

THE GIPSON GUIDE

The Carl Gipson Center is Everett's hub to connect with others, engage in healthy activities, and thrive.

Seniors (50+) are welcome during all operating hours, and the Center also serves veterans, individuals with disabilities, underserved communities, youth, immigrants and families.

Members under 50 years old are welcome to participate from 2-5:00PM, M-Th, and on Saturdays from 8:30am - 3:00pm



3025 Lombard Ave
Everett WA 98201
425.818.2784
voaww.org/gipson-center
Open M-Th 8:30am-5:00pm | Sat 8:30am-3pm

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Membership



The Carl Gipson Center offers two types of Memberships:

- ▶ **Regular: \$40/year**
Includes amenities, most activities, and an annual one-on-one Wellness Coaching session
- ▶ **All-Access: \$10/month; \$110/year if paid in full**
Includes Group Exercise classes, Table Tennis, one-on-one quarterly Wellness Coaching, rental discounts and more

Free guest passes are available for all members, with 3 passes for Regular Members and 6 passes for All Access Members per year.

Youth Members must be accompanied by an adult (18+) at all times. For more information on cost & activities, visit Member Services or see "Membership Rates" resource.

Amenities & Offerings

- Daily lunch provided by Homage (may require fee depending on income): M-Th; Friday to-go
- 8-piece adaptive cardio equipment & free weights
- Glacier Peak billiards room
- Game & puzzle room
- Lending library
- Free WiFi
- Free coffee & tea until noon each day
- Free treat each Tuesday from 9-10am
- Parking tag included with membership



Trips

The Gipson Center offers trips to nearby and far-off destinations, such as the Schack Arts Center, Village Theatre, Pike Place Market, or Tulalip Resort and Outlet Mall.

Gipson Speaker Series

On most Wednesdays at lunch we host speakers from throughout our community, such as elected officials; civic, nonprofit & business leaders; and experts in subjects important to our community.

Room & Venue Rentals

We offer over 20,000 ft sq of unique space and seven different rooms for rent, including our spacious Cascade View dining hall with a stage, kitchen, and maximum capacity of 400. See website for rates and host your next event at the Gipson Center!



Exercise & Movement

Forever Fit

This low-impact class incorporates cardio, strength training, and balance work to provide total body conditioning. Chairs are provided for balance assistance. Join the fun and improve balance!

- M, T, W & Th | 9:30-10:15AM | Cascade View

Chair Yoga by Karen

Increase flexibility, balance and range of motion as you move through a series of seated and standing yoga poses. Taught by Karen Hatcher. Chair support is utilized.

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

Chair Yoga by Cora

Increase flexibility, balance and range of motion as you move through a series of seated and standing yoga poses. Chair support is utilized. Taught by Cora Koffski.

- T & Th | 10:30-11:15AM | Cascade View

Strength & Stretch

Join Cora to improve strength, balance and flexibility.

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

Tai Chi & QiGong

Reignite your well-being through gentle movement with the instructors from Everett's Body & Brain Yoga + Tai Chi

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



Table Tennis

Enjoy great company and a little friendly competition with table tennis! Improve your coordination, balance, and speed while playing on one of five professional tables.

- M, W: 9AM-3:30PM, Sat 9AM-3PM | Mt. Baker + Mt. St. Helens

Learn to Clog Dance - Beginner

Learn the basic steps in this introduction to clogging class! Clogging combines folk dancing, tap dancing, line dancing and Irish step.

- Sat | 11:00AM-12:00PM | Mt. Rainier

Clog Dance - Intermediate

Clogging combines folk dancing, tap dancing, line dancing and Irish step. Dancing is performed to folk, bluegrass, country western, pop and vintage R&B music.

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

Hula Dance

Imagine energizing island breezes as you dance the hula with experienced and novice dancers.

- Th | 1:00-2:00PM | Mt. Rainier

Bingo & Entertainment



Member Bingo Join the fun! Prices per game vary.

- 1st and 3rd M | 12:30PM-3:00PM | Cascade View

Saturday Dance Live music and dancing.

- Monthly on Saturdays | 12:30PM-3PM
- \$5 for members, \$10 for non-members
- Check Member Services for dates

Carl's Cinema

- Th | 12:00PM-2:00PM (Run times vary)| Cascade View

Community Bingo

- Community Bingo is open to all in the community | Cascade View
- Check Member Services for upcoming dates



Inclusion Jam Project

Connecting the generations through music. Come jam with this welcoming group. All ages & skill levels welcomed. Participants encouraged to bring their own instruments.

- Sat | 10:00AM-12:00PM
Cascade View
- (Does not meet 1st Saturday of month)

Personal Services

Chaplain Skip Gipson

- 2nd & 4th Tu | 9:00AM-1:00PM | Lobby

Wellness Coaching

Members may sign up for 45-minute Wellness Coaching: Regular Members: once/year; All-Access Members: quarterly. By appt.

Statewide Health Insurance Benefits Medicare Advising (SHIBA)

Tom Russell from SHIBA provides one-on-one assistance with health insurance benefits.

- 2nd & 4th W | 10:00AM-12:00PM | Mt. Olympus, schedule at Member Services desk

Molina Medicare Advising

- 1st Tu & 3rd W | 9:30-11am | Lobby



Mental Health Access

In-person mental health support is offered to Snohomish county residents age 60 and over.

