



# GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

NOVEMBER 2025 | MEMBER & PARTNER EDITION | VOL. 46

## UPCOMING EVENTS

### Veterans Day Lunch

- 11/6 | 11:30AM

### Firefighters

### Thanksgiving Feast

- 11/23

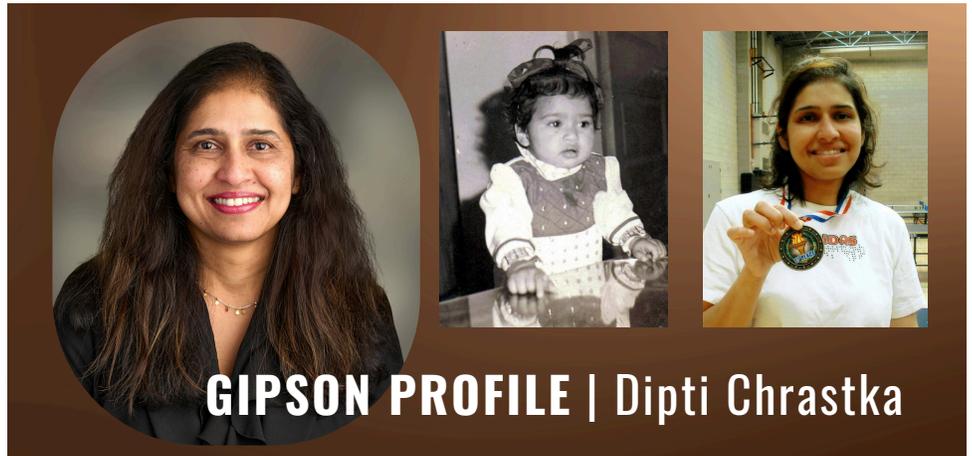
### CGC's Annual

### Wintertide Festival

- 12/13

### Police Officers Holiday Feast

- 12/14



## GIPSON PROFILE | Dipti Chrastka

After he'd driven Dipti's Father, Praful, to work, the family chauffeur Babu would drive back to the apartment outside of Bombay to ferry Dipti to preschool. Tall, with curly hair, a moustache and a kind face, Babu would kneel down to tie her shoes, then usher her to school. Afterward, she'd run down the steps with her classmates and Babu would be there waiting, in front of their robin-egg blue Ambassador sedan.

Young Dipti had a habit of falling asleep in moving vehicles. *"On the weekends, we'd drive into the big city to see my grandparents, and it was a long drive. I'd fall asleep in the backseat, and when we got home my Dad would pick me up and carry me in."* When she began grade school, across town at the prestigious JK academy, the bus ride was long. *"I'd sit with the teacher on the way back, and fall asleep on her lap."*

Dreamy and carefree, Dipti lived in the bubble of Mulund, a suburb of Bombay, in a large apartment, the 2<sup>nd</sup> floor of a complex filled with families from her Dad's work, supplying electricity to the city. It was a company complex filled with families, and Dipti remembers running around with the other kids, playing hide-and-go-seek or lagori, where one team tries to build a stack of stones while the other tries to knock it down.



72

Veterans served at the annual Veterans Stand Down in October at the CGC. Snohomish County coordinated 50 participating partners.

## (GIPSON PROFILE | x, cont'd)



Her school was based on the British system, with mandatory uniforms and different houses: Blue, White, Orange, Green. Dipti wore a white, short-sleeved shirt under a brown dress each day, and relished the field days where her Blue house would compete against the others.

Reserved by nature, her schools in Mulund and later Bombay saw the birth of the two Diptis: one, a keen observer, more likely to listen than talk, formed by years as the easy little sister who neither demanded nor sought out attention. Destined for a career as a therapist, Dipti earned multiple masters degrees and has practiced for years, focusing first on kids and now on UW physicians and residents.

The other Dipti? She's a low-key competitor, in everything from table tennis to field days to grade point average, a quiet assassin.

