GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

NOVEMBER 2026 | MEMBER & PARTNER EDITION | VOL. 58

UPCOMING EVENTS

Veterans Day Lunch
- *11/5/2026*

Gipson Spirit Day - Flannel Day!
- *11/19/2026*

Thanksgiving Feast
- *11/22/2026*

Cookies, Cards & Cozies
- *12/10/2026*

Wintertide
- *12/12/2026*

MLK Community Celebration
- *1/18/2027*









215

Individuals have received shirts, pants, coats, hats, gloves, socks and/or shoes from our **Clothing Closet** so far in 2026.



"When I was a little girl, every summer I visit Ukraine. My grandmother lived in Crimea near the beach."

Elena is remembering: swimming in the Black Sea, eating watermelons and grapes from her grandmother's garden. Sleeping outside between the grape vines, she'd scan the sky to see stars and the faint glow of the Sputnik 1 satellite.

She and her husband, Alex, were born and raised in St. Petersburg, Russia, but Ukraine has always been a part of her. *"Half of my family – my father's relatives – are from Ukraine, from the area near Kharkiv."*

Growing up in Russia, *"I liked sports,"* says Alex, and he played most of them: table tennis, soccer, basketball, volleyball. After completing their different schools – and before they'd met each other -- Alex attended the Electrotechnical University, while Elena studied to become a teacher. Alex later found a job at a scientific

(cont'd on pg 2)

(GIPSON PROFILE | Elena & Alex (cont'd)

research institute of oceanology, where he studied the hydrophysical fields of the world's oceans. Elena taught middle school physics, then later took a job at the institute where Alex worked.

Elena tells the story of their beginning: a camping trip with work friends outside St. Petersburg. *"Beautiful lakes and forests. Beautiful fire. Guitar music. We'd drink mulled wine and, of course, a little liqueur."*

They raised three boys together – Vadim, Nikolai and Igor – and planned for an active retirement in Russia: board games with friends, table tennis, a little liqueur after dinner, and visiting their boys and grandkids. Then Russia invaded Ukraine in 2014, taking over Crimea, home of Elena's father's family. Nearly eight years later, Russia began a full-scale invasion of Ukraine. *"We are ashamed of our government,"* says Alex.

"We did not want to have any dealings with a country that had attacked a neighboring friendly county."

Their oldest son Vadim, who'd already relocated to Mukilteo, invited his parents to emigrate to America. Four and a half years ago, Elena and Alex left the only country they've ever lived in and moved to Mukilteo, Washington. Soon after they arrived they found Talk Time, the Gipson Center's conversation English group, and they've come on Fridays ever since.

Elena shares, *"The Gipson Center is a very good place. There's a small library here, along with fresh newspapers and board games. Consultants also come to the center to provide help with a wide range of life issues. This is our house for me. I like putting together puzzles and drinking cup of delicious coffee. Alex plays table tennis".*



Earlier this year, Elena and Alex moved out of Vadim's house and into their own apartment in Kirkland. Now they use a free Orca Senior card they received from VOA to take two buses – Kirkland to Lynnwood, then Lynnwood to Everett – to come to the Center, a one-way trip of 1.5 hours. They also take English classes at Cascadia College in Bothell.

"Many things are at Carl Gipson for us. Thank you."



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To test your skills against Alex at Table Tennis visit the Center on Mondays or Wednesdays. For more information on Talk Time reach out to Executive Director Cory Armstrong-Hoss.

Gipson Center Holiday Closures

Nov: The Center will be closed on Wednesday, 11/11/26, in observance of Veterans Day, and on Thursday, 11/26, and Friday, 11/27, for Thanksgiving and the day after.

Dec/Jan: The Center will be closed from Thursday, 12/24/26, through Saturday, 12/26/26, for the Christmas holiday. Then again from Thursday, 12/31/26, through Saturday, 1/2/27. Our first day operating in the new year will be Monday, 1/4/27.

NEW

CARL GIPSON CENTER

Yin yoga

ALL ACCESS MEMBERSHIP CLASS



Yin Yoga is a balanced practice that combines active and rhythmic sequences to warm the body, tone muscles and build stamina. This yoga class is floor based with no standing poses.

