

Dallas Area Seniors News

MARCH 2013
DAS Phone: 503-623-8554



June's Jazz

Last month I hoped we would have news to share about the progress of the new Senior Center; well we do.



Ron Foggin, the new city manager, came to our last board meeting and gave us an update. We

learned that the site by the city park is out since it is in the 100 year flood plain. We are now working with the city on choosing a different site that will meet our needs for now and in the years to come. I do see things happening in the near future. Everything is on a positive move.

Senior Center

Exercise Class

Check out our free co-ed exercise class at the senior center every Tuesday and Thursday from 9 to 10 a.m. Our class is sponsored by Dallas Retirement Village and sanctioned by the Arthritis Foundation. Although beneficial for those who have arthritis, it is certainly not a prerequisite.

The exercise class is led by Sarah Smart, a DRV employee. We gently work joints and muscles from top to toes. All exercises are performed in either a standing or sitting position. There are no high impact or floor exercises. Light weights are optional for some arm exercises, but they are also provided by DRV so you do not need any equipment.

You are only expected to do what you can and come when you can, no pressure. Just dress ready to work out and prepare to feel better and more toned. See you there!

Trips

FEBRUARY TRIP

I found out I am no Christopher Columbus. I managed to get us lost in Albany. But we finally found the restaurant with the help of Cecil's GPS. But even getting lost didn't dampen the spirits of the group - and there were 23 of us! After a nice lunch we motored over to the Albany Senior Center - following Walt H. in his van because he knew the way. There we were given a guided tour of the facility.



Scotty Gilmore, Betty Lalack and Dennis Johnson watching a master carver.



I think many in the group were amazed at the amount of space they have.

Then we ambled over to the Carousel Center which is a block away from the senior center. There, again, we had a guided tour. It is such an interesting place. I heard many remarks on the way home of how much people enjoyed this trip. It was such a good group to travel with. Hope to see many of them again (and others) on future trips.

Dorothy and Martin Zimmerman in the kitchen

MARCH TRIP

On Thursday, March 21st, we will be going to Kwan's Chinese Restaurant in Salem for lunch. I have posted the menu on the bulletin board. After lunch we will go to the Hallie Ford Museum of Art. The museum is displaying the art of Manuel Izquierdo, one of the Northwest's most respected artists. He was born in 1925 in Spain and came to the United States in 1942 at the age of 17. A year later a couple in Portland took him in. His artistic talent was recognized at an early age and he was enrolled in the Museum Art School (now the Pacific Northwest College of Art). He would go on to teach there for nearly 50 years. He died in 2009. I had never been to the museum so I stopped in there the other day. The works of many artists besides Izquierdo's are on display. There is a lot to look at. I could understand some of the pieces - but could not understand others. But then, that's art. The bus will leave the church parking lot at 11:00 a.m. on the 21st. The bus fee is \$5. Lunch will be on your own. There is a suggested

donation of \$2 for seniors at the museum. See you then!!

Helvi Ross

MARCH CASINO TRIP

We are headed to Spirit Mt. Casino on Friday, March 8th. The bus will leave the church parking lot at 10:30 a.m. Suggestion: park your vehicle in the church parking lot or on Jefferson St. by the church so you don't get a parking ticket. The fee for the bus is \$5. Please pay when you sign up. We are usually back home about 3:00 p.m. See you then.

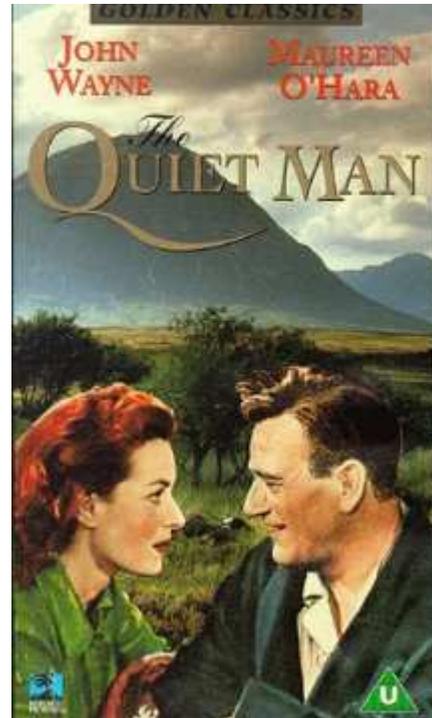
Seniors Duplicate

Bridge

Beginning in March the duplicate bridge group will play on the second and fourth Mondays of each month. If you are interested you can contact Jerry Wennstrom at jerry1940@q.com

Movie of the Month

Join us Monday, March 18th, for the February movie, "The Quiet Man" starring John Wayne and Maureen O'Hara. In an attempt to escape his past, Sean Thornton (John Wayne) returns to America to reclaim his homestead. Once he is home, his eye is caught by Mary (Maureen O'Hara), a poor maiden with an ill-tempered older brother named Will. Their relationship is constantly on attack by Will (Victor McLaglen), which forms the main plot line, with Sean's past as the undercurrent.



The movie starts at 9:30 a.m. and remember that popcorn and the movie are free. Home made soup and bread are served after the movie for only \$2.00.

Mah Jong

If you are interested in learning the game you are invited to come and learn. The group meets on Monday at 1.00 p.m. It looks like great fun. Hope to see you there.

Bingo

As usual we play bingo the 1st and 3rd Friday of the month. The progressive pot is growing it is near \$200.00. You could be the lucky person to win in 60 numbers or less.

