

DALLAS AREA SENIORS NEWS

SEPTEMBER 2009
DAS Phone: 503-623-8554



HAPPY SEPTEMBER BIRTHDAY!

Lorraine Anderson	Bob Grondin	Vernon Lefley	Grace Ryan
DeAnn Barber	Doug Hancock	Rosemary Malo	Betty Sickles
Annie Barnard	Thomas Howard	Dick May	Joyce Smith
Hilla Chevez	Kathy Hull	Marilyn May	Terry Smith
Anna Sue Cornman	Dennis Johnson	Myra Moore	Louise Spangler
Ruth Day	Deanie Jordan	Milton Rieger	Ken Thelin
Joyce Ewert	Sharon Kremer	Cindy Robrecht	Donita White

You've Still Got It

You've Still Got It, our unique personal history game show, returns on Thursday, September 10 at 10am. This month we will get to know Vivian Chase and City Councilman Warren Lamb. Lunch is provided by a grant from the Pacific Power Foundation. Come and win prizes for remembering who said what about their lives. To nominate a contestant for a future program call Michele Campione at (503) 623-5055.

Living Healthy with Chronic Conditions

If you are like 133 million other Americans you have at least one chronic condition. This condition may or may not be causing you some limitations. Come join us in a fun and informative class where you will learn

how you can deal better with some current conditions and prevent further problems. Learn to eat healthy without breaking your budget, cope better with chronic pain and fatigue, stay physically active despite your chronic condition and make informed decisions about possible treatment choices. Included is a great resource book. Free six-week program will be held at the Dallas Senior Center, Fridays, Sept 11 – Oct 16, 2009 from 9:00am - 11:30 am. No charge to participants who pre-register. For more information and to sign up for this program contact Debra Minar Driscoll at the OSU Extension office at (503) 602-2651, prior to class start. Program co-taught with Michele Campione. Class limited to 15.

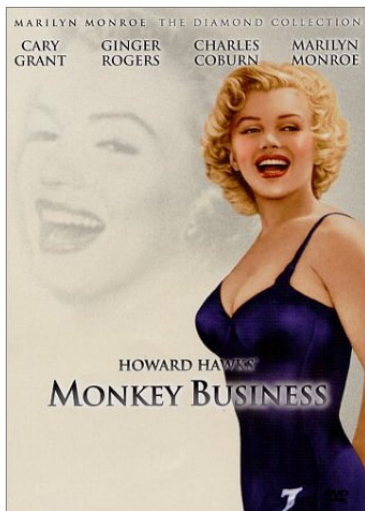
Return of the Jam

After a summer respite, it's back! The Dallas Senior Music Jam returns on Thursday, September 24. Come and be a

part of the fun. We expect performances by our own Notorious Leopard Chicks, accordion player Johnny Leigh, guitarist Kermit Bail and a whole lot of local talent. If you know local musicians who would like to come and play, invite them. We will also have our Senior Bus available to pick up folks who don't like to drive at night picking up at central locations. For more information contact, Michele Campione at (503) 623-5055.

September Movie

The movie this month is Monkey Business. Cary Grant and Ginger Rogers make a delicious screwball comedy team in this caper directed by Howard Hawks. Grant's a middle-aged fuddy-duddy who may have invented a fountain of youth serum in his laboratory. But when a rampaging chimp mixes it into the water cooler, Grant and wife Rogers regress to their childhood. Marilyn Monroe is also a scream as the dim-bulb secretary to Charles Coburn. Movie and Popcorn are free, soup and bread lunch following movie \$2.00.



Candy's Corner



Another month has gone by and no good news regarding the new center. We need more members and money. Donations are not coming in. I wish the citizens of Dallas and surrounding area would realize how hampered we

are for space here in this small room behind the library. Why don't you tell your neighbors and friends about the situation and ask them to support the senior center by either joining or helping financially? Other cities have lovely centers; why can't Dallas?

Bingo Fever

We invite you to come join us on the 4th and the 18th of September for bingo; that's the 1st and 3rd Fridays each month. We will be starting our progressive pot with \$240. Win in 60 numbers or less and you win the pot. Our regular session starts at 7:00 p.m. Doors open at 6:00 p.m. Cards are 6 for \$5.00 or \$1.00 each. We have hot dogs, chili dogs and pies available. If you would like to donate a pie call Sharon at (503) 623-3251 or June at (503) 623-5900. See you there.

Mystery Trip

The mystery trip last month was to Fort Yamhill. From all reports it was enjoyed by everyone that went. A delicious lunch was served by Nona Lambert, Dennis Krier, and June Krause; it had to be shared with the bees. We were treated to a tour of the fort; some walked, those who could not were given a ride on golf carts. Some students from Corvallis were doing an archaeological dig, which was very interesting. We

finished the day with a game Walt Hildebrand created.

