



# DALLAS AREA SENIORS NEWS

March 2008

Phone: 503-623-8554



## HAPPY MARCH BIRTHDAY!

GENEVA BRISCO

EDNA GARMAN

MILLIE HAMILTON

MARIANNE MOORE

MARY SMITH

ALICE DOWN

JIM MAJORS

MARVEL KLEBOLD

TOM NEWTON

GEORGE SPANGLER

EILLEN EHRET-REIMER

LILLIAN RIEGER

MELVIN HUTT

DALE PORTERIE

MINA SWARTOUT

RUSS THOMMEN



### ANNUAL SOUP AND PIE FUNDRAISER

Our Annual Soup and Pie Fundraiser will be held on **Friday, March 14**. Several delicious varieties of soup and the best pies anywhere will be available! The luncheon will be held from 11:30 a.m. to 2:00 p.m. Diners will be served home-made pies and soup plus coffee or punch for only \$5.00. Mark your calendars! Advance tickets are available! To donate a pie for our sale, contact events Chairladies Sharon Martin 503-623-3251 or Blanche Pryor 503-623-8289, or sign up at the Center. All members are encouraged to bake their special pies for this fundraiser.

### “Senior Wellness Fair”

The World Gym, on the corner of Main and Court Streets, downtown, is host to “Senior Wellness Fair on Saturday, March 1, from 10am-2pm. Volunteers from the DAS will be hosting a table at the fair to share information about DAS programs, and membership. Other vendors will include nutrition and other health-related businesses.

### “Getting the Sleep You Need”

On **Thursday, March 6 at 10am** DAS welcome Deborah Driscoll, from the OSU Extension Office. She will be sharing information around sleep.

Sleep problems are a serious threat to one’s health, safety, and quality of life. Sleep disturbance is a common and complex problem, particularly in mid-life and older adults. Participants in this learning session will learn to define sleep patterns, and evaluate their own sleep using information from the American Academy of Sleep Medicine, and learn some practical approaches to better sleep. Bring your friends!

### March Meeting returns to 11:30am

The March General Meeting returns to its regular time, **11:30am on Saturday March 8<sup>th</sup>**, and the Potluck Lunch at Noon. White Elephant Bingo will follow lunch. We allowed more time at the last two meetings for the elections and the guest presentation. See you there!

## Candy's Corner

Many thanks to those involved in our successful Sweetheart Spaghetti feed... Monmouth Senior Center for furnishing all the spaghetti, starter sauce and olives. The wonderful volunteers who did the cooking, serving and cleaning up...and to YOU who came, making our dinner such a success! The silent auction, which contained all donated items, was fun and profitable.

Thanks also to the American legion who gave the center many useful items along with all their Bingo equipment. All donations are gratefully accepted. Thank you! The Dallas Area Seniors have been awarded a grant from the Ford Family Institute to complete our Business and Fundraising plans. We keep moving forward! **Let's all make the Annual Soup and Pie sale an even more successful event! Buy your tickets early, and bring your friends!**

## Tennis Anyone?

Spring is in the air and with it, there have been several suggestions for outdoor activities that members and other community members would enjoy. Tennis, biking and Walking have been suggested. If you or someone you know would like to participate in some outdoor activities this spring and summer, or have ideas for other activities please give our Activities Coordinator, Michele Campione, a call at (503) 623-2157.

## "Quiet Man" on St. Patrick's Day

John Wayne, Maureen O'Hara, in windswept Ireland. He, a retired American boxer with a past, and she, a fiery Irish lass. Just right for St. Patrick's Day. Our own quiet man, Don Berg will be making the soup, and our faithful baker Russ Thommen, the bread. Many thanks to Karen Rempel for her delicious taco soup for the February Movie. Movie starts at 10am, movie and popcorn are free, \$2 for soup and bread.

## March Jam Slated for The 27th

Since February was a short month, the newsletter went out before the February Jam. Thanks to Ellen Yager, for coming in to play some music with us, as well as all those who came in and entertained, those who were entertained. Our March Jam will include the return of our Honky Tonk piano playing friend, Carlot Hall, and some dancers from the Dallas Ballet and Academy of Dance who are preparing for their spring recital. We may also have a visit from the Dallas Community Children's Choir, who are so excited to have a place to sing! If you or someone you know plays an instrument, sings, or is interested in participating in Jam, please have them give Michele a call (623-2157), or just invite them to come in and share their talents!

## Trip to IMAX March 20

A great time was had by all on the Mystery Trip! We went to the Jensen Artic Museum and had lunch at Casa Tequila in Independence. This month we plan to visit the IMAX theater in McMinnville, watch the movie "Lewis and Clark" and go to lunch at Jake's Deli. The price is \$15 which includes entry to the museum and bus fare. Lunch on your own. Sign up now!






## Crafts Abound in Spring

On Tuesday, March 4, at 1pm, Craft and Sew will be making "Mini Easter Baskets and Chocolate Bunnies". On Tuesday, March 18, at 1pm Craft and Sew will be making "Boxes and Quilt Blocks". Sign up sheets are on the bulletin board. Come and learn something new and fun for spring!

For more information, contact Blanche at 623-8289. Happy Spring!



955 Jefferson Street SE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 "Senior Wellness Fair" World Gym 10am-2pm
2 	3 1 p.m. Table Games	4 <u>Hearing Aid Service 10:00am</u> <b>1:00 p.m. Craft and Sew "Mini Easter Baskets"</b>	5 Pinochle 1:00 p.m.	6 <b>10:00 a.m. Wellness Series "Getting the Sleep You Need"</b> <b>Debra Driscoll, OSU</b>	7 Pinochle 12:30 p.m. <b>BINGO</b> <i>Doors Open 6:30 Games Begin at 7pm</i>	8 11:30 a.m. General Meeting 12:00 Potluck followed by Bingo White Elephant
9 	10 1 p.m. Table Games	11 <u>Hearing Aid Service 10:00 a.m.</u>  ACTIVITIES COMMITTEE 10:00 Bunco 1:00 p.m.	12 Pinochle 1:00 p.m.	13 <u>10am "You've Still Got It"</u> 1:00 p.m. Bridge	14 Ca <b>Soup &amp; Pie Fundraiser 11:30-2:00 pm \$5</b> Casino Trip Departs 10:30. \$5. No Pinochle	15
16  Palm Sunday	17 <b>Monday Morning Movie 10:00am FREE "The Quiet Man" Soup &amp; Bread Lunch \$2.00</b> 1 p.m. Table Games	18 <u>Hearing Aid Service 10:00 a.m.</u>  DAS BOARD MEETING 10:00 a.m. 1:00 p.m. Craft and Sew "Boxes and Quilt Blocks"	19 Pinochle 1:00 p.m.	20 1:00 p.m. Bridge Trip to IMAX Theater \$15 (Includes Admission) Lunch on Your Own <i>First Day of Spring</i>	21 Pinochle 12:30 p.m. <b>BINGO</b> <i>Doors Open 6:30 Games Begin at 7pm Good Friday</i>	22
23  Easter	24 1 p.m. Table Games	25 <u>Hearing Aid Service 10:00 a.m.</u>  Bunco 1:00 p.m.	26 Pinochle 1:00 p.m.	27 1:00 p.m. Bridge <b>Senior Music Jam Session 6:30 p.m.</b>	28 Pinochle 12:30 p.m.	29
30 	31 1 p.m. Table Games					