That duality, between the Two Diptis, isn't the only one. From almost the very beginning she's straddled the worlds of East and West, speaking Marathi at home with her Hindu family, and attending Christian school during the day, carrying around the mandatory green

prayer book. *"I know all of the prayers, and the words to the songs."* Dipti sang in the choir to standards like *"The Lord Is My Shepherd"* and *"Silent Night."*

After school and her first Masters, Dipti had plans: to travel, maybe live a year in France. But life had other plans for her, and she moved across the world to Seattle in 1992. In 1995 she welcomed son Neeraj and in 1998 daughter Priyanka, who grew up in Mountlake Terrace.

In 2006 she discovered the table tennis community at the Carl Gipson Center, and it was just the right combination for the two Diptis: warm and friendly, but deadly serious about table tennis; a place to try to destroy your opponent and then ask what they're bringing to the potluck. Today, she plays three times a week: Mondays, Wednesday, and Saturdays, finding a necessary outlet, a place where -- just like at school-- she can break out of her uniform, shed the weight of expectations, and lose herself in the game.

That same game brought her to Chuck, a longtime player, at open table tennis hours in Shoreline. Soon the two started playing racquetball and then table tennis at the Gipson Center. Chuck made space for all that Dipti was and all she was becoming. *"I felt energized after I talked to him."*

Today Dipti serves on the Center's Senior Advisory Committee and as our volunteer Table Tennis Coordinator. She sees what the Center has done for her community, and for so many others.

*"It's a really good hub for people to do something they really enjoy. They've built relationships here."*

*"The Center is in the heart of so many people."*



NEW



**COOKING CLASSES**  
with Gul Subaykan

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

**UPCOMING CLASSES:**

**Vegetarian Quiche & Quiche Lorraine**  
November 25 | \$15 for Members • \$25 for Non-members  
*With special guest instructor, Susan Devera*

\*\*\*\*\*

**Holiday Appetizers & Cocktail**  
December 16 | \$15 for Members • \$25 for Non-members  
*Time to get festive! Lucia will be returning as the cocktail instructor.*

*Held in the Carl Gipson Center Kitchen.  
10 spots available per class.  
Visit the front desk to sign up.  
Registration required.*





WRITING YOUR  
PERSONAL HISTORY  
THROUGH JOURNALING

Instructor: Kerri Schwindt

**FREE | Ongoing Weekly Class | Wednesdays at 1pm | Olympus**

**Everyone has a story worth telling — including you.**  
No prior writing experience is necessary — notebook will be provided. Just bring a pen, and a willingness to explore your own life, one story at a time.



November Trips

Everett Silvertips | 2 Shoes

Friday, November 7th | 6:15–9:30PM | \$20 member/\$30 non-member

Amazon Distribution Center | 3 Shoes

Thursday, November 13th | 9:45AM-2:30PM | \$18 member/\$28 non-member

Seattle Premium Outlet Mall in Tulalip | 2 shoes

Monday, November 17th | 11:00AM-3:30PM | \$12 member/\$22 non-member

Bowling at Evergreen Lanes | 3 Shoes

Thursday, November 20th | 11:30AM-3:00PM | \$24 member/\$34 non-member

Anthony’s Woodfire Grill | 2 Shoes

Friday, November 21st | 11:30AM-2:00PM | \$10 member/\$20 non-member





SCHACK ART  
CLASSES

AT THE CARL GIPSON CENTER

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays from 11AM - 1PM

Join Mara from Schack Art Center for this fun project!

\$10

for two  
Wednesdays

UPCOMING CLASSES:  
TWO-PART PAPER  
POINSETTIA WREATHS

\*\*\*\*\*

NOVEMBER 12TH & 26TH




QUESTIONS? Please contact Activities Coordinator, Kerri Schwindt, at [kschwindt@voaww.org](mailto:kschwindt@voaww.org) or 425-818-2372

communitytransit

Learn to ride the Light Rail

Tuesday, November 18 • Starts 10:30am • Mt. Rainier

What to Expect

- 30-minute presentation on transit basics
- Bus ride to Lynnwood City Center Station
- Visit the RideStore to obtain Senior ORCA cards (if needed)
- Tour Lynnwood City Center Station
- Tap ORCA cards and access Link Light Rail
- Ride one stop to Mountlake Terrace Station
- Bus pickup at Mountlake Terrace Station, returning to Carl Gipson Center

How to Register

Please stop by the front desk to complete your paperwork and get registered.



