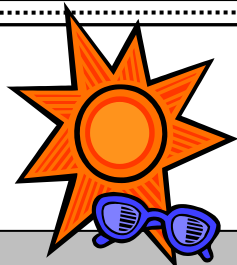


# Dallas Area Seniors News

**AUGUST** 2013

955 SE Jefferson St.

503-623-8554



In this Issue:

- ▶ All the latest jazz from June
- ▶ Living Healthy With Diabetes
- ▶ Summary of our July trip
- ▶ Our upcoming trip to Fort Hoskins
- ▶ Painting Classes
- ▶ Evening Activities
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- ▶ and more...

## JUNE'S JAZZ

This month there is not much to report on the new Senior Center. Rita Grady and her staff have been busy preparing the necessary forms to submit to the City Council for approval and then on to Salem. We are definitely moving forward.



What a great summer we have had, maybe a little hot for some. Great for going on the trips you have planned or enjoying the guest that has been visiting.

We will be starting a new workshop called *Living Healthy with Diabetes*. There is no cost. There will be a sign up sheet on the bulletin board. For more details on the workshop and what it will cover, see the article below and the box to the left.

We look forward to seeing you at the potluck.

## LIVING HEALTHY WITH DIABETES

*Living Healthy with Diabetes* is a six-week workshop to teach skills to living healthy for people with diabetes or who are living with someone who has diabetes, pre-diabetes, metabolic syndrome, or chronic conditions such as heart failure, arthritis, and other ongoing health concerns.

Classes are fun and interactive. Come share your experiences. It will meet on Mondays from 9:30 to 12:30. Classes start on August 12<sup>th</sup>, and continue on the 19<sup>th</sup> and 26<sup>th</sup>. September dates are the 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup>.

This free workshop was developed and tested by Stanford University, is sponsored by WVP Health Authority and is taught by trained professionals.

## Did You Know?

These are the topics covered in *Living Healthy With Diabetes*:

- ♥ Monitoring blood glucose
- ♥ Medication "how-to's"
- ♥ Preventing complications
- ♥ Setting weekly goals
- ♥ Effective problem-solving
- ♥ Better communication with your health care team
- ♥ How to relax & reduce stress
- ♥ Handling difficult emotions
- ♥ Tips for healthy eating and staying fit

After our diabetes class ends, WVP Health Authority will be offering a 12-week

## **TAI CHI**

class based on a program to improve balance, prevent falls and strengthen your core. We will all be looking forward to both upcoming classes.



## **PAINTING CLASS** by Norma Hasting



The number of those taking the painting class is down this session due to injuries, sunshine, gardening, and I am sure many other summer activities. Those of us who can make it are going on though, with much success.

If you have been interested in the class, but have not yet joined, it could be a good time to get started. We are still trying to find the perfect time for the on-site painting class. So be looking for a phone call to let you know when and where the class will be held.

For details about the classes call Norma at 503-623-7019.

### *Dallas Area Seniors*

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Vice President	Jerry Piering
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Sharon Martin  
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Helvi Ross

## **TRAVELOGUE** by Helvi Ross **JULY TRIP to the Coast**

We couldn't have asked for a prettier day than the one we had when we went to Lincoln City for our July trip. Our first stop was at Chinook Winds for lunch. Some chose the buffet, others the deli, and others the steakhouse restaurant with the huge windows overlooking the ocean. There was even some time for those who wanted to gamble. Nona Lambert told me she came out ahead. I donated to them.

From there we went to the Connie Hansen Garden. It is a small garden - so peaceful and serene. We walked the many paths, enjoyed the scenery and gentle breeze, and took some pictures.

Our next stop was at the Lincoln City Senior Center. We enjoyed visiting with the folks there. Helvi Ross challenged Cecil Maginn to a game of pool. Even though Helvi sunk the first ball, Cecil won the game.

Our last stop was at Alder House Glass Blowing where we watched fascinated, as our host, Kyle, made two pieces. He kept up a running commentary, explaining each step as he went along. He is truly a craftsman.

Then we all had a pleasant journey back home - no road construction!! We thank Cecil for taking us to our destination and back home again - safe and sound.

