



GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

SEPTEMBER 2026 | MEMBER & PARTNER EDITION | VOL. 56

UPCOMING EVENTS

Survey Deadline

- 9/20/2026

Gipson Spirit Day - Sports Teams

- 9/24/2026

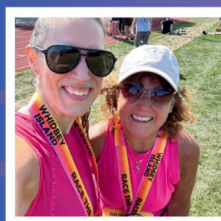
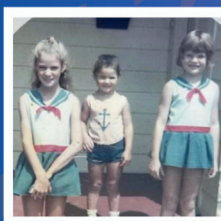
Hope is Brewing

- 9/25/2026



Gipson Profile

Karen
Hatcher



Before Mukilteo and Coupeville -- and long before Karen Hatcher began teaching exercise at the Carl Gipson Center – she was 7-year-old Karen Irvine teaching Nancy Sharp water ballet in a backyard in Newport Beach, California.

“We had the most fun. We were outside all the time. We played Barbies, we’d play school – and Nancy was the teacher. We had a lot of neighborhood kids, and we rode our bikes a lot. We’d ride in the back of their station wagon with our legs hanging over the back seats.”

When Karen and Nancy got a little older, their parents let them ride the 1.25 miles to the beach. *“We’d go suntanning, or meet up with friends, or listen to music.”* Karen remembers the soundtrack to those days: Hall & Oates, The Eagles, Elton John, Fleetwood Mac, The Carpenters. She can still hear Steve Miller Band’s *“Jungle Love”* playing on that beach.



66

Participants in Digital Confidence since it began in April. The weekly class teaches everyday skills and tips for using technology & the internet.



(GIPSON PROFILE | Karen Hatcher (cont'd))

"I basically grew up in Nancy's household." Nancy's mom, Lydia Sharp, became one of two role models for Karen. Mrs. Sharp led their Girl Scout troop, cared for the neighborhood kids, and led the girls in volunteering in the community. *"She's why I work in nonprofits. She's why I do what I do."* The other model for Karen was her own mom, Carol Lee. Kind, generous, positive, smart, and funny, Carol had an inner strength that came from taking care of her three daughters, on her own, for four years when Karen was young.

By the time Karen was six her mom had remarried a divorced dad 13 years older, with his own, older kids. Though their relationship warmed as adults, Karen remembers that Woody had little interest in her or her two older sisters. With her mom and step-dad occupied by their family's business – Hoyt Holster Co., which made leather holsters for law enforcement – Karen found her own adventures.

A good student, but shy, Karen came alive with her friends or playing sports: pickleball, kickball, soccer, hopscotch. At Ensign Junior High she played volleyball and tennis, and danced with her Girl Scout troop. Then, the summer before freshman year, Carol Lee and Woody told Karen about their decision: they were moving to Coupeville on Whidbey Island, Washington, for a slower pace of life. Karen's two older sisters, Jan and Kay-Lynn, were adults and decided to stay in California, but Karen had no choice but to go. *"I didn't want to move."*

Despite her initial dread, Karen made fast friends on Whidbey Island. She was still near the water, and at Coupeville High School she lettered in tennis, volleyball and softball, and later attended Peninsula College in Port Angeles for two years.

In 1992 she welcomed daughter Laurel, and knew she had to make ends meet, but didn't want to give up time with her daughter. *"I opened 'Welcome Home Day Care' in my home."* She ran Welcome Home for eight years. *"I raised most of Coupeville,"* she says with a laugh. During those years a friend asked if she could substitute teach a Step Aerobics class. Karen had no credentials and no experience, but she said yes. Just like the kid teaching water ballet back in California.



Later, she moved to Mukilteo with her husband Jeff, and began teaching at the Mukilteo Y. She's now taught exercise classes for over 22 years, including over four at the Carl Gipson Center. She remembers when we first opened. *"Nothing was here. But look at it now."*

She loves teaching classes at the Center, and tries to emulate Mrs. Sharp and her mom by being inclusive, generous, and kind. *"I love it here. They've built a community in my classes. They know what's going on, and check on each other."*

Though she doesn't say it, Karen conveys a message to our members each time they walk into her class: with her radiance, her positivity, her genuine caring:

"Welcome Home."



 NEW



Good Life Good Death Cafe

Facilitated by Hope Bowden, Doula/givers End-of-Life Doula and Educator

A welcoming space to discuss aging, caregiving, and end-of-life topics. Explore helpful resources, and connect with others in a supportive environment.