Fort Yamhill is a great place to visit. They give a great history of the camp along with the tour. Great place to visit.

Fundraiser Brunch

Dallas Area Seniors will be holding a Fundraiser Brunch Saturday, September 26. Come and enjoy a delicious meal from 9am-11:30am. Breakfast and brunch items will be available, including fruit and beverages for just \$5. The proceeds of this Brunch will be used to support our New Building Operating Fund.

Sign up to volunteer at the Center. Bring your friends and support our on-going effort for our New Senior Center. We are all in this together, and we need you to make it happen!

DALLAS AREA SENIORS
955 SE JEFFERSON
DALLAS OR 97338

Summer Heritage Crafts Draws to a Close

Heritage crafts finished with a bang. The children and some of the older folks made ice cream, not in a churn but in a bag. It was very good. We also were treated to home made butter made in a jar. The participants learned a bit more about the good old days. The butter was used on the fresh rolls made by the children. During their few weeks with us they made stepping stones, sewed bags and that's just a few of the projects. It was great fun. Thanks to all the great volunteers we had helping us.

Chair Blanche Pryor
Co- chair Billie Tipton





Challenge

The Thursday Bridge players have donated their prize money from a day to the building fund. Will any other group do the same?

September 2009

DALLAS SENIOR CENTER

955 SE Jefferson Street
Telephone (503) 623-8554

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:30 a.m. Exercise <u>10:00 a.m</u> Hearing Aid Service 1:00 p.m. Craft and Sew	2 1:00 p.m. Pinochle	3 8:30 Exercise 1:00 p.m. Bridge	4 12:30 p.m. Pinochle Bingo Doors Open 6:30 pm Games at 7:00 p.m.	5
6 	7 Labor Day Center Closed	8 8:30 a.m. Exercise 9:00 a.m. Activities Committee Meeting 10:00 a.m. Board Meeting 10:00 a.m. Hearing Aid Service 1:00 p.m. Bunco	9 1:00 p.m. Pinochle	10 8:30 Exercise 10:00 a.m. ‘YOU’VE STILL GOT IT!’ 1:00 p.m. Bridge	11 9:00 - 11:30a.m Class: <u>“Living Healthy With Chronic Conditions”</u> Part 1 10:30 a.m. Trip to Casino (\$5.00 Bus fee) 12:30 p.m. Pinochle	12 11:30 a.m. General Meeting 12:00 Potluck followed by White Elephant Bingo
13 	14 10:00 a.m. Line Dancing \$2 members/ \$3 non Members 1:00 p.m. Table Games	15 8:30 a.m. Exercise 10:00 a.m Hearing Aid Service. 1:00 p.m. Holiday Crafts 6:30 p.m. Belly Dance	16 11:00 a.m. Leopard Chicks Rehearsal (More the Merrier) 1:00 p.m. Pinochle	17 8:30 a.m. Exercise 10:30am Trip to the Coast --Lunch @ Pacific City Senior Center \$12 Lunch Included 1:00 p.m. Bridge	18 9:00 - 11:30am Class: <u>“Living Healthy Part 2</u> 12:30 p.m. Pinochle Bingo Doors Open 6:30 pm Games at 7:00 p.m.	19
20 	21 MONDAY MOVIE “MONKEY BUSINESS” 10:00 a.m. Free movie & popcorn Soup & Bread Lunch \$2.00 1:00 p.m. Table Games	22 8:30 a.m. Exercise 10:00 a.m. Hearing Aid Service 1:00 p.m. Bunco 6:30 p.m. Belly Dance	23 11:00 a.m. Leopard Chicks Rehearsal (More the Merrier) 1:00 p.m. Pinochle	24 8:30 a.m. Exercise 1:00 p.m. Bridge  THE JAM IS BACK! SENIOR MUSIC JAM 6:30PM	25 9am-11:30am Class: <u>“Living Healthy Part 3</u> 12:30 p.m. Pinochle	26 Delicious Brunch Fundraiser \$5 9 - 11:30 a.m.
27 	28 10:00 a.m. Line Dancing \$2 members/ \$3 non Members 1:00 p.m. Table Games	29 8:30 a.m. Exercise 10:00 a.m. Hearing Aid Service 1:00 p.m. Bunco 6:30 p.m. Belly Dance	30 1:00 p.m. Pinochle	1 8:30 a.m. Exercise 1:00 p.m. Bridge	2 9 -11:30am Class: <u>“Living Healthy Part 4</u> 12:30 p.m. Pinochle Bingo Doors Open 6:30 pm Games at 7:00 p.m.	3