

Dallas Area Seniors News

OCTOBER 2013

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President.....June Krause
Vice President....Jerry Piering
Secretary.....Ellen Shaw
Treasurer.....Judy Reid

Board Members

Verlyn Ebert Sharon Martin
Anona Hamilton Blanche Pryor
Fred Hardin Helvi Ross
Cecil Maginn

DAS Phone: 503-623-8554

June's Jazz

A brief update on the new senior center; as mentioned last month the city had submitted the papers



regarding an invitation to apply for the grant from the Community Development Block

Grant. The city has received the invitation to apply, and the City manager and Rita Grady are completing all the information necessary for the grant. It is a possibility we will know in the next couple months if we qualify for the grant so get the shovels and pick axes ready to go.

I would like to congratulate the class that completed the course on Living Healthy with diabetes. It was a well attended class. A big thanks to John and Ron, our great instructors. You did a great job. Thanks. We are planning a Halloween Party check your calendars for more information Happy Halloween to everyone. We hope to see you at the party.

Music Jam Returns

Over 50 of our DAS members and local music lovers enjoyed our 1st Senior Music Jam of this the 7th Season on the Jam. The music began with the same beloved song we started out with all those years ago, "Amazing Grace," this time as a sing a long.

Dick Riley made his only autumn appearance on vocals and accordion, with "Home Grown Tomatoes" and "Are You Having Any Fun?" We won't see him again until Spring. We had new friends, we had old friends, and we made some pretty great music. You see video on the Dallas Area Seniors Facebook page! Don't miss the "Hokie Pokie" since, let's face it, that's what it's all about! Kermit Bail and Walt Hildebrand were outstanding, as we have come to expect!

Our Halloween Jam, on Thursday, October 24, at 6:30 p.m. is the time to bring in all those "Hairy Scary Songs" like "Red Riding Hood," "One Eyed One Horned Flying Purple People Eater," "Monster Mash," some fun songs and you are more than welcome to wear a costume. Admission is free, bring a snack to share and maybe even a few friends, too. All area musicians, regardless of

age, are welcome to come and play at the Jam. Questions, comments and requests to host, Michele Campione, 503-623-5055.

Donation Revenues

We just wanted to let all our members know that we emptied and counted up the money in our large donation jar around September 1st. This jar is located on the small table by the telephone and the monies go into our general operating fund. The jar yielded \$96 and change.

Thanks to everyone who contributes, every little bit helps.

Trips

SEPTEMBER TRIP

The weather cooperated with us once again as we made our way to Tillamook. Our first stop was at the Latimer Quilt Museum where we were given a tour of the repository. This is the climate controlled building where they store all their supplies, older quilts and other textile treasures.



And what beautiful quilts they showed us! One thing I learned from the tour was that if you own an heirloom quilt or some other fabric treasure and are storing it in a cedar chest, the oil from the wood can permanently discolor the fabric. We then had time to wander through the museum at our leisure and see all the wonderful things they have on display. Everything is so well categorized, displayed and clean - and the people in charge were so helpful in answering questions - that it was a pleasure to visit there.

Then we stopped for lunch at Alice's Country House. What an interesting restaurant this is. The food was plentiful and I didn't hear any complaints from the group about the taste.

Our next stop was at the Tillamook Forest Center. This is not a place where you want to make "just a quick stop". It is such an interesting place with so much documented history that it takes time to take it all in. And I loved standing on the bridge over the Wilson River and listening to the water as it bubbled over the rocks below. If you are ever in this area this is a worthwhile stop.

Our last stop was at Alf's in McMinnville to stretch our legs and, for some, an opportunity to get an ice cream treat.

It was a long but beautiful day. I received many comments from the group that they really enjoyed the trip. Many thanks to Cecil Maginn for driving us safely all over the country and getting us back home again, safe and sound.

OCTOBER TRIP

Mark your calendar for Thursday, October 17th. That is the day we will be traveling to the Portland area. Our first stop will be in Troutdale at the Country Pride Restaurant for lunch. I have the menu posted on the bulletin board at the center.

Then we continue east on I-84 to Exit 22 where we will leave the freeway and meander up to Vista House. It had been closed for about 5 years while it was being restored. It sits on a bluff (called Crown Point) overlooking the Columbia River. It reopened again in May of this year. Vista House was built between 1916-1918 by Multnomah County as a comfort station and scenic wayside for those traveling on the Historic Columbia River Highway. And what breathtaking views there are from that area. You can see for miles and miles up and down the Columbia River. Inside the building you can take time to read and see pictures of the history of Vista House. There is an area on the lower floor where you can purchase mementos of your trip. I also spotted a room where you can purchase small food and drink items. Bring your cameras! I'm sure you can get some terrific pictures.

