



The Gipson Gazette



January/February 2017

Key Dates at a Glance:

See details inside

Dances:

- January 14 & 28
- February 11 & 25

Special Events:

- January 21 Everybody's Closet
- February 7 Mayor's Coffee

Van/Bus Trips:

- January 3- Trip sign-up day
- January 5 Ride Around the Sound- Museum of History & Industry
- January 25- Mystery Trip
- February 1- Trip sign-up day
- February 9 Ride Around the Sound- Attic Secrets Tea Room
- February 15 & February 24 Mystery Trips

The Carl Gipson Senior Center of Everett

3025 Lombard Ave | Everett, WA 98201 | 425.257.8780

www.everettwa.gov/seniors

Happy New Year!

We are so thankful to have spent the holiday season with you, our extended family. It's a new year and with it comes some new things to celebrate! As you know, we have new bathrooms which were completed in August. We also have a new Director, Bob Dvorak. On November 4th we welcomed a new baby boy into the fold, Malachi, born to Jina our cook! Thanks to that, we have two new

substitute cooks, Angela and Melody, who have been doing a wonderful job making delicious lunches. Please welcome them!

Even with these changes, we take comfort in the stability of the "old" here at the center: longstanding friendships, reliable activities and games, birthday cake the 1st Wednesday of the month from Garden Court (yum!), and the warmth of the

library fireplace. As the weather changes, please be careful out there! The center will not open when the Everett Public Schools close due to inclement weather. Please watch your local TV news station, listen to the radio or call our voice mail message at 425-257-8780 before risking an unnecessary trip into the Senior Center.

We wish you all a happy, healthy 2017!



Project Linus: Comforting Children in Need

If you can tie a knot you can help make quilts for traumatized children, according to Project Linus group leader Diane Campbell. It all started with one woman who made a blanket for a very sick child, after reading an article about how a little girl's blanket had helped her while she went through chemotherapy. The blanket wrapped the child in a hug giving a sense of security. Thus in 1995, Project Linus began with the mission to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need, through

the gifts of new blankets lovingly crafted by volunteer "blanketeers." Project Linus was named after the adorable security blanket toting character from the Peanuts comic strip. Creator Charles Schulz was aware of these efforts and delighted to have Linus inspire blanket makers to help comfort children in need.

To date, these wonderful volunteers have created over 21,000 blankets for children in Snohomish County, donating to hospitals, sexual abuse centers, domestic violence centers, Foster Care and the like. Anyone can

participate. ...no experience necessary!

Please join the Project Linus group at the Senior Center on the 2nd Tuesday of each month from 12:30 – 2:30 pm in Craft Room 1. Donations of fabric and yarn are greatly appreciated!

For more information call Diane Campbell, Coordinator, 425-252-4524.

Project Linus
Providing Security Through Blankets





*Bob Dvorak, Senior
Center Director*

City of Everett Carl Gipson Senior Center Staff

Senior Center Director
Bob Dvorak

Director - Parks, Recreation
and Community Services
Department
Lori Cummings

Program Coordinator
Eric Wollan

Admin Assistant
Lisa Harrison

Office Specialist
Marian Johnson

Student Assistants
Brayton Dickey
Josh Hammond

Building Caretaker
Darrell Thurston

Coach's Corner

From the Desk of the Director

It is sometimes difficult to express how enthusiastic one is in a new position after being on the job for a couple of short weeks. Fortunately, the Members, Volunteers, and Staff have made it easy... as easy as the sales that happened at the Holiday Bazaar. I am thrilled to be a part of the CGSC Family, and to join a solid team providing more than 60 programs every month and lunch every day to our members. While I have many roles as your Director, none are more important than serving the needs of our seniors.

Some of you may know of my background, but for those who don't, I will give you the 50 cent tour. My wife Chris (a familiar face at a Snohomish retailer and avid volunteer for the local charities), and I have been married 41 years, right out of high school in Iowa, lived 23 years in Texas, and moved to Snohomish in 1999. We have a 30 year old son who has a passion and a job for helping animals, and a 28 year old daughter who, after graduating from UW (Go Dawgs!), has made a name for herself in the business world. We also raised our oldest daughter, born with special needs, who became a woman to live independently. I previously coached girls "select" basketball for over 10 years, and I am an avid college sports fan. NCAA March Madness is the best time of year in sports. Chris and I like to take day trips within the state and follow the high

school sports teams. I enjoy movies from science fiction to thrillers to comedy. I prefer cake or cookies over pie and Pepsi over Coke.

They say the only constant is change. Rest assured, we are not changing what we do, who we are, or what we provide. If something can be improved, then we will "change it." But change for the sake of change is unproductive. An avid Clint Eastwood fan, I like to replicate the GOOD, fix the BAD, and eliminate the UGLY. We want the center to be everything you want it to be. Does this mean we can do everything that everyone wants? Of course not. Will we have to occasionally make tough choices picking and choosing the best available option? Of course. But with informative input and due diligence, we hope to always make the best decision for the Center and its members.

Also, as you get to know me, you will see that I am very easy going. My previous staff would claim I am a bit of a prankster. I like to enjoy life and I like to have fun while I work. I like talking with you at lunch, or in the hall, or if available in my office. As I said, I am thrilled to be here, and feel it is an honor and privilege to be a part of your day. Thank you for making me feel welcome.