Instructor: Kelley Clevenger

SATURDAYS

8:30am-9:15am

Cascade View

WRITE YOUR OWN OBITUARY



Tuesdays, 2-3:30pm | Dec 1st - Dec 15th

Go beyond the traditional obituary. Explore techniques to capture your voice, personality and life story.

Members: $25 | Non-Members: $40

Carl Gipson Center
3025 Lombard Ave, Everett

YOA WESTERN WASHINGTON

Wellness Classes

Every 2nd Friday • 10am-11am • Mt. Olympus Room

Stress Management
Fri, Nov 13 | 10:00–11:00 am | Instructor: Joy Geertsen

Self-Care and Setting Healthy Boundaries
Fri, Dec 11 | 10:00–11:00 am | Instructor: TBD

These classes are presented by Homage. After each session, stay for an optional craft or art project, optional depression screening, and the opportunity to speak one-on-one with the presenter to learn more about Homage's free mental health services.



COOKING CLASSES



with Gul Subaykan

All classes will run from 1:30PM - 3:30PM

UPCOMING CLASSES:

SALMON CHOWDER | OCTOBER 27
JOIN MEMBER ED HILL AS HE SHOWS YOU HOW TO TURN FRESH SALMON INTO SOMETHING DELICIOUS
$11 FOR MEMBERS • $21 FOR NON-MEMBERS

NO FOLD BLANKET DUMPLINGS | NOVEMBER 17
$13 FOR MEMBERS • $23 FOR NON-MEMBERS

SHAKSHUKA | DECEMBER 15
A POPULAR MIDDLE EASTERN DISH MADE OF EGGS POACHED IN A SPICED TOMATO SAUCE
$14 FOR MEMBERS • $24 FOR NON-MEMBERS

Held in the Carl Gipson Center Kitchen. ***10 spots available per class.***
To sign up, please visit the front desk. Registration is required.

CARL GIPSON CENTER

Foot Care Services

AT CARL GIPSON CENTER

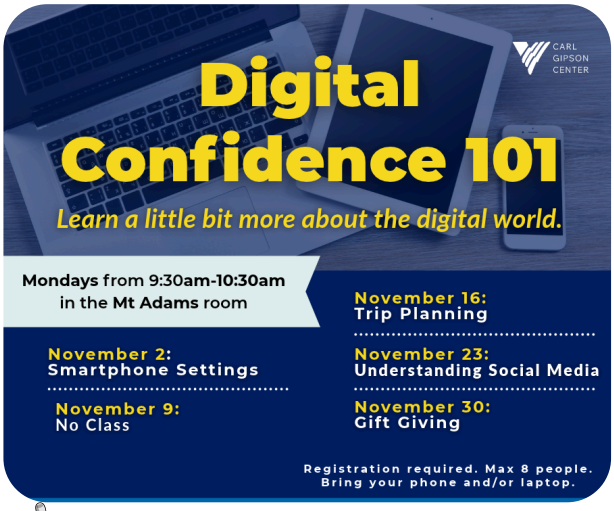
1st Monday | Available 9am-3pm
30-minute appointments • Mt. Olympus

Appointments are required
$45 per person • Register at front desk

See Registered Nurse, Cassandra Joof
Get professional foot care in a welcoming setting!

Conveniently located in Everett
3025 Lombard Ave, Everett • (425) 818-2784

NEW





NEW Intergenerational Day Trips

Intergenerational Day Trips bring GOAL students and senior members together, pairing one student with one senior to share new adventures and experiences. Traveling together gives participants the opportunity to build meaningful connections, learn from one another, and create lasting memories.

Activities Coordinator approval required prior to registration.
You will need an ORCA card to ride public transportation on these trips.

Bowling at Evergreen Lanes, 3 Shoes
Thursday, Nov 12, 8:30am-12:30pm, $5 Registration Fee

Pike Place Market, 3 Shoes
Thursday, Nov 19, 8:30am-12:30pm, $5 Registration Fee

Tulalip Lights, 3 Shoes
Thursday, Dec 3, 8:30am-12:30pm, $5 Registration Fee

Nutcracker, 3 Shoes
Thursday, Dec 17, 8:30am-12:30pm, $5 Registration Fee



UPCOMING TRIPS

NOVEMBER/DECEMBER

Remlinger Farms, 2 Shoes
Friday, Nov. 6th, 10:30 – 3pm, $35 member/ $45 non-member