3025 Lombard Ave, Everett



25

Spots Available

»» SPEAKERS & WORKSHOPS



## THE GIPSON CENTER SPEAKER SERIES

*Open to all in the community*

NOV 10 JeShawna Alley Schmidt Alzheimer's Association	DEC 01 Cassie Franklin Mayor, City of Everett
NOV 17 Jason Cummings Snohomish Co. Prosecuting Attorney	DEC 08 Harmony Weinberg Everett Public Schools
NOV 24 Katie McDougall Hospice of the Northwest	DEC 15 Robert Goetz Everett Police Department

**MONDAYS AT THE CARL GIPSON CENTER**  
Homage Lunch Served at 11:30am Speaker Begins at 11:45am



**Workshop Series**  
*Free & open to all in the community*

Wednesday • 12:30pm-2pm | Cascade View Hall | Registration is Required

**Dementia 101**

NOVEMBER 5

*Katie Zeitler*  
UW Memory & Brain Wellness Center

At this workshop you'll learn about dementia, how to communicate with someone living with dementia, brain health, and ways to foster dementia-friendly communities.

**Fall Prevention With Otago**

NOVEMBER 19

*Sarah Brouwer*  
Providence Regional Medical Center

Learn how to reduce the chance of falls by incorporating leg muscle strengthening, balance retraining, and walking exercises via Providence's Otago program.



To register, call (425) 818-2784 or in person at the front desk.

»» ANNOUNCEMENTS



**Upcoming Center Closures**

**The Carl Gipson Center will be closed on Veterans Day, 11/11, Thanksgiving Day, 11/27, and Friday, 11/28.**

» RESOURCES

# Do you qualify for a lower bill?



## The PUD offers income-qualified rate discounts of 25 or 50%



Visit [snopud.com/discounts](http://snopud.com/discounts) or use the QR code to see if you qualify!

*Sign up is streamlined for those with Department of Social and Health Service Benefits or children in the National School Lunch Program*



**PUD’s Outreach Team will be at the Center on Wednesday mornings, beginning at 9:30am, to help with discounts.**



## Tech Bytes with Jim Hagglund

On the first and third Thursday of each month I do tech help sessions between 10:30 and 12:45. These are one-on-one sessions to zero in on your challenges. You can make an appointment online, at the front desk, or by sending me a message at [JimFromCGC@gmail.com](mailto:JimFromCGC@gmail.com).

*Here is an example from a recent help session:*

### **I forgot my password!**

Many apps and websites have a “forgot my password” link. These links will get you back into the app or website by sending you a text message or email to reset your password. That is why you are asked to provide a current mobile phone number and/or email address when you set up your user ID. Be sure to keep your phone number or email address up to date. Otherwise, it may take days or weeks to fix a password issue.

UPCOMING EVENTS



**VETERANS DAY LUNCH**

Join us for a short program to honor our veterans!

Thursday, November 6th  
11:30am-12:15pm  
Lunch by *Homage, Cake & Coffee*



**THANKSGIVING FEAST!**

Free & Open To The Community

Provided by The Everett Firefighters Association

**SUNDAY, NOVEMBER 23**

First service at 12pm • Second service at 2pm

You can signup online or at the front desk.



Please Join Us For

**COOKIES Cards & Cozies 2025**

Thursday • December 18 •  
1200PM-200PM  
Carl Gipson Center  
3025 Lombard Avenue, Everett, WA 98201

RSVP by December 1st  
(425) 259-3555 or (425) 583-7739

In Partnership With  
Millennia Ministries, SAVED, Homage Senior Services, Agape Creations & Designs Event Planning,, VOAWW/Carl Gipson Center




Free & open to the community

**Wintertide Festival** at the Carl Gipson Center

Saturday, December 13 from 9am-1pm

Local Live Music | Crafts & Activities | Espresso Stand hosted by Everett Public School GOAL Students | And more!

MUSICAL PERFORMANCES

- 9AM: Eisenhower Middle School Impressions Jazz Ensemble
- 10AM: North Middle School Choir
- 11AM: Heatherwood Middle School Select Choir

Bring an instrument to donate to public school students and get a chance to win a prize!





