



# GIPSON GAZETTE

NEWS FROM THE CARL GIPSON CENTER

JANUARY 2026 | MEMBER & PARTNER EDITION | VOL. 48

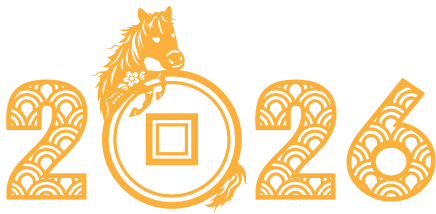
## UPCOMING EVENTS

### Property Tax Exemption Speaker

- 1/5/2026

### MLK March and Rally

- 1/19/2026



## GIPSON PROFILE

*Mitchelle Harvey*



*Raised in Bremerton, WA, Michelle Harvey raised four kids, often as a single mother. She became the first person in her family to earn a college degree, and currently serves in grants management for the Human Services Department of Snohomish County. She married her husband, Willie, in 2012 at Second Baptist Church in Everett, with the late Carl Gipson in attendance. A member of the Carl Gipson Center, she enjoys lunch, speakers, and people watching and mingling. As she says: "Everybody has a story worth telling."*

*Mitchelle took time to write her own story in "Modern Conversations of a Slave Mother: Empowering and Nurturing the Hearts of Mothers, Insights into the African-American Experience." The following is an excerpt of her book:*

As the MC announced the next speaker [at the Blacks in Government Learning Conference in Tacoma], a third of the audience got up and left the room. Great, I thought, now it is my turn. I walked up the stairs and approached the podium. I purposely walked slowly to give time for the noise level to settle and give those leaving time to go. I stood facing the crowd that had dwindled from about 500 to approximately 300 and grabbed the sides of the podium. I looked around this room filled with highly educated professionals from all walks of government. The attire was black tie, and the sight was



**450+**

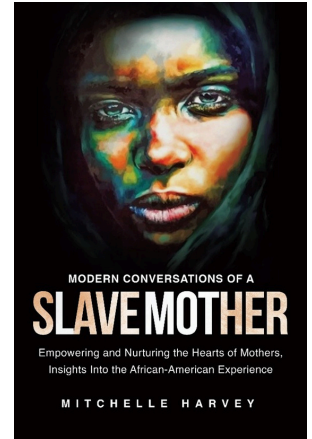
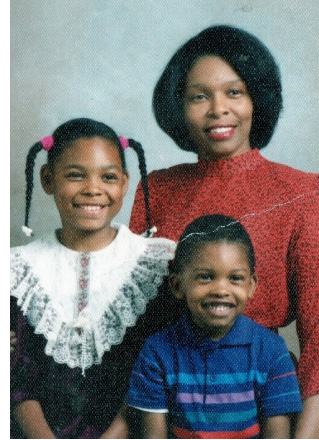
Attendees at our 2025 Wintertide Festival,  
featuring local school and volunteer musical acts  
and four partner agencies.

## (GIPSON PROFILE | Dawn Bergesen cont'd)

awe-inspiring. I thought about what everyone here had gone through to get to this point in their careers. As the room became quiet, I heard myself begin to talk....

“Good evening, dignitaries, guests and members. My name is Mitchell Honore, and I am the newest recipient of the Blacks in Government scholarship. I am working toward a Bachelor’s Degree in Workforce Education and Development at Southern Illinois University on Naval Base Bangor. I am a single mother of four children who now have an example of education’s importance. Believe me, when I ask them if their homework is done, there is no excuse good enough.” I paused as the crowd laughed out loud.

“When I was asked to speak to you, I really didn’t know what I could say. But when I thought about it, I realized I could tell you my ‘why.’ Why did I quit my state job to go back to school? Why was it so important to me that I intentionally decided to get on welfare to get this degree?” I paused as some people reacted to that statement. Welfare still has a stigma. “Well,” I continued, looking around the room, “like many women, I have court-ordered child support that I am not receiving. I don’t know



if I will ever receive it. However, I still need to be able to support myself and my children.” I noticed that the sound of forks hitting plates stopped, as people stopped eating. “I began to think of the reasons that people get higher degrees,” I continued. “There are as many reasons as there are people in school.”

...”So,” I continued, “The more education one has, the larger the sphere of influence...My degree will allow me to influence my family, my children, my church community, corporate training, and beyond, made possible with help from you. Thank you all.”