Lights of Christmas at Warm Beach & Dinner at Paraiso Mexican Restaurant, 1 Shoe
Thursday, Dec. 3, 4:00pm-8:00pm, $25 member/ $45 non-member



LIFELONG LEARNING & SPEAKERS SERIES

Lifelong Learning

Free & open to all in the community
12:30-1:30pm | Registration required

Estate Planning Workshop — WED, 11/4/26
Carl Swanes, The Wall Law Group
Create a worry-free plan for you and your heirs. This workshop is designed to provide valuable insights and guidance on estate planning, helping attendees make informed decisions about their future. Secure your peace of mind and ensure your wishes are clearly stated!

The Science of Happiness — TU, 12/1/26
Mary Davis, MSN, FNP
What makes people happy? Learn simple ways to increase your enjoyment of life, and improve happiness.

Series Sponsor: The Wall Law Group
CARL GIPSON CENTER

Speaker Series: November 2026

CARL GIPSON CENTER

11/2 | PETER SCOTT
Everett School District

11/9 | HAZEL BORDEN
Medicare/United Healthcare

11/16 | JENNIFER MCCOY
Community Transit

11/23 | KIMBERLY MOORE
Everett Parks and Facilities

11/30| CASSANDRA JOOF
Gipson Foot Care



Lunch at 11:30 | Speaker at 11:45am voaww.org/gipson-center

EVENTS


Veterans Day Lunch
Sponsored by Humana.
Thursday, November 5th
11:30am-12:15pm
Lunch by Homage, Cake & Coffee
Join us for a short program to honor our veterans.


THANKSGIVING FEAST
at the Carl Gipson Center
Free & Open To The Community
Provided by The Everett Firefighters Association
SUNDAY, NOVEMBER 22
First service at 12pm • Second service at 2pm
RSVP Required. Sign up online or at the Membership desk.
CARL GIPSON CENTER
EVERETT


Free & open to the community
Wintertide Festival at the Carl Gipson Center
CARL GIPSON CENTER
Saturday, December 12 from 9am-1pm
Local Live Music | Crafts & Activities | Espresso Stand hosted by Everett Public School GOAL Students | And more!
Music4Life
Bring an instrument to donate to public school students and get a chance to win a prize!
MUSICAL PERFORMANCES
9AM: Eisenhower Middle School
10AM: North Middle School
11AM: Heatherwood Middle School
12PM: Evergreen Middle School


Greater Everett Area
2027
MLK
Community Celebration
Sunday Celebration : January 17th
First Presbyterian Church,
2936 Rockeller Ave., Everett WA, 98201
March & Rally : January 18th
March: Everett Memorial Stadium 3900 Broadway, Everett WA 98201
Rally: VOAWW Carl Gipson Center, 3025 Lombard Ave., Everett WA 98201


SAVED
PROJECT GIRL
Volunteers of America WESTERN WASHINGTON
Millennia Ministries
In partnership with SAVED, Project Girl Mentoring & VOAWW-Carl Gipson Center
Millennia Ministries presents
Annual
"Cookies, Cards, & Cozies"
Senior Christmas Celebration
Thursday. December 10, 2026.
1130AM-230PM
Carl Gipson Center
3025 Lombard Ave, Everett, WA 98201
To RSVP or for more information contact (425)583-7739
Dessert bar, games, songs, prizes, gifts and fellowship.
Join us as we honor our seniors this holiday season.
SENIORS ARE A BLESSING
GOOD PEOPLE BRIGHTER HOLIDAYS

RESOURCES



You may reduce spam phone calls if you register your wireless phone number on the National Do Not Call Registry. Using the phone you wish to register, call 1-888-382-1222. The Do Not Call Registry does not stop calls from or on behalf of political organizations, charities, and telephone surveyors.

For more details, visit https://www.fcc.gov/consumers/guides/stop-unwanted-robocalls-and-texts.

Additionally, most wireless phones have some settings for managing calls and text messages from numbers not in your contacts. The phone may block those calls/texts or send them straight to voicemail or a "junk" or "unknown sender" folder. On iPhones open "Settings" and search for "block" to see what is available. On other phones look for a "help" option to explain what to do.

