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New News Starts

Executive Director – Steve Mohr



Great News: Last month I reported that we were in conversations with the City of Dallas after I had given a presentation to the city

council. I am pleased to inform you that the City of Dallas and DAS will be entering into a new contract. The city has offered to support The Dallas Area Seniors with \$42,000 a year for the next 5 years. In addition, the City of Dallas will not be renewing their contract with NWSDS so that we can contract directly with NWSDS. I have been communicating with NWSDS for the past few weeks and they have agreed to the terms of a new contract with us and will be paying us \$8,400 for the next year. Both contracts are being reviewed by our lawyer before we sign. Once signed, they will begin July 1st of this year.

Announcements

- Book Club** – New News for Update
- Lunch Bunch** – New News for Update
- Karaoke** – Starts at 4PM

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

Continued Page 6

DAS Information



DAS Board of Directors Meeting

8:30AM Monday, June 3rd

DAS General Membership Meeting

11:30AM Saturday June 8th

Current Board of Directors

Keith Tierney,
Carolyn King,
Nancy Bliven,
Frances Forsythe,
Nancy Howell,
Bob Brannigan,
Bob Anderson

Current Executive Committee

President: Betty Sledge
Vice-President: Rose Brown
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.org)

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 room 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 11:15AM. Great exercise for everyone. Will move all your muscles.
- **Walk with Ease:** Need a volunteer.
- **Caregivers Support Group:** Third Monday of the month 10:00AM to 11:30AM. Support group for caregivers. Sally Davies is the leader of this support group.
- **Listening Ear:** One on One support with Betty Sledge, our President, and Polk County Older Adult Behavioral Health Specialist. Call Senior Center for an appointment.
- **Healthy Soul:** Every First and Third Tuesday of every month. Lead by Steve Mohr, our Executive Director. How healthy is your soul?
- **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 1:30PM to 3:00PM to discuss the book of the month. Linda Jenkins leads the group.
- **Lunch Bunch:** Meets monthly at various local restaurants. Great for those who like to socialize over food.
- **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:** On Hold
- **Bingo:** On Hold

- **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.
- **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 Games:** We have a Wii that is available for play by the membership. Have fun.

This is a list of our ongoing activities. We are always looking to add new activities to our list. If you would like to head an activity, please contact Steve Mohr, our executive director at the senior center.

*Be thankful we're not getting all the
government we're paying for. Will
Rogers (1879 - 1935)*

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

*"Growth is painful. Change is painful.
But nothing is as painful as staying
stuck somewhere you don't belong."
N.R. Narayana Murthy*

Our Business Members

Willamette Valley Fiber

988 SE Jefferson St.
Dallas, Oregon 97338
503-837-1700 (AFTER HOURS
SUPPORT PRESS OPTION #1)



312 Main St.
Dallas, OR 97338
503-420-5095

Tim's Automotive Specialties

172 SW Washington St,
Dallas, OR 97338
(503) 623-9774



967 Main Street
Dallas OR 97338
Benefit to Member: 10% off purchased (Alcoholic beverages not included)

Westside Pacific Restaurant Saloon

670 S. Pacific Hwy W
Rickreall OR 97378
Benefit to Member: 10% off purchased (Alcoholic beverages not included)

Dallas Golf Club

11875 Orrs Corner Rd
Dallas OR 97338

Benefit to Member: 10% off purchased Pro-shop items.



170 E. Ellendale Ave
Dallas OR 97338
Benefit to Member: Free Non-Alcoholic Beverage W/Meal



962 Main Street
Dallas OR 97338
Benefit to Member: 10% off purchased (Alcoholic beverages not included)

Riddle Me This

1. I assist with erections. Sometimes, giant balls hang from me. I'm known as a big swinger. What am I?
2. All-day long it's in and out. I discharge loads from my shaft. Both men and women go down on me. What am I?
3. What has ten letters and starts with gas?

Answers on Next Page

Riddle Me This - Answers

1. Answer: A crane.
2. Answer: An elevator.
3. Answer: Automobile

New News Continues

Continued From Page 1

In addition to the above, I have started to contact a few businesses in town about supporting DAS. My plan is to reach more businesses to see if we can raise some additional support for DAS. If you know any business owners in town, please let me know and together we can approach them for a donation to DAS in exchange for us advertising them in our newsletter. Their donation is also tax deductible.