This is a good way to spend a cold winter evening with friends and

maybe win a few dollars. Food is available; hot dogs, chili dogs and pie this month. Cards are still 6 for \$5.00 or \$1.00 each despite the inflation. Hope to see you there.

Senior Center Dances & Karaoke

I would like inform everyone about our Dances and Karaoke which we have started at the Dallas Senior Center. The Dances are on the second and forth Fridays of each month, from 6:00 p.m. to 8:00 p.m. We started in November and as of now have held 7 dances. We do have a fair turnout and everyone seems to be enjoying themselves dancing, listening to the music, and watching the dancers. So I would like to invite each of you to come out and join us, whether you dance, listen, watch or just socialize with your friends. I do hope to see you all there.

As for the Karaoke, it is going very well, all that show up do enjoy themselves, singing, listening to each other and to the music. We have some that like to sing solo, but we have many that like the whole group to join in on the song. So I would also like to invite each of you out for a night of singing and socializing with your friends and or making new friends. It is the second Monday of each month, from 6:00 p.m. to 8:00 p.m.

We have no Judges, so there are no eliminations at either of these events, just plain ole fun for everyone. I hope to see everyone at the Dances and Karaoke.

St. Patrick's Soup & Pie Lunch

Our annual St. Patrick's Day Soup and Pie Lunch will be held from 11 a.m. to 2 p.m. on Friday, March 15th at our senior center. Sharon Martin (ph # 503 508 9954) is chairing this event and is requesting all of our great bakers donate a pie or two for this lunch. A sign-up sheet for pies is posted on our senior center bulletin board.

Cost for the lunch is still only \$5.00 and includes a bowl of homemade soup, slice of pie, and a beverage. Three soups will be available: clam chowder, split pea and taco.

Hope to see all of you there on the 15th.

Garage Sale

We will be having a garage sale in May. We are picking up useable items at this time. We do not have room to store the remains of a garage sale as in the past, but we are looking for furniture and such if you are down sizing or moving. You can call the office at (503)623-8554 if you have a pick up.

YOUR OFFICERS

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Vice-President..... Jerry Piering
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Treasurer..... Judy Doughty
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.....Anona Hamilton
.....Fred Hardin
.....Cecil Maginn
.....Sharon Martin
.....Blanche Pryor
.....Helvi Ross

March 2013

DALLAS SENIOR CENTER
955 SE Jefferson Street

Telephone 503-623-8554

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10:00 a.m. <i>Activity Meeting</i> 12:30 p.m. Pinochle 6:30 p.m. B-I-N-G-O	2
3	4 <i>10 AM-NOON</i> <i>Writing Class</i> 1:00 p.m. Table Games	5 9:00 a.m. Arthritis Exercises 10:00 a.m. DAS BOARD MEETING 10:00 a.m. Hearing Aid Service NOON-3:00 p.m. CRAFTS	6 10:00 a.m. Wii Bowling 1:00 p.m. Pinochle & Mah Jong	7 9:00 a.m. Arthritis Exercises 1:00 p.m. Bridge	8 10:30 a.m. Spirit Mountain Casino 12:30 p.m. Pinochle 6-8 PM DANCE	9 11:30 a.m. General Meeting 12:00 Potluck B-I-N-G-O follows Prizes Furnished Set clocks forward tonight one hour.
10 Day- light Saving Time	11 <i>10 AM-NOON</i> <i>Writing Class</i> 1:00 p.m. Table Games Duplicate Bridge 6-8 PM Karaoke Night	12 9:00 a.m. Arthritis Exercises 10:00 a.m. Hearing Aid Service 1:00 p.m. Bunco	13 9:00-12:30 Oil Painting 1:00 p.m. Pinochle & Mah Jong	14 9:00 a.m. Arthritis Exercises 1:00 p.m. Bridge	15 Soup and Pie \$5.00  <i>No Pinochle</i> <i>No B-I-N-G-O</i>	16
17 	18 9:30 a.m. Free Movie & Popcorn <i>Soup & Bread</i> <i>Lunch \$2.00</i> 1:00 p.m. Table Games	19 9:00 a.m. Arthritis Exercises 10:00 a.m. Hearing Aid Service 10:00 - 3:00 p.m. CRAFTS	20 10:00 a.m. Wii Bowling 1:00 p.m. Pinochle & Mah Jong	21 9:00 a.m. Arthritis Exercises 1:00 p.m. Bridge <i>Trip to Kwan's &</i> <i>Hallie Ford Bus \$5</i> <i>Depart at</i> <i>11:00a.m.</i>	22 12:30 p.m. Pinochle 6-8 PM DANCE	23
24	25 1:00 p.m. Table Games Duplicate Bridge	26 9:00 a.m. Arthritis Exercises 10:00 a.m. Hearing Aid Service 1:00 p.m. Bunco	27 9:00-12:30 Oil Painting 1:00 p.m. Pinochle & Mah Jong 5:00 p.m. Leopard Chicks rehearsal	28 9:00 a.m. Arthritis Exercises 1:00 p.m. Bridge 6:30 p.m. Music Jam	29 12:30 p.m. Pinochle	30
31 	1 April 1:00 p.m. Table Games Duplicate Bridge	2 9:00 a.m. Arthritis Exercises 10:00 a.m. Hearing Aid Service 10:00 - 3:00 p.m. CRAFTS	3 10:00 a.m. Wii Bowling 1:00 p.m. Pinochle & Mah Jong	4 9:00 a.m. Arthritis Exercises 1:00 p.m. Bridge	5 10:00 a.m. <i>Activity Meeting</i> 12:30 p.m. Pinochle 6:30 p.m. B-I-N-G-O	6