



GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

DECEMBER 2025 | MEMBER & PARTNER EDITION | VOL. 47

UPCOMING EVENTS

CGC's Annual Wintertide Festival

- 12/13

Cookies Cards & Cozies

- 12/18

Holiday Concert

at Everett Civic Auditorium

- 12/14

Property Tax Exemption Application Workshop

- 1/5/2026

MLK March and Rally

- 1/19/2026



310

Meals served by the Everett Firefighters Association during the annual Thanksgiving Feast at the Carl Gipson Center



GIPSON PROFILE | Dawn Bergesen

Early 1960s

"Susie and I became best friends when I moved in five doors down. I was seven, she was six."

"Susie was the brave, bold one. I was shy. We were inseparable. Where she led me I was eager to follow. Summers we lived in the apple and cherry trees and raided a garden or two. We never wanted to go home, but better be home before the streetlights came on!"

As a young kid growing up on East Grand in North Everett, Dawn loved going to Susie's. "At her house we got to watch *Nightmare Theater* and eat potato chips and have pop." They loved sci-fi horror: *Forbidden Planet*, *The Mummy*, *The Floating Brain*, *The Blob*, *The Brain That Wouldn't Die*.

"We used to skip lunch at Garfield Elementary during 3rd grade to go to Stenwicks, to get a pop and an ice cube, the chocolate candy, and we'd sit in the field to eat. We ran like mad when we heard the bell. We never got caught."

"We used to jump the trains. We'd go down the steep embankment, down to the tracks where we caught pollywogs, frogs and snakes. The trains slowed to go around the curve, and we ran like hell to jump on the back." Dawn and Susie would ride for a couple minutes, then jump off before the train picked up too much speed.

"The only thing that really saved us was each other." (cont'd on pg 2)

(GIPSON PROFILE | Dawn Bergesen cont'd)

1973 - Dawn spends one summer as a paid intern at the Everett Senior Center, riding her 10-speed to do custodial work: cleaning bathrooms, emptying trash, mopping floors. *"My Dad used to come here. He'd rave about the lunches."*

The next year, in 1974, Dawn graduated from Everett High School.

1978 - Dawn sees Larry Bergesen, Susie's older brother, at a party. *"Larry and I fell in love back when we were 8 and 10 years old. I remember lying back next to him, gazing at blue skies on the grassy lawn."*

"When we saw each other again, it was like...oh, there you are."

Marriage and kids soon followed: Ian in 1978, Evan in 1983, and Chelsea in 1986. Larry worked as a painter, and Dawn managed the household. Her Dad had told her, *"You can squeeze a dollar out of a dime,"* and Dawn knew how to budget. Ian, born with Muscular Dystrophy, had frequent bouts of pneumonia, and Dawn made being a Mother her life. She'd give her kids something she'd never had.

"Becoming a mom and raising my kids was the best, most wonderful time of my life. During the years I stayed home raising my kids I volunteered visiting young moms who needed a little bit of reassurance."

Dawn went on to volunteer in special needs classrooms in the Marysville School District.

1995 - *"Sadly in 1995 my oldest son, Ian, passed away at age 17 after a long illness while attending Marysville-Pilchuck HS."*

By then Dawn had moved out and taken the kids with her, to a new home in Marysville. She was 40-years-old, hadn't worked in years, and walked into the Special Ed Department of the High School and said, *"I'd like a job."* They said: *"When can you start?"*, and that's how Dawn's 26 year career in special needs classrooms began. She served as a Job Coach, a Para Educator, and more.

When she sees the CGC's GOAL students around the Center, she remembers how much she loved her work. *"To teach a kid to ride a bus and be independent. The second they realize that they know how, you see this pride come over them."*



2011 - Dawn had bought a home in the Delta neighborhood in 2007, a charming fixer-upper built in the 1920s, and renovated it with Chelsea, putting in all the work themselves.