At our training event last month, Heidi Henry of Banner Non-Profits, shared that 501c3 are usually supported through three streams of income. These three streams of income are as follows: 1/3 through city support, 1/3 through fundraisers and outside business donations, and 1/3 through membership dues and donations. At this point, our total memberships dues are only \$3,400, which represents only 10% of the 1/3 goal. I would ask all members who can, to consider giving a tax-deductible donation to support DAS.

Finally, we are hoping to bring Bingo back with a new and better format later this year. The goal will be to make Bingo more profitable for the players while making it

more profitable for DAS. Since our goal is to raise 1/3 of our budget through fund raisers, we are hoping that Bingo will accomplish that for us. With the city's commitment, an increase in Bingo profits, and increase in membership support, we should be able to reach our budget goals. Once we reach these goals, we will be able to expand our hours and programs for the seniors in our community.



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

Abby's Legendary Pizza

Thursday, June 13th, 11:30 AM

174 West Ellendale Avenue, Dallas

Text Shirley Hill at 503-871-0843 or sign up at the Senior Center if you plan to come. Red Clover Public House does not open till 3PM so we are going to Abby's.





Book Club:

We have no new book information available. All we know is that book club is on vacation.

- Dallas Library 503-623-2633,
- Monmouth Library 503-838-1932,
- West Salem Library 503-588-6315,
- Salem Library 503-588-6315,
- Used Bookstores.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou

Newsletter Correction: Last month we reported that the Salem Free Clinics, was at the Lutheran Church, this was incorrect. The Salem Free Clinics is now located at Polk County Family and Community Outreach 1407 Monmouth Independence Highway Monmouth, OR 97361.

Never argue with stupid people, they will drag you down to their level and then beat you with experience.

Mark Twain

Last year I joined a support group for antisocial people. We haven't met yet.



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.



C	H	E	W	B	A	C	C	A	W	R	J	E	D	I
C	3	P	E	U	C	S	D	A	L	R	O	R	2	D
R	T	D	O	O	3	R	A	T	S	H	T	A	E	D
2	G	A	J	L	P	T	C	3	P	S	D	R	2	D
D	Z	R	H	I	C	3	P	M	J	A	S	O	B	3
2	F	T	R	G	F	E	E	S	O	N	W	B	O	P
C	N	H	2	H	D	P	N	G	F	V	N	I	D	F
3	Z	V	D	T	C	N	I	O	C	N	I	W	B	C
P	H	A	H	S	3	R	O	I	3	Z	Q	A	P	O
T	F	D	H	A	P	R	O	O	P	D	E	N	A	L
O	R	E	U	B	V	H	T	R	C	3	P	Q	E	O
A	E	R	I	R	C	U	A	R	2	D	H	T	S	S
I	W	X	L	E	W	C	T	R	C	3	P	O	X	N
E	C	3	P	V	Z	K	R	2	D	J	N	W	O	A
L	U	K	E	S	K	Y	W	A	L	K	E	R	F	H

LUKE SKYWALKER

DEATH STAR

LIGHTSABRE

HAN SOLO

OBI WAN

TATOOINE

CHEWBACCA

JEDI

R2-D2

LEIA

DARTH VADER

C-3P0

Clues may run forwards, backwards, diagonally, up or down. Some may overlap or even be backwards!

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JUNE 2024 - 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 1PM Bridge 4PM Karaoke	4 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 1PM Healthy Soul	5 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	6 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 12PM Bridge	7 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	8 11:30AM DAS General Meeting & Potluck
9	10 10AM Cards/Table Games 10AM 5 Crowns Game	11 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM 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 11:15AM Low Impact Exercise 11:30AM Lunch Bunch 12PM Bridge	14 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	15
16	17 10AM Cards/Table Games 10AM 5 Crowns Game 10AM Caregiver Support 1PM Bridge 4PM Karaoke	18 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 1PM Healthy Soul 1:30PM Book Club	19 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	20 10AM Card/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 12PM Bridge	21 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear Deadline For Calendar and Newsletter	22
23 <hr/> 30	24 10AM Cards/Table Games 10AM 5 Crowns Game	25 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 1PM Bunko	26 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	27 10AM Card/Table Games 10:15AM Low Impact Exercise 11:15AM Low Impact Exercise 12PM Bridge	28 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	29