Mitchelle’s book is available at <https://mitchelleharvey.com> and through Amazon.

## NEW FOR ALL ACCESS MEMBERS

**NEW!** **TAI CHI CLASS**  
INSTRUCTOR: ED PUTNAM

*First Class January 8, 2026*

**THURSDAYS STARTING AT 1PM**

Join our gentle, once-a-week Tai Chi class designed specifically for seniors seeking better balance, flexibility, and peace of mind. Each session focuses on slow, flowing movements that are easy to follow and can be adapted for all mobility levels.

**NEW!** **FRIDAY YOGA**

Join us for a new weekly floor yoga class designed to:

- improve strength
- flexibility
- and relaxation

This class welcomes all experience levels and has the option to do all movements from a chair.

**FRIDAYS FROM 8:30-9:15AM**  
Location: Carl Gipson Center – Cascade View • Instructor: Nomi Hershman



## NEW

**NEW!**

# BOOK CLUB

Join our new Book Club for lively conversations, fresh perspectives, and the joy of reading together.

**Starting January 15, 2026**

**3<sup>rd</sup> Thursdays of the Month starting at 1pm**

Lead by: Nomi Hershman

Meet us in the Carl Gipson Center Alcove

It's **free** to join and open to all!

Each month, we'll explore a different book—ranging from timeless classics to engaging contemporary stories. Whether you're an avid reader or just looking for friendly company, all are welcome to pull up a chair and share in the fun.

# NEW BEGINNER CLOGGING CLASS

Wear comfortable clothing and shoes.  
You do not need special shoes for this class.

SATURDAYS | 11AM - 12PM | CASCADE VIEW



Classes will be taught by Karen Miller

# CRAFT CLUB

This monthly craft class offers a fun, relaxed space to explore creativity and enjoy social connection. Each session features a new hands-on project using different materials and techniques, allowing participants to experiment, express themselves, and leave with something they've made in class. 10 person maximum

Instructor: Susan Trammell

**4th Thursdays | 1PM - 3PM | Mt. Adams**

**ONLY \$5**



## Village Taphouse and Grill in Marysville | 2 Shoes

Thursday, January 15th | 11:00AM–2:00PM

\$12 member/\$22 non-member

## Bakery Crawl | 2 shoes

Thursday January 29th | 11:00AM-2:00PM

\$12 member/\$22 non-member

ICCFS Kinship Alliance Snohomish County

## Monthly Kinship Caregiver Support Group

**When:** Every 4th Thursday  
**Time:** 10:00am-11:30am at  
**Where :** Carl Gipson Center

Kinship care is when children and youth live with relatives, such as aunts, uncles, grandparents, siblings, extended family, or fictive kin (those known to the family).

For more information call 425-494-2290.  
<https://www.iccfs.org/kinshipsnoco>

a program of: InterCultural Children & Family Services

funded by: Collaborative Action Network  
CONVENED BY NORTH SOUND ACH

in partnership with: CARL GIPSON CENTER

## UPCOMING CLASSES:

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

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**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

**COOKING CLASSES**  
with Gul Subaykan

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.

## »» SPEAKERS & HEALTHY LIVING PROGRAMS

### 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!

## »» UPCOMING EVENTS

### Building Community: The Dream & The Work



2026  
*Greater Everett Area  
Community Celebration*



**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 &  
VOAWW Carl Gipson Center,  
3025 Lombard Ave. Everett WA. 98201

Please note:  
The Center will be closed  
**Monday January 19<sup>th</sup>**  
in observance of  
Martin Luther King Day





## » RESOURCES

### Tech Bytes

with Jim Hagglund

## Help Me See Clearly Now

Having trouble seeing icons and words on your smart phone? My thought bubble says, “the folks who design this stuff must have much younger eyes!” For example, Apple recently rolled out an update with great fanfare about their new “gorgeous liquid glass” design that features a semi-transparent look. For me, it made it harder to read things. Additionally, phones from Apple and other manufacturers often use what I call “teeny type.”

You can adjust these and other things by tapping the “Settings” icon on your phone. Once you have Settings open, one way to get to specific settings is to use the “Search” feature inside Settings. Here are some words to search that bring up several settings:

- Size – To set the size and “boldness” of text
- Colors – To set the color of the display and text
- Brightness
- Theme – Non-Apple devices
- Liquid Glass – Apple devices – Set to “Tinted” to improve visibility of text and icons

To change “liquid glass” on the “lock” screen on an iPhone, press and hold your finger on the screen until the word “Customize” appears at the bottom of the screen.

