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## New News Starts

### *Executive Director – Steve Mohr*



Welcome to Fall, a season of change. The leaves have begun to change, some have begun to fall, and the days are cooling down.

With the change of seasons comes the change of weather, some we look forward to and some not so much.

Here at the Senior Center changes are happening as well. The much-anticipated Bingo finally returned with changes. Most are welcomed and others need some tweaking. But we will be working to make and need improvements as we go. At our grand opening we made a profit of nearly \$400. We could use more help with running Bingo. Please sign up if you could help with registration, running the Bingo Game, or setup and take down of table and chairs.

## Announcements

**Watch Repair Clinic – October 4<sup>th</sup>**  
**Dallas High School Play – October 29<sup>th</sup>**

## 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, October 7<sup>th</sup>**  
**DAS General Membership Meeting**  
**11:30AM Saturday October 12<sup>th</sup>**

### **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](mailto: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 Behavioral Health Clinician. 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?
- **Age Café:** Café setting to work with others. Third Thursday from 1PM to 2PM.
- **10 Minute Writing:** Write a piece from three questions. Read your writings and hear from others. Every Thursday from 11AM to 12PM.
- **Circle of Friends:** Meet new friends and enjoy socializing with new friends. Every Tuesday from 10:30AM to 12PM
- **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 12:30PM to 3:00PM to discuss the book of the month. Laurie Wilson 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:** Second and Fourth Friday every month at 5PM.
- **Bingo:** Enjoy playing Bingo every second and fourth Friday at 6PM.
- **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 Video 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 1<sup>st</sup> or 2<sup>nd</sup> 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](mailto:dfb97338@outlook.com)

*Life is short, break the rules. Forgive quickly, kiss slowly. Love truly, laugh uncontrollably, and never regret anything that makes you smile.*

*Mark Twain*

## 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*



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

*In any moment of decision, the best thing  
you can do is the right thing, the next best  
thing is the wrong thing, and the worst  
thing you can do is nothing.*

*Theodore Roosevelt*

### Riddle Me This

1. I have keys but no locks. I have space but no room. You can enter, but you can't go inside. What am I?
2. What has 13 hearts but no other organs?
3. What do you throw out when you want to use it but take in when you don't want to use it?

**Answers on Next Page**

## Riddle Me This - Answers

1. Answer: A Keyboard.
2. Answer: A Deck of Cards.
3. Answer: An Anchor.



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

**Osaka Sushi and Chinese Restaurant**  
**962 Main St., Dallas**

**Thursday, Oct. 10<sup>th</sup>, 11:30 AM**

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



**Book Club:** The current selection for discussion in October Book Club is “**An Unfinished Love Story: a personal history of the**

**1960s”** by Dorris Kearns Goodwin. We will discuss the book on Tuesday, October 15th at 12:30PM. We meet on the upper level. You should be able to find these books at the following libraries or other locations.

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

## New News Continues

With a change in our annual dues structure include bringing on new board members and officers. The nominating committee is looking to replace outgoing board members and one officer. If you are interested in serving on the board or running for an office, please contact one of the members of the nominating committee. They are Tike Miller, Eileen Cotnam, and Diane Mundorf. You could also leave your name at the office, and we will pass it on.

The biggest change will come in January with the change of due structure. While this change is not welcomed by anyone, it is necessary for the financial health of the organization. We are hoping this will be a short-term fix as we are exploring other financial options. I will share more later as details become available.

## Up Coming DAS Events:

- Scarecrow Contest October 5th
- Halloween October 31st
- Thanksgiving Party November 23rd
- Christmas/Elections December 14th
- Superbowl February 9<sup>th</sup>

**Flu, Cold and Covid:** Covid has been rampant this summer. Cold and Flu season is starting this fall. Please, if you are sick stay home. Do not come into the senior center. We have many members with comprised immune systems. It is more difficult for them to overcome an illness. One last thing, make sure you keep some Covid test available for your use. Do not assume you are getting a cold or flu when it is Covid.

**Watch Clinic:** First Friday of every month will be a watch clinic at the senior center. This clinic will be held at 12PM. A person will clean and replace your watch battery for \$1.00.