2nd Mondays • 12:15PM • Olympus Room

 **ALL MEMBERS
ARE WELCOME**

 3025 Lombard Avenue, Everett, WA




SEPTEMBER

Woodinville Whiskey Tour, 2 Shoes

Friday, Sep 4, 12pm-3pm, \$40 member/\$50 non-member

Snohomish Mini Golf & Lunch, 3 Shoes

Friday, Sep 11, 9:30am-1:30pm, \$20 member/\$30 non-member

Skagit Valley Co-Op & Lunch in Mount Vernon, 2 Shoes

Tuesday, Sep 15, 10:30 – 2:30pm, \$30 member/\$40 non-member

Lunch at Beijing Chinese Cuisine, 1 Shoe

Thursday, Sep 24, 11am-1:30pm, \$10 member/\$20 non-member



COOKING CLASSES

with Gul Subaykan

Delicious Dishes Await! Join Operations Director Gul Subaykan for her latest cooking classes, where you'll learn to create mouthwatering dishes.

UPCOMING CLASSES:

ONE POT MEXICAN CHICKEN & RICE | SEPTEMBER 29
\$11 for Members • \$21 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.*



Wellness Classes

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

Gratitude, Meaning and Purpose

Fri, Sep 11 | 10:00–11:00 am | Instructor: Paulette Brooks

Isolation and Depression

Fri, Oct 9 | 10:00–11:00 am | Instructor: AJ Corpuz

Stress Management

Fri, Nov 13 | 10:00–11:00 am | Instructor: Joy Geertszen

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.



 NEW

THE ART of Memoir



Tuesdays • 2pm-3:15pm | Sept 22nd – October 27th (6 sessions)

\$40 Member
\$55 Non-Member

Registration Required
Please call (425) 818-2784
or stop by the front
desk to sign up.

Class taught by Center
Director, Cory
Armstrong-Hoss



Carl Gipson Center
3025 Lombard Ave,
Everett, WA

Interested in writing
about your life?

This class will explore key
elements of the memoir
genre, including: research,
setting, story, voice, characters
and more. Participants will
learn about the craft of
memoir writing, and practice
through exercises in-class and
between classes.

Sign & Connect



BEGINNER SIGN LANGUAGE CLASS

No experience necessary—just
bring your curiosity and a
willingness to connect with others!

Wednesdays • 10:30am-11:30am • Mt. Adams
Free, 10-week course with instructor, Kerri Schwindt



Digital Confidence 101

Learn a little bit more about the digital world.

Mondays from 9:30am-10:30am
in the Mt Adams room

September 7:
CLOSED

September 14:
Managing Photos

WEDNESDAY EDITION
September 23:
Everyday Useful Apps Cont'd

September 28:
Online Shopping

Registration required. Max 8
people.
Bring your phone and/or
laptop.



Old Friends Club: Dementia Day Program

An Affiliate of Old Friends Club Network

TUES & THURS | 9:30am-2:30pm
(excluding holidays)
at the Carl Gipson Center

A welcoming place for people
living with early-to-mid stage
dementia to connect, create, and
belong— while giving caregivers
time to recharge.

Art, music, meals, and meaningful
friendships every day.

**Starting
this
September**



OLD FRIENDS
CLUB

ofccordinator@voaww.org • 425-232-6002

 NEW

Lifelong Learning

Free & open to all in the community

12:30-1:30pm | Registration required

Death With Dignity

WED, 9/9/26

Michell Molan, End of Life WA

Learn about Advanced Care Planning for being End of Life Ready, including Death With Dignity in Washington. What's the law? Who is eligible? What Paperwork do I need to complete?

Mindfulness

MON, 10/19/26

Mary Davis, MSN, FNP

What is Mindfulness and how can it improve your life? Learn easy practices to improve your attention and well being.