Weather permitting, we will then travel another 3 to 4 miles to the Guy Talbot State Park where the Latourell Falls are located. The falls are 250 feet high and drop straight down from a cliff above. You can see the falls from the parking lot but there is a paved walkway with a handrail, up an incline, to a viewing area. Again, this is another place to get some great pictures. That will be the end of our sightseeing and we will return home.

We are hoping for a nice Indian summer day but if the weather is inclement, please dress appropriately (and bring umbrellas if necessary). Keep your fingers crossed for nice weather and I will see you on October 17th.

Helvi Ross

Social Security Planning

We are having a presentation on Social Security benefits on October 8th at 6 p.m. at the Dallas Senior Center. Safe Harbor Financial Planning Inc. is planning a time for you to discuss the various options and benefits of Social Security. John Stensland, President/ Owner, offers securities, and advisory services through Cetera Advisor networks LLC member FINR/SPIC. Cetera is separate ownership from any other named entity of Safe Harbor Financial Planning, 935 Sunmist Ct. SE, Salem, OR. Mr. Stensland will be covering individual benefits, spousal benefits and social security maximization. Registration is not necessary and the presentation is free and open to all.

Painting Class

The end of October the Painting Class will be taking a time out. There will be no classes in November & December. I made this Decision because of the Holiday Season and the scramble it brings to us all. However we will begin again in January & February. Look for the Start Date in your News Letter & come Paint with Norma.

Housekeeping

We want to thank all our members who take the time and effort to clean up after themselves at our center. This makes it easier for our morning volunteer hostesses who often do a more thorough cleaning. As most of you know, we have no paid staff to clean up after us.

There are a few things everyone can do to help us out. If you have anything to drink, please empty any leftover liquids into the sink before throwing out the disposable cup. The plastic garbage bags when full have to be taken out to the dumpster and occasionally they may have a small hole in the bottom which results in liquids dripping out all over our floor. We recently had to clean up a large spill on the carpet by the bulletin boards—days after it happened. Spills happen and that's to be expected. If you do spill something, please sop it up as best you can and if it's anything except water in one of the carpets, tell someone or leave a note so that we can more thoroughly clean it. We purchased some white rags with a distinctive blue stripe on them. They will be stored under the kitchen sink. If you need more than a paper towel, please feel free to use a cleaning rag or rags, take them home to launder and return them.

In the last month or so we've noticed that someone is sticking his/her chewing gum wads under the tables. Please **KNOCK IT OFF!** There are plenty of waste baskets close at hand for disposing of chewing gum once one has tired of it.

Remember too that there is a broom and dust pan in our closet for

sweeping up any non-liquid spills on the floor. If you feel we need any other cleaning equipment to make the job easier please let June or Jerry Piering know and we'll see what can be done.

Annual Garage Sale

We will be having a garage sale in the spring. We are looking for all good usable items. If you are downsizing to a smaller home or town house we would welcome your excess furniture and the many things you may have in abundance such as tools gardening supplies, useable boats, motorcycles etc.

This will help to support the new center. For pickups call:
Russ Thommen (503)623-3077
Walt Hildebrand (503) 623-4169
Mary Lou Koenig (503) 623-4903

Halloween Party

Do you feel the ghostly winds coming soon to the Dallas Area Senior Center? A big spooky party is planned for October 26th from 6 to 8 p.m.



Costumes are optional but the prizes are great for



the best costume, most original etc. Food will be served, Games are planned. There is a sign up sheet on the bulletin board; we do need a

head count to assure enough food. There will be a \$5.00 cost to attend this party.

The Scary Committee

Karaoke

Let's Sing the night away!! Karaoke has been going very well; people are enjoying themselves, singing from over 3600 songs. I would like to invite everyone to come and join us in a night of singing your favorite songs. We have country, oldies, gospel, and some present day songs to choose from. The time is the 2nd and 4th Monday nights, from 6:00 PM to 8:00 PM. If you have any questions please give me a call. Phone number is (503)623-7019

Thanks Cecil S. Maginn

Dance

We like to dance the night away!! The dancing is in full Swing; we meet on the 2nd and 4th Fridays of the month from 6:00 PM to 8:00 PM. We use can music and learn Line Dancing, also touch up with Ballroom dances, such as the East Coast Swing, Waltz, Cha-Cha, and the Fox Trot.