Due to our diabetes class, there will be **NO Monday Morning Movie** in August or September.

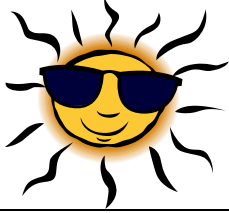
If we get enough interest, perhaps we can schedule an evening movie.



August 2013

DALLAS SENIOR CENTER  
955 SE Jefferson Street

Telephone 503-623-8554

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Note: Due to diabetes classes there will be no August or September movie.			<b>1</b> 9:00 a.m. Arthritis Exercises  1:00 p.m. Bridge	<b>2</b> <b>10:00 a.m.</b> <i>Activity Meeting</i>  12:30 p.m. Pinochle	<b>3</b>
<b>4</b>	<b>5</b>  1:00 p.m. Table Games	<b>6</b> 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	<b>7</b>  10:00 a.m. Wii Bowling  1:00 p.m. Pinochle & Mah Jong	<b>8</b>  9:00 a.m. Arthritis Exercises  1:00 p.m. Bridge	<b>9</b>  10:30 a.m. Spirit Mountain Casino  12:30 p.m. Pinochle <b>6-8 PM DANCE</b>	<b>10</b>  11:30 a.m. General Meeting 12:00 Potluck  White Elephant B-I-N-G-O follows
<b>11</b>	<b>12</b> <b>Living Healthy w/Diabetes 9:30-12:30</b>  1:00 p.m. Table Games Duplicate Bridge  <b>6-8 PM Karaoke Night</b>	<b>13</b>  9:00 a.m. Arthritis Exercises  10:00 a.m. Hearing Aid Service  1:00 p.m. Bunco	<b>14</b>  <b>9:00-12:30 Oil Painting</b>  1:00 p.m. Pinochle & Mah Jong	<b>15</b>  9:00 a.m. Arthritis Exercises  <b>TRIP TO FORT HOSKINS</b>  1:00 p.m. Bridge	<b>16</b>  12:30 p.m. Pinochle	<b>17</b>  <b>Medicare Health Plans presented by United Healthcare 11AM</b>
<b>18</b>	<b>19</b> <b>Living Healthy w/Diabetes 9:30-12:30</b>  1:00 p.m. Table Games	<b>20</b>  9:00 a.m. Arthritis Exercises  10:00 a.m. Hearing Aid Service  10:00 - 3:00 p.m. CRAFTS	<b>21</b>  10:00 a.m. Wii Bowling  1:00 p.m. Pinochle & Mah Jong	<b>22</b>  9:00 a.m. Arthritis Exercises  1:00 p.m. Bridge	<b>23</b>  12:30 p.m. Pinochle  <b>6-8 PM DANCE</b>	<b>24</b>
<b>25</b>	<b>26</b> <b>Living Healthy w/Diabetes 9:30-12:30</b>  1:00 p.m. Table Games Duplicate Bridge  <b>6-8 PM Karaoke Night</b>	<b>27</b>  9:00 a.m. Arthritis Exercises  10:00 a.m. Hearing Aid Service  1:00 p.m. Bunco	<b>28</b>  <b>9:00-12:30 Oil Painting</b>  1:00 p.m. Pinochle & Mah Jong	<b>29</b>  9:00 a.m. Arthritis Exercises  1:00 p.m. Bridge	<b>30</b>  12:30 p.m. Pinochle	<b>31</b>
<b>September 1</b>	<b>2</b> <b>LABOR DAY Senior Center is CLOSED</b>	<b>3</b> 9:00 a.m. Arthritis Exercises  10:00 a.m. Hearing Aid Service  10:00 - 3:00 p.m. CRAFTS	<b>4</b>  10:00 a.m. Wii Bowling  1:00 p.m. Pinochle & Mah Jong	<b>5</b>  9:00 a.m. Arthritis Exercises  1:00 p.m. Bridge	<b>6</b>  <b>10:00 a.m.</b> <i>Activity Meeting</i>  12:30 p.m. Pinochle	<b>7</b>