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



2026 Speaker Series

Carl Gipson Center

9/14 | EDWIN FELLER

Candidate for US Representative
Congressional District 2

9/21 | JASON CUMMINGS

Candidate for Snohomish County
Prosecutor

9/28 | DUNCAN CLAUSON

Snohomish County Elections

10/5 | SUZAN DELBENE & RICK LARSEN

Candidates for US Representative
Congressional District 1 & 2

10/12 | JUNE ROBINSON

Candidate for State Senator
Legislative District 38

10/19 | JULIO CORTES

Candidate for State Representative (Pos 1)
Legislative District 38

10/26 | THOMAS (JEFF) KELLY

Candidate for State Representative (Pos 1)
Legislative District 38



Lunch at 11:30 | Speaker at 11:45am
Free & open to all

3025 Lombard Ave
Everett, WA 98201

EVENTS



Join us for our biggest celebration of the year

HOPE IS BREWING

FRIDAY
09.25.2026

LYNNWOOD EVENT CENTER
7:00AM - 9:00AM
Breakfast at 7am • Event Starts at 8am

Volunteers of America
WESTERN WASHINGTON

Volunteers of America Western Washington

has been serving our community for **more than 127 years**. With compassion, resiliency, and hope, we respond to hundreds of thousands of requests for assistance each year—requests for **housing, food, crisis intervention**, and more. As we rise to meet the growing need in our community, we're **creating a brighter future**, one program, one service, one neighbor at a time.

Please consider joining us for our 2026 Hope is Brewing fundraising breakfast, to support all of our neighbors in need. Register at voaww.org/givehope



ANNOUNCEMENTS

Complete our survey
and

ENTER TO WIN!



Take Our Survey & Enter to Win

We are here for you and would love your feedback on the Center by taking our survey! Remain completely anonymous, taking the survey either online or in person at the front desk, by September 20th to be entered in a drawing to win one of two \$50 Amazon gift cards.

How to Participate:

- Deadline: September 20th
- Stop by the front desk or take the survey online
- Prize: Two winners — each receives a \$50 Amazon gift card!

Thank you for helping us continue to grow and improve.



Final Tai Chi class, Thursday, September 17th

We would like to thank Ed Putnam for sharing his time, knowledge, and expertise with our members by teaching our Tai Chi class. Ed's final class will be Thursday, September 17, so please join us in thanking him and wishing him all the best!



From the Director

It's going to be a great fall at the Center.

If you've read this far, you know we have a ton of new and returning programs happening this fall. Old Friends Club, our new dementia day program, kicks off the first week of September, and we have new trips, a new writing class, and new Wellness Classes put on by our partner Homage. I encourage you to check out our candidate speakers this fall, to attend one of our Lifelong Learning workshops, get to know the new students, and come enjoy a lunch made by Chef Tram.

Membership Fee Increase: We're blessed to receive funding from the City of Everett for our first seven years of operating the Center, which has given us a runway to develop our own revenue sources. Membership fees are an important source of revenue for our Center, and on September 1st our annual Regular Membership will increase by \$10, from \$60 to \$70. If you're an existing member, this will take effect when your current membership expires. The cost of our All-Access Package, which about a third of our members choose, is not changing. This additional membership revenue will keep us on track for financial sustainability.

Annual Membership Survey: Feedback from our members is important to our volunteer and staff leadership, and each September we ask members to take this survey. You can take it online or on paper here at the Center, and your responses will remain anonymous. The results will be viewed and discussed by our Senior Advisory Committee and staff leadership. As well as asking about our operations, facility and programs, the survey includes demographic questions that aren't on our Membership Form, and gives us important data about the lives of our members. From this data we might make operational changes, apply for grants, and communicate to key stakeholders about our community. **Please take time to complete the survey by September 20th.**

Giving Back: We're in need of Membership volunteers, volunteer activity leaders and more. If you're not volunteering already, please consider giving some of your time consistently to the Center. Contact Sabrina Willard if you're interested.

See you at the Center,

Cory Armstrong-Hoss



» AUGUST HIGHLIGHTS



In August, our members enjoyed a fun-filled and memorable day of community, history, and discovery at the Museum of History & Industry (MOHAI) in Seattle. The group explored MOHAI and its featured Freedom Plane National Tour Exhibit: Documents That Forged a Nation. On this beautiful summer day, many also discovered the neighboring Wooden Boat Center and the docked Virginia V.

Our members had a wonderful time learning, exploring, and enjoying a day out together — and they're already looking forward to the next adventure!

As always, much appreciation to our staff who made this day trip possible.