*"He who is not courageous enough to take risks will accomplish nothing in life." —  
Muhammad Ali*

**Christmas Bizarre:** Grace Baptist Church is having a Christmas Bizarre on Nov. 11<sup>th</sup> at 10AM to 4PM. The address for the event is 1855 E. Ellendale. If you wish to be a vendor there is a \$30.00 charge.

**Sheryl Reardon** asked for this joke to be included in this newsletter.

What is Transparent paint called?

A Pigment of your imagination.

**Dallas High School** is currently preparing a production of the play **Clue**. The play is based on the classic board game. Dallas Seniors are invited to come and see a free final dress rehearsal of **Clue** on October 29th starting at 4:00PM. The play runs approximately 70 minutes with no intermission. The play is performed officially for the public on October 31<sup>st</sup> - November 2<sup>nd</sup> at 6:30PM, as well as November 2<sup>nd</sup> at 1:30PM. Those performances would require the purchase of a ticket.

**Shoebox:** During the month of October, we will be collecting items for needy children around the world. We are looking to fill 4 shoeboxes of items. Please consider helping us with blessing needy children. A table has been set up with details of what to bring.

## Superhero Word Search

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

AMERICA  
BATGIRL  
BRAVE  
FIGHT  
HULK  
PANTHER  
SUPERMAN

AQUAMAN  
BATMAN  
CAPTAIN  
FLASH  
IRON  
SPIDERMAN  
THOR

AVENGERS  
BLACK  
FAST  
HERO  
MAN  
STRONG

# October 2024 - DALLAS AREA SENIORS CALENDAR OF ACTIVITIES

**HOURS: 10AM – 3PM MONDAY - FRIDAY**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Healthy Soul	<b>2</b> 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	<b>3</b> 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:00AM 10 Minute Writing 11:10AM Low Impact Exercise 12PM Bridge	<b>4</b> 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear <b>12PM Watch Clinic</b>	<b>5</b>
<b>6</b>	<b>7</b> <b>8:30AM Board of Directors</b> 10AM Cards/Table Games 10AM 5 Crowns Game 4PM Karaoke	<b>8</b> 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Bunko	<b>9</b> 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	<b>10</b> 10AM Cards/Table Games 10:15AM Low Impact Exercise 11:00AM 10 Minute Writing 11:10AM Low Impact Exercise <b>11:30AM Lunch Bunch</b> 12PM Bridge	<b>11</b> 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear 5PM Bingo Dinner 6PM Bingo	<b>12</b> <b>11:30AM</b> <b>DAS</b> <b>General</b> <b>Meeting &amp;</b> <b>Potluck</b>
<b>13</b>	<b>14</b> 10AM Cards/Table Games 10AM 5 Crowns Game 10AM Caregiver Support 12PM Bridge	<b>15</b> 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 12:30 Book Club 1PM Healthy Soul	<b>16</b> 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	<b>17</b> 10AM Card/Table Games 10:15AM Low Impact Exercise 11:00AM 10 Minute Writing 11:10AM Low Impact Exercise 12PM Bridge 1PM Age Cafe	<b>18</b> 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear	<b>19</b>
<b>20</b>	<b>21</b> 10AM Cards/Table Games 10AM 5 Crowns Game 4PM Karaoke	<b>22</b> 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise 1PM Bunko	<b>23</b> 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	<b>24</b> 10AM Card/Table Games 10:15AM Low Impact Exercise 11:00AM 10 Minute Writing 11:10AM Low Impact Exercise 12PM Bridge	<b>25</b> 10AM Cards/Table Games 10AM 6 handed Pinochle 10AM Art Workshop 10AM Listening Ear 5PM Bingo Dinner 6PM Bingo	<b>26</b>
<b>27</b>	<b>28</b> 10AM Cards/Table Games 10AM 5 Crowns Game <b>Deadline For Calendar and Newsletter</b>	<b>29</b> 10AM Cards/Table Games 10:15AM Low Impact Exercise 10:30AM Circle of Friends 11:10AM Low Impact Exercise	<b>30</b> 10AM 4 Handed Pinochle 10AM Card/Table Games 11AM Mah-Jongg	<b>31</b> 10AM Card/Table Games 10:15AM Low Impact Exercise 11:00AM 10 Minute Writing 11:10AM Low Impact Exercise 12PM Bridge		