She'd learned to garden as a four-year-old in her Grandma's garden, and poured herself into her own garden, always enriching the soil and attending to her many plants and trees.

She created a gem on her street, an impeccable home with a thriving garden, and in 2011 she received both the Monte Cristo *"Pride of the Neighborhood"* award and William F. Brown award for Historic Preservation.

March 2023 - *"I came in the front doors [of the Carl Gipson Center], super shy. I looked up and Gul approached me, and she was all smiles. She seemed so caring."*

Dawn had retired two years earlier. The years of having to restrain escalated teens -- sometimes absorbing blows or falling to the ground -- took a toll on her body: back surgery, knee surgery, chronic pain.

"In 2013 my daughter had become a lawyer, moving to Africa for her career in the Foreign Service Diplomatic Corps for the State Department. And at that time, tragically my middle son, Evan, passed away age 30." When she'd retired, Dawn had needed a break, but... *"I was too lonely. I was just sitting still."*

Years ago her Dad had taught her to play cribbage, and she'd taught her own kids to play. She noticed cribbage on our list of activities, and came back on a Tuesday. *"Bill and Old Jim welcomed me,"* she remembers, and she hasn't missed many Tuesdays since. She's also attended many Gipson trips and now serves on our Senior Advisory Committee.

The kid from Everett -- the one who never wanted to go home after school -- reflects on when she first started coming to the Center, remembers something shifting inside of her, opening up.

"I had a home."



NEW



SCHACK ART CLASSES
AT THE CARL GIPSON CENTER

Join Mara from Schack Art Center for this fun project!

1st & 2nd Wednesdays from 11AM - 1PM

UPCOMING CLASSES:
Two-part Painting & Decorating Wooden gingerbread house

\$10
for two Wednesdays

DECEMBER 3 & 10

QUESTIONS? Please contact Activities Coordinator, Kerri Schwindt, at kschwindt@voaww.org or 425-818-2372



Cabbage Patch Restaurant | 2 Shoes

Friday, December 5th | 11:30AM–2:00PM

\$12 member/\$22 non-member

Lights of Christmas at Warm Beach and Dinner at Farmer's Cafe | 1Shoe

Wednesday, December 10th | 4:00PM-8:00PM

\$25 member/\$35 non-member

Bakery Crawl | 2 shoes


Wednesday, December 17th | 11:00AM-2:00PM

\$12 member/\$22 non-member

Bowling at Evergreen Lanes | 3 Shoes

Thursday, December 18th | 11:30AM-3:00PM

\$24 member/\$34 non-member



HOLIDAY GIFT-MAKING CLASS
THURSDAY, DECEMBER 11

FREE FOR MEMBERS | From 9am-12pm

Choose from a variety of delightful projects and create personalized treasures perfect for gifting or keeping. *Space is limited to 12 participants*, so be sure to reserve your spot early for this fun and creative workshop.



COOKING CLASSES
with Gul Subaykan

UPCOMING CLASSES:

SAVORY STUFFED BUNS | JANUARY 27
\$12 for Members • \$22 for Non-members

CHICKEN KARAHI | FEBRUARY 24
\$21 for Members • \$31 for Non-members
Tomato based Pakistani curry and one of Gul's favorite foods!

UPSIDE DOWN TOMATO TART | MARCH 24
\$12 for Members • \$22 for Non-members

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

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



Circuit Training is changing! **New**

FITNESS ZONE CIRCUIT ORIENTATION

FREE FOR MEMBERS Wednesdays & Fridays: 9-10am

Elaine Henderson will help guide you through various stations across the fitness zone with the goal of helping you learn how to use the equipment. Beginner level class, no experience necessary!

Genealogy Club on December 17th Bring Your Research Questions!

The CGC's Genealogy Club will be hosting Corey Smith, Vice President of the Sno -Isle Genealogical Society on December 17th from 1-3 pm in the Alcove. Corey will lead our group through different types of research questions. All members are welcome to attend.