» RESOURCES

Tech Bytes with Jim Hagglund



Did you know your phone's keyboard turns into a trackpad to move the cursor anywhere to make edits? On an iPhone, press and hold the space bar. The letters will fade away, and the whole keyboard becomes a touchpad. Slide your finger to move the cursor to exactly where you need it. Other phones have a similar feature. On Gboard, slide along the space bar. On SwiftKey, hold the space bar, then swipe.

Looking for more tech help and tips? Here are some sources I use:

Kim Komando - A daily email newsletter for learning AI, consumer technology, and cybersecurity: the Device Advice section near the bottom has '3 Second Tech Genius' tips.

Rich Bowlin - Tech Tips for Seniors videos on YouTube, such as *4 Ways to Simplify Your Phone*.

Tom's Guide - Technology news and tips, such as *30 iPhone Features*.

Payette Forward - Videos on iPhone and Android subjects, such as *23 Android 13 Settings to Turn Off Now*.

Do you need on-on-one, in person help with something on your smartphone, laptop, or tablet? Schedule a session with me! Sessions are held on the first and third Thursdays of the month. Stop by the front desk, call 425-521-9644, or go to **SchedulesPlus** to make an appointment.

» GIVING BACK



Carl Gipson Center Volunteer of the Month

We were so happy to welcome some familiar and much-loved faces to the Carl Gipson Center this summer!

Jocelin, our 2026 GOAL Program graduate, spent part of her summer giving back by helping with lunch and visiting with members. We loved having her continue to be part of our Center family!

Her sister, Jazale, jumped right in too, helping in the kitchen and wherever she was needed, with a smile every time. Lauren continued to brighten our days at the front desk and during lunch service, greeting members, handing out tickets, and making sure everyone was cared for.

Thank you, Jocelin, Jazale, and Lauren, for sharing your time, kindness, and joyful spirits with us! Your help made our summer brighter and our Center run smoothly. We are so grateful for you!

Jocelin, Jazale & Lauren



*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



*In-Kind Donations
The Giving of Goods*

Need for September:

PENS

Help us keep our office stocked with pens! We need new and unused boxes of pens of all colors. Thank you!! Drop off your donation at the members services desk.



Membership Desk Admin Volunteer Needed

Come be the smiling face members see first thing! Greet guests, enter new members, schedule members in classes, answer phones, file and more! Must be comfortable with computers and learning new computer programs, working in a fast-paced environment, multi-tasking, and being social.

Shifts Needed:

Monday through Thursday 8:30a-12:30p.
Friday 8:30p-1p.

Contact Sabrina if interested!
swillard@voaww.org



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 **(Back 9/15)**

Tu | 10AM-12PM | Carl's Cafe

During School Year

PERSONAL SERVICES

Chaplain Skip Gipson

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

Clothing Closet **(Back 9/16)**

W & F | 10AM-11:30AM | Lobby Garage

Medicare Advising (SHIBA)

Tom Russell, SHIBA Volunteer

2nd & 4th W | 10AM-12PM appointments

| Mt. Olympus

Appts: Sign up at Membership Desk

Mental Health Access

Lou Ann Carter, MSW, LICSW

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

Appts: at Membership Desk

or 425-818-2784

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 | 10AM-12PM | 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

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

New Member Orientation

2nd Th | 1:30PM 2:30PM | TV Alcove

Old Friends Club **(NEW)**

T & Th | 9:30AM-2:30PM | Mt. Helens

Together in Grief | Grief Support Group

4th Sa | 10AM-12PM | Mt. Olympus

Wellness Classes by Homage **(NEW)**

2nd F | 10AM-11AM | 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

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

Craft Club - Registration Required

3rd Th | 12PM-3PM | Mt. Adams

Cribbage

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

Digital Confidence 101

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

Party Bridge

Th | 12PM-3PM | Mt. Baker

Personal History Through Journaling

W | 1PM-2PM | Mt. Olympus

Project Linus

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

The Art of Memoir - Registration Required (NEW)

T | 2PM-3:15PM | Mt. Adams (Sep 22-Oct 27)

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

Clog Dance

Beginner to Easy Intermediate

M | 9:30AM-11:15AM | Cascade View

Beginner

S | 11AM - 12PM

Advanced Beginner to Intermediate

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

Forever Fit

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

Floor Yoga

F | 8:30AM- 9:15AM | 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

Beginners

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

Strength & Stretch

M | 10:30AM-11:15AM | Mt. Rainer

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

Tai Chi

Th | 1PM-2PM | 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

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