## *My View*

Kristi Hammer

Moving to Everett seven years ago I found The Seattle Freeze in full effect: no smiles from strangers, no waves hello, no “have a nice day.” Forget about making a new friend; even cashiers were not kind. This felt like the iciest place I had ever lived.

One day, I was invited to visit the Carl Gibson Center where I was greeted with warm smiles and kind hearts. I was shown around and introduced to several people who actually wanted to talk with me. It seemed I had found a spark amongst the frozen.

Although there are many things to do and places to go with the Center, I find the movement and exercise classes are my hot ticket. I participate in 11 exercise and three dance classes each week. The programs have changed and grown over the past year. And we’ve even added a new instructor – be sure to come by and say hello to Suzanne!

You can often find me at 11:30 in the lunch line smelling of “hard work” (I’m the one wearing shorts no matter the season) while waiting to enjoy a delicious hot meal with my friends.

About four months ago I started volunteering at the front desk, making phone calls and doing a bit of filing. It feels good to help stoke the spark of happiness that is the CGC into a bright fire of joy. Swing by the reception area on Wednesday afternoons to give me a wave, say hello, and share a smile.

*Kristi Hammer*



» FROM OUR SPONSORS



**IDEAL COLOR CONSULTING**

### IS YOUR SPACE READY FOR FRESH COLOR?

I SPECIALIZE IN RESIDENTIAL COLOR SELECTION...

- interior and exterior
- paint and hard finishes (like flooring, tile, and countertops)
- project scope ranging from minor refresh to major remodel

WITH MY PERSONALIZED SERVICES, your home will reflect your taste and style, not just the latest trend.

MY LOCAL ROOTS give me deep familiarity with the color climate of the maritime Northwest.

CONTACT ME FOR A NO-OBLIGATION INITIAL CONSULTATION

IEVA.OHAKS@IDEALCOLORCONSULTING.COM  
206.200.3068 WWW.IDEALCOLORCONSULTING.COM



I hope everyone is enjoying the fresh colors on the exterior of the Carl Gipson Center.

My name is Ieva Ohaks, and through my business, Ideal Color Consulting, I helped create this new color scheme. I guide homeowners, businesses, and organizations in selecting colors for their spaces, both interior and exterior, in paint and other finishes. There are many ways to approach color selection. For homeowners, the process is personal. I sit with the clients, asking questions about how the space is used, what tangible and intangible qualities they want, what they love, and what they would like to change.

For a community building like the Carl Gipson Center, the process involves a larger group of stakeholders, more complex functional requirements, and more detailed communication. For this project, we started with looking at the building and its surroundings, and evaluating the existing finishes and color placements. We discussed how the building could best be distinctive and welcoming in the neighborhood.

I created several distinct color palettes (darker, lighter, muted, bright, cool and warm colors), any of which would suit the building and harmonize within the neighborhood, which evoke different “feelings.” We reviewed renderings of these ideas with a focus group, and a dark-blue with medium-green “Sea Glass” palette was the favorite. Next, I refined some variations within this concept. We worked with swatches on-site at the Center, choosing the best combination in the real-life conditions around the building.

The collaborative process that the Center’s leadership put together has been a stellar example for any community project. This has been a great experience, with and for a great group of people, worthy of community pride.



## Join Us for a Hug In A Mug



**WARMING UP TO YOUR MEDICARE ENROLLMENT CHOICES**



**DATE:**  
**WEDNESDAY**  
**NOVEMBER 20TH**



**TIME:**  
**9 AM - 11 AM**

**CARL GIPSON CENTER**

RSVP 425-475-5424

**JOIN US FOR A COMPLIMENTARY CUP OF HOT CHOCOLATE WITH TOPPINGS OF YOUR CHOICE AND GET HELP FINALIZING ALL OF YOUR MEDICARE QUESTIONS FOR 2026.**



»» OCTOBER HIGHLIGHT

# Carl Gipson Center 2025 Volunteer and Donor Appreciation Dinner



Susie Devera,  
Director's Award



Pam Dorn,  
Philanthropy Award



Howard Grossman,  
Lifetime Membership Award

On October 23<sup>rd</sup> around 80 VOA volunteers and donors gathered for our annual celebration. Activities Director, Kerri Schwindt, Tram (our Chef Extrordinaire), the GOAL Teachers, and Everett HS's NJROTC did a wonderful job creating a special and elegant experience to show appreciation to our biggest supporters. A special thanks to Skip Gipson, the award presenters, and the awardees, who truly deserve this recognition.