»» SPEAKERS & HEALTHY LIVING PROGRAMS





THE GIPSON CENTER


SPEAKER SERIES

Open to all in the community

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

MONDAYS AT THE CARL GIPSON CENTER

Homage Lunch Served at 11:30am Speaker Begins at 11:45am



CARL
GIPSON
CENTER

Workshop Series

Free & open to all in the community

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

Kidney Healthy Eating & Living + Cooking Demo

DECEMBER 3

Michelle Rowlett
Puget Sound Kidney Centers


Learn how to care for your kidneys in this friendly, easy-to-understand class that covers how your kidneys work, why they matter, and simple ways to support kidney health. Plus, enjoy a kidney-friendly cooking demo.

Skin Cancer: What You Need To Know

DECEMBER 17


Cithlali Chavez Mendoza
Fred Hutch Cancer Center

Did you know that skin cancer is the most common type of cancer in Washington? This workshop provides an overview of cancer, types of skin cancer, warning signs and prevention, and ways to practice skin protection against UV rays.



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

»» NEW FOR MEMBERS



Gipson Giving Tree


The Giving Tree will soon be up in our lobby, ready for elves to take ornaments and purchase gift cards. The Gipson Giving Tree is connecting those in need with generous elves who will provide a \$25 gift card of their choice to either Amazon or for groceries.

Gift Cards will be ready for pickup at the Membership Desk on December 22nd and 23rd from 10am-2pm.

To apply for a gift card or if you'd like to become an elf, stop by our Membership Desk or contact Kerri Schwindt, Activities Coordinator, at kschwindt@voaww.org or 425-818-2372.

For those who need a little extra Holiday cheer, please apply in person at the front desk **by Dec 10**.

Want to help? For generous Elves, please grab a tag from our Giving Tree and return the tag and corresponding gift card to the front desk by Dec 17.



UPCOMING EVENTS

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!



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

MUSICAL PERFORMANCES

9AM: Eisenhower Middle School
Impressions Jazz Ensemble
10AM: North Middle School Choir
11AM: Heatherwood Middle School Select
Choir
12PM: Ethel McNeal
12:30PM: Jackson High School Jazz Combo

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

Evergreen Community Orchestra Holiday Concert: A Family Gathering

Marcin Pączkowski,
Conductor

With members of Everett Chorale & Snohomish County Youth Chorus

December 19, 2025 at 7 pm ♦ Free admission
Everett Civic Auditorium
2415 Colby Ave., Everett

Featuring holiday classics like
The Christmas Song and the
Hallelujah Chorus sing-along

evergreencommunityorchestra.org

Sponsor's Corner

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

Upcoming Center Closures

The Carl Gipson Center will be closed from Wednesday, 12/24, through Saturday, 12/27, and again on Wednesday, 12/31, and Thursday, 1/1.

Happy Holidays!

Healthy Living Programs

Free & open to all in the community
1st Wednesday • 12:30pm • Mt. Adams
Registration required

Scam Prevention & Digital Resilience for Tomorrow 1/7/26

Opt-Inspire, Inc.

Step into the future of digital safety in this interactive session, where we'll uncover strategies to spot and prevent scams (including new AI-generated threats) while building resilience against online risks. You'll gain practical tools to navigate technology with confidence, ensuring our community stays safer in an increasingly connected world.

Facebook 101 2/4/26

Linda Carbajal | Digital Media Specialist, Everett Public Schools (Retired)

Learn how to set up a Facebook page, make your settings safe, and feel comfortable using the platform. You can learn how to share your story or just view other pages, scroll, and keep in touch without sharing anything!

