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New News Starts

Executive Director – Steve Mohr



I love sports of all kinds. Sports fall into one of two categories. There are individual sports and team sports. Individual sports

involve one person competing against another individual or individuals. Each person competes as a one-person team. The outcome of whether they win or lose is totally dependent on the performance of the individual.

Team sports involve more than one person, and the outcome will depend on the performance of all the players on the team. A good team could lose if just one person or more persons perform poorly. It truly takes the whole team to perform well to have a positive outcome.

The success of DAS is truly a team effort. This means that everyone who uses and or supports DAS needs to exhibit a positive attitude, support DAS financially, and lend a helping hand when needed.

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Announcements

- 10 Minute Writing – No Class on 8th of Aug.**
- Medicare Seminar – August 9th, 1:00PM**
- Second Low Impact Starts at 11:10AM**
- Age Café – New News and Calendar**
- 10 Minute Writing - New News and Calendar**
- Circle of Friends - New News and Calendar**

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

DAS Information



DAS Board of Directors Meeting
8:30AM Monday, August 5th
DAS General Membership Meeting
11:30AM Saturday August 10th

Current Board of Directors

Carolyn King,
Nancy Bliven,
Frances Forsythe,
Nancy Howell,
Bob Brannigan,
Bob Anderson,
Rebecca Masingale

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.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 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 11:10AM. 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 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 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.

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

"If there are no dogs in Heaven, then when I die, I want to go where they went."

Will Rogers

Our Business Members



312 Main St. *Hearing Aids
 Dallas, OR 97338 *Hearing Test
 503-420-5095
 *Service and Programming most
 Hearing Aids
 *Video-Otoscopy & Wax Removal



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



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

*Patriotism means to stand by the country.
 It does not mean to stand by the president
 or any other public official, save exactly to
 the degree in which he himself stands by
 the country. It is patriotic to support him
 insofar as he efficiently serves the country.
 It is unpatriotic not to oppose him to the
 exact extent that by inefficiency or
 otherwise he fails in his duty to stand by
 the country. In either event, it is unpatriotic
 not to tell the truth, whether about the
 president or anyone else.*

Theodore Roosevelt

Riddle Me This

1. I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?
2. No matter how little or how much you use me, you change me every month. What am I?
3. If your uncle's sister is not your aunt, what relation is she to you?

Answers on Next Page

Riddle Me This - Answers

1. Answer: Pencil Lead
2. Answer: A Calendar
3. Answer: Your Mother

New News Continues

Last month I mentioned it takes a variety of income sources to support a successful senior center. One of those sources is through membership. For the past 30 years, membership fees have not kept up with inflation. This has been talked about at the General meetings of DAS and on the DAS board for the past 6 months. After much discussion, the board has made the tough, but necessary decision to change our fee structure. Beginning in January 2025, we will be going to a suggested minimum donation of \$10 per month or \$120 per year. This will be a tax-deductible donation rather than a due. When you look at this in perspective, most, if not all of us spend more than \$10 on non-necessities each month. Since this is a suggested donation, if you truly can't afford that much, then you can donate less. But please remember, we need everyone to do their part of being a team player to help us support something that is important and needed in our community. For many, DAS is their family and they come for fellowship, fun, and emotional health.

I encourage you all to join the team and be a supportive team member.



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

North Dallas Grill & Sports Bar
Thursday, August 8th, 11:30 AM
170 E. Ellendale Ave., Dallas

Text Shirley Hill at 503-871-0843 or sign up at the Senior Center if you plan to come. Please remember to bring your discount card.



Please come celebrate **Shirley Hill's 90th** birthday at Greenway 55+ Community Living located at 450 SE Lacreole Dr, Dallas, OR 97338. The party will be held in Greenway's recreation center. Party will be on Sunday August 18th from 2PM to 4PM. **DO NOT BRING PRESENTS.** Friends and relatives are invited. Refreshments will be served.

"It takes courage to grow up and become who you really are." —E.E. Cummings



Book Club: We have No new book information available. All we know is that book club is on vacation.

Lunchtime at the Senior Center: On Monday and Wednesday Meals on Wheels serves lunch to members that are signed up to receive these meals. You can sign up with Meals on Wheels at the Senior Center. Meals on Wheels ask for a three-dollar donation to help cover costs. Donations are voluntary. On Friday Judy Reid and a host of volunteers provide a meal to the members. There is a five-dollar charge for this meal. Tuesday and Thursday are either bring a lunch or plan on getting lunch on your own. You may bring or get your own lunch any day you wish to. Meals provided are on a voluntary basis.

