



GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

JULY 2026 | MEMBER & PARTNER EDITION | VOL. 54

UPCOMING EVENTS

July 4th Parade

- 7/4/2026



Gipson Profile



Barb Cashen



“Barbara eloped! Oh my goodness!”

When Barb married John Cashen in secret up in Bellingham on January 13th, 1962, people in Everett talked. *“It became kind of a scandal. My Dad was not happy at all.”*

Eight years earlier, Barb had attended a Cub Scout event for her younger brother. *“I distinctly remember sitting at the table and watching this tall, dark, handsome guy walk in. I decided that this was the guy I wanted.”* John Cashen, also of Everett, was there to support his younger brother.

Barb’s life at home was changing. Her mom Edna was sick more often, spending more time in the hospital. *“Sometimes she was there, and sometimes she wasn’t.”* No one, including her dad Raymond, ever said the word *“cancer”* in front of the kids, though Edna had battled breast cancer for five years before succumbing to the disease. *“I was 13, and she was 41.”*



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Nights in June the Center served as an emergency overnight shelter, operated by the Red Cross, after a local apartment fire displaced several residents.

(GIPSON PROFILE | Barb Cashen cont'd)

After her mother's death, Barb, her brother Don and her Dad soldiered on. They'd all make a list of the dinners for the upcoming week, and Raymond would go to the grocery store on Saturdays. Later, after graduating Everett High and attending Everett Junior College, Barb transferred up to Western Washington University, where that tall, dark handsome man John Cashen was a student.

After the uproar of their elopement subsided, Barb and John moved back to Everett and quickly began their family: Cathi in 1962, Erin in 1964, and JR – for John Raymond – in 1966. John's teaching career took him to Jefferson Elementary, North Junior High, and other schools during the next 30 years, while Barb raised her three kids on a one-block street near the County Club. *"There were 26 kids on that street. All the moms looked out for whatever kid was running loose in their yard."*

The Cashens had a big backyard, home to squirt gun fights, sleepovers, and a big swing that still stands today. Barb poured herself into making a good home. For dinner there was always "...a meat, a potato or noodles, two vegetables, and a salad." She often made cookies – peanut butter, chocolate chip -- and John loved her pineapple upside down cake.

When the kids got older, Barb began working at Cascade High School: first as an aide in a Home Economics class, then later as Secretary to a Vice Principal, for a total of 27 years. *"I retired in 1999, and I cried all the way out to the parking lot."* She loved that job and the Cascade community, but knew it was time.

For the next 15 years Barb and John traveled, spent time with grandkids, and tended to the lilacs in their big back yard. One day in 2016, John called out to her from the bedroom, said he felt funny. She called 911 and the next afternoon, at Providence in Everett, he passed away.



Barb with Cathi, Erin & JR

"We'd been married 54 years. I had never lived as an adult female, alone. I didn't know how to do much of anything. But I had good friends, and I've been a tough old lady that I didn't know I'd ever have to be."

After Covid, Barb was searching. *"I was 80, looking for something new and different in life."* She checked out the Carl Gipson Center for the very first time, in the town she's lived in her whole life. *"I found all kinds of wonderful friends."*

"Cora was wonderful, and she drew me into yoga. I'd never done that, but I thought: I can try it. And, I went on a lot of trips, places that John and I might have gone together." About three years ago she began volunteering in Talk Time, helping adult immigrants practice English. *"I love the people. I love being surrounded by people from the rest of the world, learning about how they grew up and how they live."*

On Tuesdays and Thursdays Barb rides the exercise bike, takes Elaine's 10:30am Functional Fitness class, then has lunch. *"My life has expanded from what it was, and my children are happy that Mom has a place to go."*

"At the Center...it's a continual supply of new friends."



»» JUNE HIGHLIGHTS

RED WHITE & BLUE BBQ 2026!

On Wednesday, June 24th, our Activities Coordinator, Kerri Schwindt, led the biggest RWB BBQ + Bingo we have had, with an estimated 200 attendees! This free summer kick-off event is one way we thank our members, donors, volunteers and supporters.



Thank you to all the volunteers, staff, members and community members that helped make this year's BBQ a huge success!



NEW

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:

LEMON CHICKEN SUMMER SOUP | JULY 28
\$12 for Members • \$22 for Non-members

ZUCCHINI PASTA | AUGUST 25
\$7 for Members • \$17 for Non-members

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.



UPCOMING TRIPS

JULY

Arlington Street Fair - 1 Shoe

Friday, July 10 / 10:00AM-2:00PM / \$20 member / \$30 non-member.

Everett AquaSox vs Eugene Emeralds - 2 Shoes

Thursday, July 23 / 11:00AM-3:15PM / \$25 member / \$33 non-member

Bellevue Arts Festival I 2 Shoes

Friday, July 24 / 9:00AM-3:00PM / \$20 member / \$30 non-member

AUGUST

Edgewater Beach to Lighthouse Park & Back - 3 Shoes

Friday, August 7 / 10:00AM-1:00PM / \$25 member / \$35 non-member.