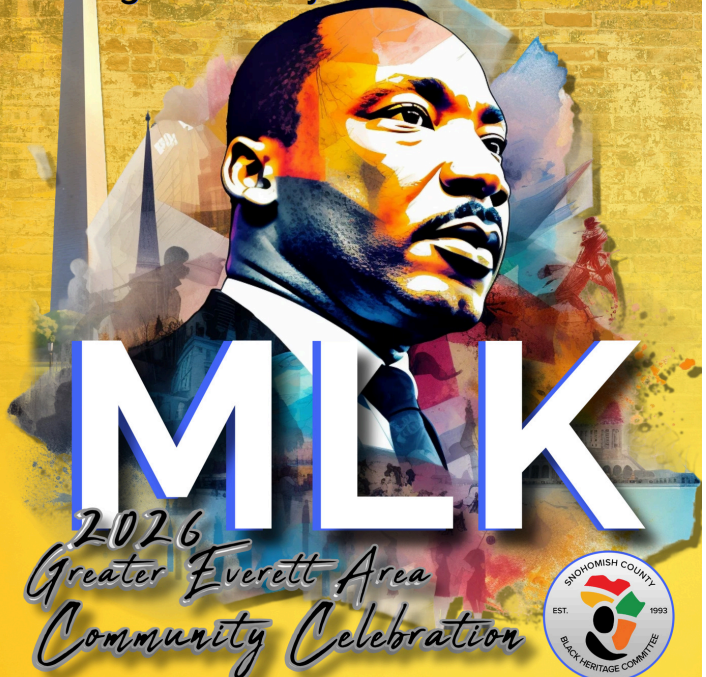
Estate Planning Workshop 3/4/26

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. Don't miss this opportunity to secure your peace of mind and ensure your wishes are clearly stated!

New for 2026

Building Community: The Dream & The Work



**Sunday Celebration-
January 18, 2026- 4PM**

First Presbyterian Church-
2936 Rockefeller Ave.,
Everett WA. 98201

**Monday March & Rally-
January 19, 2026- 11AM-2PM**

Everett Memorial Stadium-
3900 Broadway &
VOAW/W Carl Gipson Center,
3025 Lombard Ave. Everett WA. 98201



CARL
GIPSON
CENTER

» RESOURCES



Everyone needs social connections to survive and thrive. But as people age, they often spend more time alone. Being alone makes people more vulnerable to loneliness and social isolation. Studies show that loneliness and social isolation are linked to higher risks for serious health problems such as heart disease, depression, and cognitive decline.

**For tips and information go to
<https://bit.ly/44kgz0y>**

WA's Property Tax Exemption Program can save seniors thousands in taxes every year.



Learn more on our website bit.ly/WATaxRelief or by contacting the Washington Homeownership Resource Center (WHRC) @ (877) 894-4663

Need help with your application?

Join us for a property tax exemption application workshop!

Monday, January 5, 2026
11:30 am - 12:30 pm

Carl Gipson Center
3025 Lombard Ave, Everett

LISC
PUGET SOUND



Support provided by

AARP

Tech Bytes with Jim Hagglund



Managing passwords

Scraps of paper, a notebook or a spreadsheet do not work for me. I have over 300 passwords! That's why I use a password manager app. It suggests "strong" passwords, reminds me of old passwords I still use in more than one place, and alerts me if a password appears in a leak.

Apple devices have a built-in Passwords app. It can also be used on Windows computers. For most other phones and tablets, you can install the Google Password Manager app from the Google Play Store. On Kindle Fire tablets you can save passwords using the built-in Silk Browser.

If you choose to use a password manager app, be sure to set your device to "lock" so it will unlock only with a code, fingerprint or Face ID.

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 for 30-45 minutes to zero in on your challenges. You can register for an appointment online at <https://www.voaww.org/gipson-center>, at the front desk, or by sending me a text or email message at JimFromCGC@gmail.com.

»» NOVEMBER HIGHLIGHT



310 delicious meals were served at the annual Thanksgiving Feast on November 23rd at CGC. Many thanks to Mike Wisler and his team of volunteers from the Everett Firefighters Association, and the CGC staff!