The ladies and I along with Fred Hardin go to the Keizer /Salem Area Senior Center on the 1st and 3rd Saturday nights of the month. I drive our bus when we travel there. We leave the Church lot where the bus is parked at 6:00 PM. If you would like to join us please call me so I can place you on the sign up sheet. We have space available for 13 on the bus, but I do have a few people with vans that have stated they would be happy to drive if we fill the bus.

Keizer/Salem Senior Center has a very nice large dance floor and a live band; the band members and the members of the center are very nice and they always enjoy our visits. The charge for the bus is \$5.00 and the admission to the dance is \$4.00. If you would like to enjoy a night of Dancing and or just listening to some good music and watch others dance or if you have questions please call me. Phone number is (503)623-7019.

Thanks Cecil S. Maginn



October 2013

DALLAS SENIOR CENTER
955 SE Jefferson Street

Telephone 503-623-8554

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|--|--|--|---|--|---|
| | | 1 9:00 a.m. Arthritis Exercises 10:00 a.m. Hearing Aid Service 10:00 - 3:00 p.m. CRAFTS | 2 10:00 a.m. Wii Bowling 1:00 p.m. Pinochle & Mah Jong | 3 9:00 a.m. Arthritis Exercises <i>10 AM-NOON</i> <i>Writing Class</i> 1:00 p.m. ♣Bridge♣ | 4 9:00 a.m.* <i>Activity Meeting</i> 10-11 AM TAI CHI 12:30 p.m. Pinochle 6:30 p.m. B-I-N-G-O | 5 <i>*Please note the temporary change of time for activity meetings while the Tai Chi class is ongoing.</i> |
| 6 | 7 10-11 AM TAI CHI 1:00 p.m. Table Games | 8 9:00 a.m. Arthritis Exercises 10:00 a.m. DAS BOARD MEETING 10:00 a.m. Hearing Aid Service 1:00 p.m. Bunco 6:00 p.m. Social Security Benefits | 9 9:00-12:30 Oil Painting 1:00 p.m. Pinochle & Mah Jong | 10 9:00 a.m. Arthritis Exercises 1:00 p.m. ♣Bridge♣ | 11 10-11 AM TAI CHI 10:30 a.m. Spirit Mountain Casino 12:30 p.m. Pinochle 6-8 PM DANCE CLASS | 12 11:30 a.m. General Meeting 12:00 Potluck B-I-N-G-O follows White Elephant |
| 13 | 14 10-11 AM TAI CHI 1:00 p.m. Table Games Duplicate Bridge 6-8 PM ♪Karaoke♪ | 15 9:00 a.m. Arthritis Exercises 10:00 a.m. Hearing Aid Service 10:00 - 3:00 p.m. CRAFTS | 16 10:00 a.m. Wii Bowling 10AM -Noon Medicare 1:00 p.m. Pinochle & Mah Jong | 17 9:00 a.m. Arthritis Exercises <i>10 AM-NOON</i> <i>Writing Class</i> TRIP to Vista House Departs @ 10 AM Bus \$5 1:00 p.m. ♣Bridge♣ | 18 10-11 AM TAI CHI 12:30 p.m. Pinochle 6:30 p.m. B-I-N-G-O | 19 |
| 20 | 21 10-11 AM TAI CHI 1:00 p.m. Table Games | 22 9:00 a.m. Arthritis Exercises 10:00 a.m. Hearing Aid Service 1:00 p.m. Bunco | 23 9:00-12:30 Oil Painting 1:00 p.m. Pinochle & Mah Jong 5:00 p.m. Leopard Chicks rehearsal ♪ | 24 9:00 a.m. Arthritis Exercises 1:00 p.m. Bridge ♪ 6:30 PM ♪ Music Jam | 25 10-11 AM TAI CHI 12:30 p.m. Pinochle 6-8 PM DANCE CLASS | 26 Halloween Party 6-8 PM  |
| 27 | 28 10-11 AM TAI CHI 1:00 p.m. Table Games Duplicate Bridge 6-8 PM ♪Karaoke♪ | 29 9:00 a.m. Arthritis Exercises 10:00 a.m. Hearing Aid Service 10:00 - 3:00 p.m. CRAFTS | 30 10AM -Noon Medicare 1:00 p.m. Pinochle & Mah Jong | 31 9:00 a.m. Arthritis Exercises 1:00 p.m. ♣Bridge♣ Halloween BOO! | 1 NOVEMBER 9:00 a.m.* <i>Activity Meeting</i> 10-11 AM TAI CHI 12:30 p.m. Pinochle 6:30 p.m. B-I-N-G-O | 2 |
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