Individual 1-on-1 help with a website, or your smart phone, laptop or tablet, is offered on November 5 and 19 from 10:00 to 12:30. To make an appointment stop by the front desk or call 425-521-9644. Bring your device and charger.





HIGHLIGHTS



Our **Annual Volunteer & Donor Appreciation Dinner** was held on Thursday, October 22nd.

From the delicious food prepared by the culinary program at the Lynnwood Neighborhood Center to the amazing GOAL students who helped bring it all together, and a room full of generous, caring hearts, the evening was truly something special.

A huge congratulations to Roberta Sherwood, Ginger Gold, Barb Cashen, Margret Haynes, and Jennifer Hirman on being awarded Volunteers of the Year!

GIVING BACK

Carl Gipson Center Volunteer of the Month

Our November VOM is our woodcarving extraordinaire, Larry Carter!

Did you know Larry has been volunteering his time to teach the art of woodcarving since 1985?! We're incredibly grateful that Larry continues to share his passion with our members, helping them discover the joy of woodcarving while creating something even more special along the way: friendship, connection, and community.

Larry and his woodcarving crew have also been wonderfully flexible and gracious as our center has grown, programs have been added, and spaces have shifted, and we are so grateful for that.



Larry's creativity, kindness, dedication, and love for our community make him a truly irreplaceable volunteer.

Larry Carter

We ♡ our Volunteers

If you are interested in becoming a volunteer, please contact Sabrina to learn more:



Sabrina Willard
swillard@voaww.org
425.212.2924



Need for November: Ground Coffee!



It's getting colder outside, so our need for hot coffee has risen! Must be sealed containers, of regular or decaf ground coffee. **Thank you!**



It's that time of year again! Time for the **Gipson Giving Tree**! Be an elf or a recipient. Here's how it works:

- Members who want to be gifted can sign-up at front desk to get on the list to receive a $25 gift card for Amazon or local grocery store, starting November 2nd.
- The Giving Tree for the gift card need tags will be set-up on November 2nd in the lobby. Tags will be added as recipients sign-up.
- All potential recipients for gift cards need to be signed up by November 25th.
- Elves must return Gift Cards to be handed out by December 11th. **Note**** There is no guarantee that every recipient who signs up will be gifted. It will be by random selection. All recipients and elves will be anonymous.

ACTIVITY SCHEDULE

AMENTITIES

Complimentary Coffee & Tea
M-S | 8:30AM-12PM

Daily Lunch by Homage
M-F | 11:30AM | Cascade View

Sip & Sweets by Goal Students
Tu | 10AM-12PM | Carl's Cafe
During School Year

PERSONAL SERVICES

Chaplain Skip Gipson
2nd & 4th Tu | 9AM-1PM | Lobby

Clothing Closet
W & F I 10AM-11:30AM I Lobby Garage

Counseling Volunteer
Lou Ann Carter, MSW, LICSW
3rd Sat | 9AM-12PM | Mt. Olympus
Appts: at Membership Desk
or 425-818-2784

Foot Care (NEW)
1st M I 9AM-3PM appointments
I Mt. Olympus I Appts: at Membership Desk
or 425-818-2784

Medicare Advising (SHIBA)
Tom Russell, SHIBA Volunteer
2nd & 4th W | 10AM-12PM appointments
| Mt. Olympus
Appts: Sign up at Membership Desk

Reiki Massage
3rd W | 12, 1, & 2PM appointments | Mt. Adams
$10 | *Make appts at Membership Desk*

Tech Help with James Hagglund - Phones, Tablets & Laptops
1st & 3rd Th | 10:30AM - 12:30PM | Mt. Olympus
Appts online or at Membership Desk

CONVERSATION, FELLOWSHIP, & SUPPORT

AA
Tu | 1PM-2PM | Mt. Olympus

Al-Anon
Tu | 11AM-12PM | Mt. Olympus

Alzheimer's Association Care Giver Support Group
1st & 2nd Sa | 10AM-12PM | Mt. Olympus

Black Elders Community Outreach Group by Homage
Tu | 10AM-1PM | Mt. Baker

Brain Injury Support Group of Snohomish Co
1st S I 10AM-12PM I Mt. Adams

Current Issue Discussion Group
1st & 3rd Th | 1PM-2:30PM | Mt. Adams

Family Caregiver Support Program of Snohomish Co
1st Th | 1PM-2:30PM | Mt. Olympus