» GIVING BACK

Carl Gipson Center Volunteer of the Month

In August, Margret came to the Center looking to volunteer. She quickly became an essential part of our team, beginning with twice-weekly front desk shifts where she supports membership, activities, and classes. She later became certified to drive the CGC vehicle, and now takes members on trips.

Margret has a special way about her: she is kind, gentle, and warm and greets everyone with a smile. She even stepped in to help with cooking classes and taught members how to make the best Bloody Mary!

She may not fully realize the impact she has made, but we do. She stepped into roles that were in urgent need of support and lifted a tremendous weight off the staff during a time when help was deeply needed.

Margret, thank you for joining the CGC volunteer team. You have been an incredible addition, and you truly brighten everyone's day.



Margret Haynes



HELP THE EVERETT COMMUNITY BY DONATING FOOD!

With partial and delayed SNAP benefits, demand is high at the Everett Community Food Bank. The Carl Gipson Center is collecting food donations to help fill the gap!

HIGHEST NEED ITEMS

- BOX/CANNED MEALS
- CEREAL/OATMEAL
- CANNED FRUIT
- SNACKS
- SOUP
- TOMATO PRODUCTS
- JUICE
- PASTA & RICE
- PEANUT BUTTER
- FORMULA & DIAPERS (SIZE 4,5,6)
- HYGIENE ITEMS

ITEMS NEEDED FOR SNACK PACK PROGRAM

- OATMEAL PACKETS
- SMALL, BOXED JUICE
- GRANOLA BARS
- MACARONI & CHEESE
- TOP RAMEN
- SHELF STABLE MILK
- CHILI, RAVIOLI, OR SPAGHETTIO'S
- BREAKFAST BARS
- FRUIT CUP



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



Gul Subaykan
gsubaykan@voaww.org
425.818.2744



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 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

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

Clothing Closet

W | 11AM-12:30PM | Garage Lobby

F | 10AM-12PM | Garage Lobby

Everett Public Library

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

Medicare Advising (SHIBA)

2nd & 4th W | 10AM-12PM | Mt. Olympus

Mental Health Access -Homage

Nancy Brosemer

2nd & 4th Th | 10AM-2PM | Mt. Olympus

Appts: call 425-290-1246

Lou Ann Carter, MSW, LICSW

3rd Sat | 9AM-12PM | Mt. Olympus

Appts: at Membership Desk

or 425-818-2784

PUD Outreach

W | 9:30AM-11:30AM | Lobby

Reiki Massage

3rd W | 12, 1, & 2PM appointments | Mt.

Adams

\$10 | *Make appts at Membership 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

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 Th | 1PM-2:30PM | Mt. Olympus

Current Issue Discussion Group

1st & 3rd Th | 1PM-2:30PM | Mt. Adams

Family Caregiver Support Program of Snohomish Co

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

Friendship Circle

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

Memory Cafe

4th M | 12:30PM-2PM | Mt Adams

Together in Grief | Grief Support Group

4th 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

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

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

Duplicate Bridge

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

Genealogy

1st W | 1PM- 3PM | Mt. Adams

Hand & Foot Canasta

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

Healthy Lifestyle

2nd & 4th 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

2nd Tu | 11:30AM-2:30PM | Mt. Rainier

Schack Art Classes *Registration Required*

2nd 4th S | 11AM-1PM | Mt. Adams

Trivia Time

1st & 3rd 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

Clog Dance

Into to Clogging

M | 9:30AM-10:00AM | Cascade View

Beginner to Easy Intermediate

M | 10:00AM-11:30AM | Cascade View

Advanced to Beginner Easy Intermediate

S | 10AM-11:30AM | Cascade View

Fitness Zone Circuit Orientation w/ Elaine Henderson **(NEW)**

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

Forever Fit

M | 9:30AM-10:15AM | Mt. Rainer
T-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 *Registration Required* New Beginners

F | 9:30AM-10:30AM | Mt. Rainer

Beginners

F | 10:45AM-11:45AM | Mt. Rainer

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



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

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