Volunteers of the Year Award recipients not present:

Membership: Dean Salvadalena; Hospitality: Debi Gardner; Activity Leader: Doris McCarthy



grATeFUL

» GIVING BACK

### We're thankful for our donors!

Nine donors contributed over \$37,000 to fund the painting of the exterior of our Center. Thanks for bringing fresh color to our community.



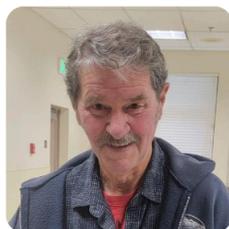
### Carl Gipson Center Volunteer of the Month

Larry has been a dedicated volunteer at the Carl Gipson Center for many years and leads our Woodcarving Group. An accomplished woodcarver, Larry is known for his welcoming spirit and his willingness to share his skills with others.

He patiently teaches new students the techniques of woodcarving, creating an environment that is both encouraging and creative.

If you're at the Center on a Thursday afternoon, stop by the Mt. St. Helens room—you'll likely find Larry with his students, passing along his knowledge and passion for the craft.

We're so grateful for Larry's time, talent, and generosity. His leadership and kindness make the Center a more vibrant and welcoming place for everyone.



**Larry Carter**

If you are interested in becoming a volunteer, please contact our Operations Director to learn more:



**Gul Subaykan**  
gsubaykan@voaww.org  
425.818.2744



» GIVING BACK



**Volunteers needed!**

Interested in volunteering?  
Contact Glynis Frederiksen at  
[gfrederi@everettwa.gov](mailto:gfrederi@everettwa.gov)



## Everett Animal Shelter

### Pet Detective

Do you enjoy helping others and have a soft spot for furry friends? Our new Pet Detective role is a wonderful way to use your communication and organizational skills to reunite lost pets with their families. You'll help answer phones, take messages, respond to inquiries, and support shelter staff—all from a quiet desk space. This position is ideal for volunteers who enjoy meaningful work and prefer a calm, seated environment. Flexible scheduling available any day of the week.

### Visitor Services Specialist

Looking for a way to brighten someone's day? As a Visitor Services Specialist, you'll be the friendly face that welcomes guests to Everett Animal Shelter. You'll greet visitors, help guide them through their visit, and keep the lobby running smoothly. This role is perfect for volunteers who enjoy connecting with people and being part of a caring community. Shifts run daily from 2pm-5pm, with openings most days of the week.



## Why Give in Your Will?

- Continue to use assets or property during your lifetime
- Potentially reduce your estate tax burden
- Leave a lasting legacy through VOA to support seniors in Everett



Contact Cory Armstrong-Hoss at (425) 818-2785  
or [carmstrong@voaww.org](mailto:carmstrong@voaww.org) to get started.

## »» ACTIVITY SCHEDULE

### AMENITIES

#### 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*

### SERVICES

#### Chaplain Skip Gipson

2<sup>nd</sup> & 4<sup>th</sup> Tu | 9AM-1PM | Lobby

#### Clothing Closet

2<sup>nd</sup> & 4<sup>th</sup> W | 11:15AM-12:15PM | Cascade View

F | 10AM-12PM | Mt. Baker

#### Everett Public Library

M | 9:30AM-11AM | Outside Alcove

#### Medicare Advising (SHIBA)

2<sup>nd</sup> & 4<sup>th</sup> W | 10AM-12PM | Mt. Olympus

#### Mental Health Access -Homage

*Nancy Brosemer*

2<sup>nd</sup> & 4<sup>th</sup> Th | 10AM-2PM | Mt. Olympus

*Appts: call 425-290-1246*

*Lou Ann Carter, MSW, LICSW*

3<sup>rd</sup> Sat | 9AM-12PM | Mt. Olympus

*Appts: at Membership Desk*

*or 425-818-2784*

#### Reiki Massage

3<sup>rd</sup> W | 12, 1, & 2PM appointments | Mt. Adams

\$10 | *Make appts at Memberhip Desk*

#### Snohomish County Housing Stability Program

1st M | 10AM-12PM | Lobby

#### Tax Prep (Free) with PIM Savvy

See Gazette or Membership Desk in Jan/Feb each year for dates.