MOHAI Freedom Plane National Tour - 2 Shoes

Thursday, August 13 | 9:00am-2:30pm | \$35member/ \$45 non-member

IMAX Movie & Lunch at Seattle Center - 3 Shoes

Thursday, August 27, 9:00am-3pm, \$10 member/ \$20 non-member + ORCA Card (\$6 senior fee round trip)

Evergreen State Fair - 1 Shoe

Monday, August 31, 10am - 2:30pm, \$20 member/ \$30 non-member

Digital Confidence 101
Learn a little bit more about the digital world.

Mondays from 10am-11am in the Mt Adams room

July 6: Popular Smartphone Apps
July 13: Connecting with Family
July 20: AI for Beginners
July 27: YouTube

Registration required. Max 6 people. Bring your phone and/or laptop.

Beginning in July

Good Life Good Death Cafe
Facilitated by Hope Bowden, Doulagivers 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



»» NEW PROGRAM LAUNCHING THIS FALL



Learn More at:
VOAWW.ORG/OFC

**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

Starting this September

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.

ofccoordinator@voaww.org • 425-232-6002

»» ANNOUNCEMENTS

Carl Gipson Center

New Member Orientation

Come meet us! 2nd Thursdays from 1:30-2:30pm

Explore the Carl Gipson Center and see how you can get involved!

- Meet the Staff
- Connect with the community
- Learn about our programs

Carl Gipson Center
3025 Lombard Ave, Everett, WA

Center Closed on July 3rd and July 4th
The Center will be closed on Friday, July 3rd and Saturday, July 4th in observance of the holiday.

»» RESOURCES



Still using Windows 10? Microsoft has extended security updates for another year, until October 12, 2027. For more information go to this website - <https://www.microsoft.com/en-us/windows/extended-security-updates>

Looking for something? Use *Search*. On iPhone, swipe down from the middle of the Home Screen and type what you need. Apps, settings, web results, all right there. Newer Androids do it, too. Tap the search bar on the Home Screen. You can use this to find and connect to the Carl Gipson Center website that has many useful links.

Need to speak with a real person at Amazon? Go to the Customer Service page. Scroll down and click/tap on "Something else." In the next window, find and click/tap on "I need help with something else." In the chat, type "Request a phone call" and click/tap on the up arrow. You may have to do this more than once until you see a button labeled "Request a phone call." Click on it and fill in your phone number.

Need individual help? Send an email to JimFromCGC@gmail.com or stop by or call the front desk (425-818-2784) to make an appointment on the first or third Thursday of the month between 10:30am and 1:00pm.

»» SPONSORS

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➤➤ GIVING BACK



Carl Gipson Center Volunteer of the Month

Two years ago this month, we celebrated Sherry Steele as our Volunteer of the Month—and here we are, two years later, recognizing her once again! Sherry continues to generously share her time, energy, and enthusiasm with the Carl Gipson Center, and we're so grateful for her ongoing dedication.

Sherry still leads our Genealogy Club, where her passion for family history inspires members to discover their roots and share their stories. She also helps lead Talk Time every Friday at 9:30 a.m., creating a welcoming space where non-native English speakers can practice their conversational English and build confidence.

Whether she's helping someone uncover their family tree or encouraging new friendships through conversation, Sherry's warmth and commitment make a difference every day. Thank you, Sherry, for all you do—we're lucky to have you as part of the Carl Gipson Center family!



Sherry Steele

We ♥ Our Volunteers

If you are interested in becoming a volunteer, please contact our R & E Coordinator to learn more:



Sabrina Willard
swillard@voaww.org
425.212.2924

In-Kind Donations *The Giving of Goods*



Need for July:

Help us keep our coffee station stocked! We need unopened ground coffee to keep our coffee station full! Regular and decaf Folgers is what we prefer, but we are not picky! Drop off your donation at the members services desk.

Volunteer or Paid Art and Music Teacher Needed

The Carl Gipson Center is seeking qualified art and music teachers to help build exciting new programs from the ground up! We're looking for creative, motivated individuals ready to inspire and engage our community.

- ✦ Share your talents
- ✦ Create something new
- ✦ Make a lasting impact

Join us and turn your passion into a thriving program!

If interested, please contact Activities Coordinator, Kerri Schwindt at kschwindt@voaww.org.



LEAVE A Legacy

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 - Back in September!

SERVICES

Chaplain Skip Gipson

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

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

PUD Outreach

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

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 (NEW)

2nd M | 12:15-2PM | Mt. Olympus

Memory Cafe (No meeting in July)

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

New Member Orientation (NEW)

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

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

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 | 10AM-11AM | 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

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

Trivia Time (NEW)

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

Community Yoga (NEW)

S | 9-10AM | Cascade View

Forever Fit

M | 9:30AM-10:15AM | Mt. Rainier

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

Wednesday classes are Video

Friday Floor Yoga

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

Functional Fitness (formerly Chair Yoga)

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

Gentle Karate

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

Hula Dance

Th | 1PM-2PM | Mt. Rainier

Line Dancing *Back in September!****New Beginners***

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

Beginners

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

Strength & Stretch

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

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