Fall Garden Tips: Don't wait too late: Aim to get plants in the ground at least six weeks before the ground freezes. In all but the coldest regions, you can plant up until early November. Learn proper planting techniques for trees and shrubs. Consider maintenance and cleanup around the garden. Choose fast-growing, hardy crops. When seeding crops directly into the garden, plant slightly deeper than recommended in the spring. Water more frequently to prevent the seeds from drying out. If you have an interest in a fall garden, please let us know. We would like to do a fall garden.

Wii Video Games: The senior center has a Wii video game system. Bowling breaks out quite often during the week. We are looking for people to come and bowl with us. We also have some interest in the Golf game as well. If you are interested in golfing, please let us know. There are five sports games available. The list of games are Tennis, Bowling, Golf, Boxing, and Baseball. Stop by and maybe play some Wii games.

Up Coming DAS Events:

- Labor Day Picnic September 2nd
- Bingo Kick Off September 13th
- Scarecrow Contest October 5th
- Halloween October 31st
- Thanksgiving Party November 23rd
- Christmas/Elections December 14th
- Superbowl February 9th

Wheelchairs: We have two electric wheelchairs that were donated that we are giving away. They do require some work. First come first to get the items.

Bingo: Bingo will be returning on September 13th. We have received our gambling licensse from the State of Oregon. Bingo will be held on the second and fourth Friday of each month. Mark your calendars.

THANK YOU to **Papa Murphy's** for the pizza on July 5th for lunch. We appreciate the support.

Three New Activities

Circle of Friends: Circle of Friends is a program developed and promoted by St. Louis University to address loneliness and isolation. As people are living longer and electing to remain in their homes, the risk of isolation and loneliness increases. Both conditions put older adults at greater rates for earlier mortality and other health risks, and this program addresses those concerns. A social group, Circle of Friends, is where you can meet new people, build strong relationships with one another and continue to thrive and support one another. This is every Tuesday from 10:30AM – 12PM.

10 Minute Writing: This activity centers around your life experience in a fun and simple way. Individuals get together with the leader and are asked 3 questions one at a time. Participants are given about 5 minutes to write their thoughts and reflections and those are shared with the group. To wrap up the session participants are given a word that no one knows and are asked to define the word and use it in a sentence. This can get very creative! At the end the true definition is given. This is a great way to revisit some of the great things that we have all experienced over our lifetimes in a fun and light-hearted way. Please consider stopping by and joining us! This is every Thursday from 11AM - 12PM.

Age Café: Age Cafe comes from a worldwide organization that is interested in people entering into dialogue and having conversations of consequence. It is simple, flexible, and interesting. The setting is cafe style with small groups, and snacks provided. A quote is read by the facilitator and considered by the group that sets the tone. A three-question format is then used that is related to a central theme for the day. People in the group share their thoughts on the questions. There are no wrong answers, and no one is pressured to speak, some participants elected to simply listen. As an age cafe all the questions have to do with perspectives in aging and are age related in some way, in which we all have experience! Please consider dropping by and joining in on these conversations. This activity is every third Thursday of the month from 1PM – 2PM

AUGUST 2024 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

HOURS: 10AM – 3PM MONDAY - FRIDAY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
| | | | | 1 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:00AM 10 Minute Writing 11:10AM Low Impact Exercise 12PM Bridge | 2 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear | 3 |
| 4 | 5 8:30AM Board of Directors 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 | 7 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg | 8 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:10AM Low Impact Exercise 11:30AM Lunch Bunch 12PM Bridge | 9 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear 1:00PM Medicare Seminar | 10 11:30AM DAS General Meeting & Potluck |
| 11 | 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 11AM Mah-Jongg | 15 10AM Card/Table Games 10:15AM Low Impact Exercise 11:00AM 10 Minute Writing 11:10AM Low Impact Exercise 12PM Bridge 1PM Age Cafe | 16 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear | 17 |
| 18 | 19 10AM Cards/Table Games 10AM 5 Crowns Game 10AM Caregiver Support 12PM Bridge 4PM Karaoke | 20 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise | 21 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg | 22 10AM Card/Table Games 10:15AM Low Impact Exercise 11:00AM 10 Minute Writing 11:10AM Low Impact Exercise 12PM Bridge Deadline For Calendar and Newsletter | 23 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear | 24 |
| 25 | 26 10AM Cards/Table Games 10AM 5 Crowns Game | 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 | 29 10AM Card/Table Games 10:15AM Low Impact Exercise 11:00AM 10 Minute Writing 11:10AM Low Impact Exercise 12PM Bridge | 30 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear | 31 |