#### Tech Help with James Hagglund - Phones Tablets & Laptops

1<sup>st</sup> & 3<sup>rd</sup> 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

1<sup>st</sup> & 2<sup>nd</sup> Sa | 10AM-12PM | Mt. Olympus

#### Black Elders Community Outreach

#### Group by Homage

Tu | 10AM-1PM | Mt. Baker

#### Current Issue Discussion Group

1<sup>st</sup> & 3<sup>rd</sup> Th | 1PM-2:30PM | Mt. Adams

#### Friendship Circle

T | 12PM-1:30PM | Cascade View

#### Memory Cafe

4<sup>th</sup> M | 12:30PM-2PM | Mt Adams

#### Snohomish County Brain Injury

#### Support Group

1<sup>st</sup> & 3<sup>rd</sup> Sa | 11:00AM-1PM | Alcove

#### Together in Grief | Grief Support Group

4<sup>th</sup> Sa | 10AM-12PM | Mt. Olympus

## »» ACTIVITY SCHEDULE CONTINUED...

### CLASSES, CLUBS & GAMES

#### Billiards

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

#### Bingo

1<sup>st</sup> & 3<sup>rd</sup> M | 12:30PM-3PM | Cascade View

#### Ceramics

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

#### Craft Group

2<sup>nd</sup> & 4<sup>th</sup> S | 10AM-11:30AM | Mt. Adams

#### Cribbage

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

#### Duplicate Bridge

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

#### Genealogy

1<sup>st</sup> W | 1PM- 3PM | Mt. Adams

#### Hand & Foot Canasta

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

#### Healthy Lifestyle

2<sup>nd</sup> & 4<sup>th</sup> Th | 12PM-1:15PM | Cascade View

#### Knit & Crochet

Tu & Th | 10AM-1PM | Alcove

#### Party Bridge

Th | 12PM-3PM | Mt. Baker

#### Personal History Through Journaling

W | 1PM-2PM | Mt. Olympus

#### Project Linus

2<sup>nd</sup> Tu | 11:30AM-2:30PM | Mt. Rainier

#### Schack Art Classes

2<sup>nd</sup> 4<sup>th</sup> S | 11AM-1PM | Mt. Adams

#### Trivia Time

1<sup>st</sup> & 3<sup>rd</sup> M | 10:30AM-11:30AM | Alcove

#### Woodcarving

Th | 1PM-3PM | Mt. St. Helens

### EXERCISE & MOVEMENT

#### Barre Class

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

#### Chair Yoga

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

Tu & Th | 10:30AM-11:15AM | Instructor Elaine |  
Cascade View

#### Circuit Training w/ Elaine Henderson

F | 9:30-10:15AM | CGC Gym

#### Clog Dance

#### Into to Clogging

M | 9:30AM-10:00AM | Mt. Rainier

#### Beginner to Easy Intermediate

M | 10:00AM-11:30AM | Mt. Rainier

#### Advanced to Beginner Easy Intermediate

S | 10AM-11:30AM | Mt. Rainier

#### Forever Fit

M-Th | 9:30AM-10:15AM | Cascade View

#### Gentle Karate

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

#### Hula Dance

Th | 1PM-2PM | Mt. Rainier

#### Line Dancing

#### New Beginners

F | 9:30AM-10:30AM | Cascade View

#### Beginners

F | 10:45AM-11:45AM | Cascade View

#### Strength & Stretch

M & W | 10:30AM-11:15AM | Cascade View

#### Table Tennis

M & W | 9AM-2PM | Mt. Baker & Mt. St. Helens

S | 9AM-1PM | Mt. Baker & Mt. St. Helens



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### 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](http://voaww.org/gipson-center)

For updates, make sure to follow us on Facebook  
at [www.facebook.com/gipsoncenter](http://www.facebook.com/gipsoncenter)

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