWSDS for Polk County and so far, everything has been very positive, and I should know the outcome in a couple of days.

So, enjoy the weather and come on down to the center and enjoy the friendship of all the people there and play some games and food. So, see you at the center!

So, see you at the center! - Lee

Movie Matinee: This month's movie will be Support Your Local Sheriff. This movie will be shown on June 8th 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.





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

Tater's Cafe
683 SE Jefferson St,
Dallas, OR 97338
(503) 623-3335

Thursday, June 11th, 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. Marjorie Bowser, Barbara Chaney, Charles Dunedn, Beverly Finseth, Valerie Harding, Suzanne Hoffman, Dave Jesse, Audrey Lieder, Dianna Mundorf, Susan Schroeder, Angelo Stephenson, David Sutherland, Charl Traughber, Shirley Watson. If you see these folks, please wish them a Happy Birthday for the month of June.

Kitchen Help: Our cook for bingo dinners needs help. We need volunteers to come in and help him in the kitchen. If you are interested in helping, please let Lee or Brad know. We will try and have the bingo dinner back in June. If you help in the kitchen, you can still play bingo.

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ARE U READY FOR A **METABOLIC** *Reset*

THE FUTURE OF *HEALTH AND WELLNESS!*



Join us to learn
more!
Monday June 8th
@ 1:30pm PST
Senior Center
upstairs!

IF YOU'RE STRUGGLING WITH ANY OF THE FOLLOWING:

FATIGUE - BRAIN FOG - WEIGHT GAIN - ANXIETY - CRAVINGS - POOR SLEEP
HIGH CHOLESTEROL OR BLOOD PRESSURE - DIABETES OR INSULIN RESISTANCE

THE SOLUTION MAY BE A **METABOLIC RESET!**

HEAL YOUR BODY • JOIN THE MISSION

Lose
10x
More Weight

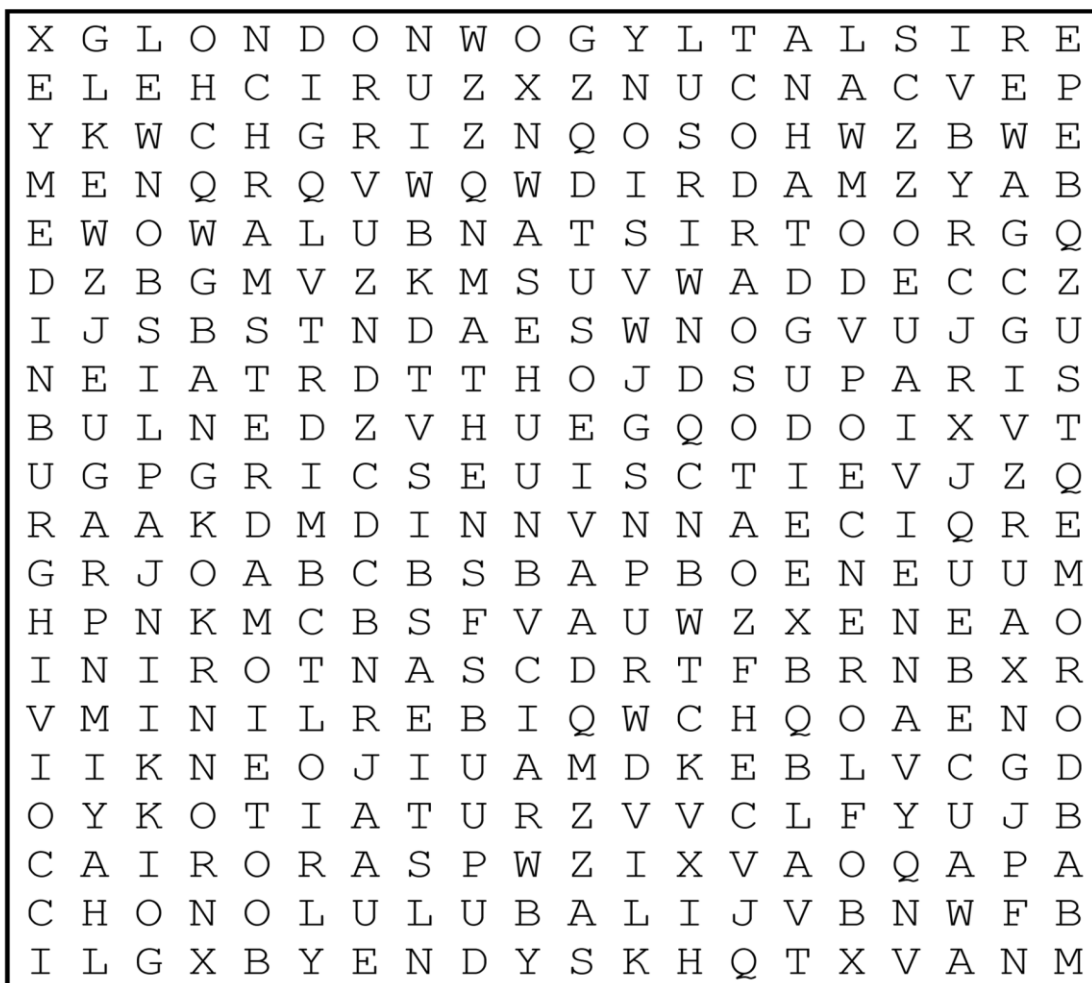
Lose
17x
More Fat Lost

Preserve
98%
Lean Body Mass

Word Search

Name: _____

Travel Destinations



Word list:

AMSTERDAM
ATHENS
BALI
BANGKOK
BARCELONA
BERLIN
CAIRO

CANCUN
DUBAI
EDINBURGH
FLORENCE
HONOLULU
ISTANBUL
LISBON

LONDON
MADRID
MAUI
PARIS
PRAGUE
QUEBEC
RIO

ROME
SANTORINI
SYDNEY
TOKYO
VANCOUVER
VIENNA
ZURICH



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June 2026 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

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