Need more help? On the first and third Thursday of each month I do one-to-one tech help sessions between 10:30 and 12:45. Register for an appointment online at <https://www.voaww.org/gipson-center>, at the front desk, or by sending a text or email message to [JimFromCGC@gmail.com](mailto:JimFromCGC@gmail.com).




### Free Diabetes Detection Screening

Offered by: Diabetes Association of Pierce County

**Tuesday, 1/20 (11am-12pm) & Thursday, 2/19 (11am-12pm)**

- ✓ Must be 18 years or older
- ✓ You do NOT need to fast beforehand
- ✗ NO appointment necessary
- ✓ Results given right after the test

Hosted at the  
**CARL GIPSON CENTER**  
3025 Lombard Ave, Everett

Please note, the screening will be cancelled and rescheduled if weather or driving conditions are bad, eg. snow or ice.



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



Learn more on our website [bit.ly/WATaxRelief](https://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

LSC  
PUGET SOUND



Support provided by

**AARP**

## » RESOURCES



PIM Savvy VITA will host a Volunteer Income Tax Assistance (VITA) site at the Carl Gipson Center for the 2026 tax season. Over the past two tax seasons, the VITA site at the Carl Gipson Center has filed hundreds of federal returns, and all returns were prepared by IRS-certified VITA volunteers. PIM Savvy VITA is thrilled to return for a third year in a row to provide free tax preparation services for taxpayers.

PIM Savvy will host 2026 VITA events at the Carl Gipson Center on the following Mondays: 2/23, 3/2, 3/16, 3/23, 3/30, and 4/13. VITA appointments for these events and other VITA events will be available to book in early February at [pimsavvy.com/vita](https://pimsavvy.com/vita).

### What is VITA?

The VITA program offers free tax help to low and moderate-income families, older adults, and people with limited English proficiency. Volunteers receive free IRS-certified training, onboarding from PIM Savvy's VITA team, and mentoring onsite to ensure they are prepared and ready to participate in PIM Savvy VITA tax events. The VITA program is an invaluable service that makes a real difference for local families.

### Volunteers Needed

Volunteering with PIM Savvy VITA at the Carl Gipson Center is a great way to give back to the local community. No prior experience is required, and volunteers are not obligated to commit to a minimum number of hours.

PIM Savvy VITA is looking for volunteer greeters, interpreters, intake/interviewers, and tax preparers. PIM Savvy VITA will help interested volunteers sign up and register for the VITA program, and all volunteers will become IRS-certified through free online training.

For more information about becoming a PIM Savvy VITA volunteer, email [vita@pimsavvy.com](mailto:vita@pimsavvy.com) with the words "VITA Volunteer" in the subject line.





## » GIVING BACK

### Carl Gipson Center Volunteer of the Month

Kristi became a member of the Carl Gipson Center community several years ago, first joining us through our fitness classes, where she quickly became a regular. Over time, she expanded her involvement, tried new activities, and formed many meaningful friendships.

Recently, Kristi stepped into a new role as our Wednesday front desk volunteer. We truly value having her in this position. Her cheerful demeanor and welcoming smile create a positive first impression for everyone who walks through our doors. Her presence on Wednesdays allows staff to hold their weekly meetings without interruption, knowing the front desk is in excellent hands.

We are incredibly fortunate to have Kristi as part of the CGC community and deeply appreciate her dedication and contributions.



**Kristi Hammer**

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



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

*We ♥ our  
Volunteers*



### 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.

*Cheers  
to a  
New Year*

### FOOD DRIVE

your donation  
♥ helps ♥  
families in need

### 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



## » 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

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

F | 10AM-12PM | Garage Lobby

#### 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

*Lou Ann Carter, MSW, LICSW*

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

*Appts: at Membership Desk*

*or 425-818-2784*

#### PUD Outreach

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

#### Reiki Massage

3<sup>rd</sup> 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

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

#### Brain Injury Support Group of Snohomish Co

1<sup>st</sup> Th | 1PM-2:30PM | Mt. Olympus

#### Current Issue Discussion Group

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

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

#### 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 *Registration Required*

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

#### 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  
Tu,W,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



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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](https://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*