Friendship Circle
T | 1:30PM-3PM | Mt. St. Helens

Good Life Good Death Cafe
2nd M | 12:15-2PM | Mt. Olympus

Memory Cafe (NEW Day)
4th T | 12:30PM-2PM | Mt. Helens

New Member Orientation
2nd Th I 1:30PM 2:30PM I TV Alcove

Old Friends Club
T & Th I 9:30AM-2:30PM I Mt. Helens

Together in Grief | Grief Support Group
4th Sa | 10AM-12PM | Mt. Olympus

ACTIVITY SCHEDULE CONTINUED...

CLASSES, CLUBS & GAMES

Billiards
M-Th | 8:30AM-4PM | Billiards Room
F-S | 8:30AM-1PM | Billiards Room

Bingo
1st & 3rd M | 12:30PM-3PM | Cascade View

Book Club
3rd Th | 1PM-2:30PM | TV Alcove

Ceramics
Tu | 12PM-2:30PM | Mt. Adams

Craft Group
2nd & 4th S | 10AM-11:30AM | Mt. Adams

Cribbage
T | 9:30AM-11AM | Lobby by fireplace

Digital Confidence 101
M | 9:30AM-110:30AM | Mt. Rainier

Duplicate Bridge
W | 10:30AM-3PM | Mt. Rainier

Genealogy
3rd W | 1PM- 3PM | TV Alcove

Hand & Foot Canasta
Tu & Th | 9:30AM-3PM | Table near gym

Knit & Crochet
Tu & Th | 10:30AM-1PM | Alcove

Moments & Memories Journaling
W | 1PM-2PM | Mt. Olympus

Party Bridge
Th | 12PM-3PM | Mt. Baker

Project Linus
4th M| 11:30AM-2:30PM | Mt. Rainier

Sign & Connect (NEW)
W I 10:30AM-11:30AM I Mt. Adams
(Oct 7-Dec 16, 10 weeks)

The Art of Memoir - Registration Required
T I 2PM-3:15PM I Mt. Adams (Sep 22-Oct 27)

Trivia Time
1st & 3rd M | 10:30AM-11:30AM | Alcove

Woodcarving
Th | 1PM-3PM | Cascade View

EXERCISE & MOVEMENT

Barre Class
Tu & Th | 8:30AM-9:15AM | Cascade View

Chair Yoga
M & W | 8:30AM-9:15AM | Instructor Karen | Cascade View

Clog Dance
Beginner
M | 9:30AM-10:30AM | Cascade View
Beginner to Easy Intermediate
M | 10:45AM - 11:45AM
Intermediate
S | 9:30AM-10:30AM | Mt. Rainier
Beginner
S I 10:45AM-11:45AM I Mt. Rainer

Forever Fit
Tu, W, Th | 9:30AM-10:15AM | Cascade View

Functional Fitness
Tu & Th | 10:30AM-11:15AM | Cascade View

Gentle Karate
Tu & Th | 2:15PM- 3PM | Mt. Rainier

Hula Dance
Th | 1PM-2PM | Mt. Rainier

Line Dancing - Registration Required
F | 9:30AM-10:30AM | Mt. Helens

Mat & Chair Yoga
F | 8:30AM- 9:15AM | Cascade View

Otago - Registration Required (NEW)
M & F I 10:30AM-11:15AM I Mt. Rainer
(Oct 12 - Dec 18, 8 weeks)

Table Tennis
M & W | 9AM-2PM | Mt. Baker & Mt. St. Helens
S | 9AM-1PM | Mt. Baker & Mt. St. Helens

Yin Yoga (NEW)
S I 8:30AM-9:15AM I Cascade View (Starting Oct. 17th)











CARL GIPSON CENTER

LOCATION
3025 Lombard Ave, Everett

HOURS
Mon - Thurs | 8:30am - 4:00pm • Fri & Sat | 8:30am - 1:00pm
Closed Sunday

FOR MORE INFO
425.818.2784 | voaww.org/gipson-center

For updates, make sure to follow us on Facebook
at *www.facebook.com/gipsoncenter*

VOA's Carl Gipson Center is sustained through funding from the City of Everett, Snohomish County Department of Human Services, foundations, corporations and individual donors