- Homage | 1st & 3rd Th | 9:40AM-1:30PM | To make an appointment, contact Nancy Brosemer at 425-290-1246.
- Lou Ann Carter, MSW, LICSW | 3rd Sat of the month | 9:00AM - 12:00PM | To make an appointment, visit or call the Member Services desk: 425-818-2784

Tech Help – Phones, Tablets and Laptops

- Jim Hagglund | 2nd Th | 11:30AM-11:30PM | Mt. Olympus
- Maricel Halmo: “Outsmart Your Smartphone” | 4th Th | 10:30 – 11:30 | Mt. Olympus

Coffee with Elder Abuse Advocate

- 2nd & 4th Th | 9:00-11:00AM | Lobby

Coffee With Craig: Visit with VOA's Behavioral Health Dept. Leader Craig Keger

- Mondays | 9-11am | Lobby



Classes, Clubs & Games

Book Club

2nd M | 12:30-2:30PM | Mt. Adams (3-Month Session; Check Member Services for dates)

Ceramics

Create art and practical pieces, along with new friendships.

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

Craft Group

Stop by for a craft project! All materials provided by instructor Judy Lewis

- 2nd and 4th Sa | 10:00-11:30AM | Mt. Adams



Cribbage

Play card game in which each player tries to form various counting combinations of cards

- T | 9:30-11:00AM | Game & Puzzle Room

Duplicate Bridge

Engage your memory and concentration while enjoying social interaction!

- W | 10:30AM-3:00PM | Mt. Rainier

Hand & Foot Canasta

Come have fun flexing your memory and concentration!

- T 9:30-11:30AM | Th 10:00AM-2:00PM | Table Near Game Room



Knit & Crochet

Create your unique piece of art and practical items!

- Th | 10:00AM-1:00PM | Table Near Game Room

Party Bridge

Exercise your memory and concentration while engaging in friendly game play. Party Bridge does not require a partner.

- Th | 12:00PM-3:00PM | Mt. Baker

Woodcarving

Carve out a little time to help wood reveal its secrets.

- Th | 1:00-3:00PM | Mt. St. Helens



Genealogy Club

Interested in the story of your ancestors? Learn & practice research techniques.

- 1st Wed of Month | 1:00-2:30PM | Mt. Olympus

Project Linus

We provide handmade blankets for children in hospitals, domestic violence centers, in foster care.

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

Conversation, Fellowship & Support

AA

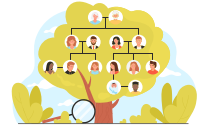
AA is an international fellowship of individuals supporting each other to maintain sobriety.

- Tu | 1:00-2:00PM | Mt. Olympus

Al-Anon

This meeting is for anyone worried about a loved one struggling with addiction.

- Tu | 11:00AM-12:00PM | Mt. Olympus



Alzheimer's Association Care Giver Support Group

Join us to discuss the challenges and experiences related to caring for someone with Alzheimer's.

- 1st and 2nd Sa | 10:00am-12:00PM | Mt. Olympus

Black Elders Community Outreach Group by Homage

Join this community for fun and activities each Tuesday.

- Tu | 10:00AM-1:00PM | Mt. Baker



Current Issue Discussion Group

Join a respectful discussion and exchange of ideas.

- 1st & 3rd Th | 1:00-2:30PM | Mt. Adams

Healthy Relationships Discussion Group

Practical approaches to healthy relationships with a family member, spouse, friend, or caregiver.

- 2nd & 4th Th | 11:45AM-1:15PM | Mt. Olympus

Snohomish County Brain Injury Support Group

Have you suffered a traumatic brain injury? Join for support.

- 2nd Sa | 1:30-3:00PM | Mt. Adams

Veterans Support

All veterans welcome. Join Xon Baker for conversation, fellowship and support.

- 2:00 – 3:00 PM | 2nd Tuesday of Every Month | Mt. Baker



Annual Events

Gipson Volunteer & Donor Appreciation Dinner

- 4th Thursday of October | 5:00 - 6:30PM | Cascade View



Veterans Day USO Dance

- Veterans Day | Cascade View

Everett Firefighters Association Thanksgiving Feast

- Sunday Before Thanksgiving | Serving Times Vary

Wintertide Celebration at the Gipson Center

- 2nd Saturday in December | Schedule TBA



Everett Police Officers Association Holiday Feast

- 2nd Sunday in December | Meal Serving Times Vary

MLK Jr. / Prodigies of Peace Celebration, led by Snohomish County Black Heritage Committee

- MLK Jr Day; third Monday in January

Red, White & Blue BBQ

- Last Wednesday of June

4th of July Parade

- Look out for more information in the Gazette



Community Programs



Everett Public Schools Transitions Class

Gaining Ownership of Adult Lives, or "GOAL," is a program for 18–21-year-old students with special needs, designed to be a link between high school and adult life. Contact Terri McAllister | tmcalister@everettsd.org | 425-428-6672



Talk Time: Conversational English Practice

Open to all adults learning English as a Second Language. Over a cup of coffee or tea, practice English with volunteers each Friday from 9:30-11AM.

Free | No Membership required.

Volunteer Opportunities

Volunteers are the heart of the Carl Gipson Center community. Consider giving back through one of these opportunities:

- Activity, Class, or Club Leader
- Member Bingo or Community Bingo Volunteer
- Member Services Volunteer: afternoon shifts.



Interested? Visit volunteer.voaww.org/ to learn more or connect with Operations Manager Gul Subaykan. All volunteers must complete volunteer registration and background check prior to volunteering.



Questions?

For Up-To-Date Activity, Event, Volunteer & Membership Info, connect with **Operations Manager Gul Subaykan**
gsubaykan@voaww.org | 425-818-2744

SUBSCRIBE

Subscribe to the Gipson Gazette and get news in your inbox every month! Email Director Cory Armstrong-Hoss at carmstrong@voaww.org to add your name to the email list.



Find us on Facebook!
[@gipsoncenter](https://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.