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.
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.

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.

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!
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
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.
• Quarterly on Saturdays | 12:30PM-3PM
• Check Member Services for dates

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

Bingo & Entertainment

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 & 4th Th | 10:30AM-11:30AM | 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

Cooking with Gul
Try an array of recipes with our special “Chef Gul.” All ingredients will be supplied.
- Check the latest Gipson Gazette or check with Member Services for dates and times.

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 & Th | 9:30AM-3:00PM | Table Near Game Room

Knit & Crochet
Create your unique piece of art and practical items!
- Th | 10:00AM-1:00PM | Table Near Game Room

Osteoporosis Group
Registered Nurse Elaine Henderson will be leading discussions about Osteoporosis and how to maintain strong bones and prevent fractures.
- 1st Th | 12:00PM-1:00PM | Mt. Adams

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

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 | Meal 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. Rally, 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@everettisd.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 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

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