Director Bob

In Memoriam

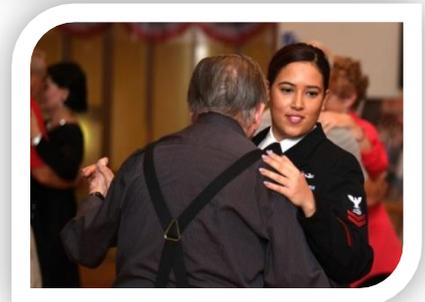


Phil Thompson
Fred Blish

***Would you like this newsletter
mailed to your home or email
address? Let us know!
Just stop by the staff counter.***

Recent Special Events

11th Annual Veterans Day USO Dance Memories



Thank you again to our sponsors of this event:

1st Reverse Mortgage USA
 Abbey View Memorial
 & Lifetime Celebrations
 Bellevue Healthcare
 Bethany of the Northwest
 Foundation
 Brookdale
 Cascade Rehab
 Cascadian Place
 Chateau Pacific

Edward Jones (Hewitt Avenue)
 Everett Clinic
 Garden Court
 Golden K Kiwanis Club
 Grandview Village
 Harbour Pointe
 Ladies Auxiliary Old Guard
 Post 2100 VFW
 Marysville Care Center

Pacific Capital Resources
 Right At Home
 Roy Robinson Chevrolet-Subaru
 Sunrise Services
 Sunrise View Retirement Villa
 Synergy HomeCare
 TOPS Wash. No. 325
 Walden Insurance Services
 Washington Oakes

Recent Special Events

Firefighters Thanksgiving Dinner- November 20



Firefighters working the kitchen to serve a traditional Thanksgiving dinner



Family members of all ages helped serve the seniors



Get your own stuffing, this is mine!



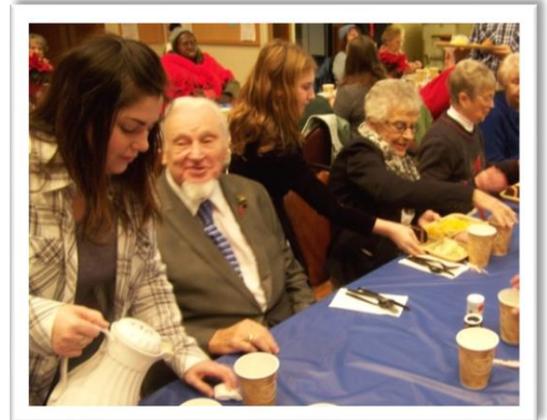
We had a great turn out for every seating. Thank you for coming!

Recent Special Events

Police Officers Holiday Dinner - December 11



Eagerly awaiting the holiday feast, seniors enjoyed a traditional ham dinner with all the trimmings.



Proud papa!



There's nothing better than dinner with friends...and being served!



Now that's a dessert ☺

Upcoming events

Join in on the fun at our Saturday Dances

January 14 & 28 | February 11 & 25, 1:00 - 3:00 pm

Music provided by Lauren Petrie includes Fox Trot, Swing, Cha-cha, Waltz, Rumba, line dancing and more. Must be 50+ to attend. \$5 admission. *Refreshments provided by Brookdale Senior Living Solutions.*



Don't Miss the Mayor's Coffee Hour

Wednesday, February 7, 10:30 am

You are cordially invited to enjoy coffee and conversation with Mayor Ray Stephanson. He will speak about key issues of the city and answer any questions you may have. *Refreshments provided by Cascadian Place*

Get Healthy Advice from Special Guest Speakers

January 20, 10:00 am-- Speaker: Stress management and Healthy Aging

- Carol Teichgrab, Senior Services, Mental Health Outreach Specialist

February 10, 10:00 am-- Speaker: Heart Health

- Greg Lawson, Providence Cardiac Rehab



Find your Treasures at the next Everybody's Closet!

(gently used clothing, free of charge)



Saturday, January 21, 10:00am-2:00pm

Carl Gipson Senior Center MPR

OPEN TO ALL MEMBERS AND THE PUBLIC

Clothing for men, women and children

"We are not called to be social workers;
We are not called to be door mats;
We are called to be brothers and sisters"

In other news...

3 hole in ones in one day?!!! Congrats Wii golfers!

Believe it or not, three of our golfers got a hole in one on the same day! On December 1st, Ernie Arnold got a hole in one on the 4th hole of Wii golf. Paul Miller was next and he got a hole in one, followed by Gary Haddenham. What a rare event!



RIDE AROUND THE SOUND

Public Bus Travel
Training Trip

Free Bus Transportation

Thursday, January 5, 9 am: Museum of History and Industry

- Location: Seattle
- Free admission to museum
- Walking: approx. 4 blocks one way/8 blocks round trip
- MOHAI CAFÉ: Bring money for food or shopping!
- Café has sandwiches, salads, desserts, espresso, wine & beer.

Thursday, February 9, 10:30 am: Attic Secrets Tea Room

- Location: Marysville
- Walking: approx. 3 blocks one way/6 blocks round trip
- Thursday is Golden Girls lunch special for \$11.95. Includes your choice of half sandwich, soup or salad, a pot of tea & Bundt cake.

Sign up at the staff counter

Computer Classes

Each Class is \$15. All scheduled from 11 am - 2 pm in the computer lab. Instructor: Lynne Davis 425-258-1931. Must have 2 registered and paid participants for each class.

- Jan 5 Computers: Getting Started
- Jan 10 Fix Your Photos
- Jan 18 Cellphone Helper *New!*
- Jan 24 Email for Everyone
- Feb 8 Computers: Getting Started
- Feb 15 Make Your Own Coloring Pages *New!*
- Feb 23 Beginning Windows 10
- Feb 28 Intermediate Internet





Calendar Overview

January - February



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| January 2 | Holiday Closure (New Year’s Day observed) |
| January 4 | Birthday Cake 11:45 am (donated by Garden Court) |
| January 5 | Ride Around the Sound: Museum of History & Industry, Seattle |
| January 14 | Saturday Dance, 1-3 pm |
| January 20 | Speaker: Stress Management and Healthy Aging, 10:00 am Entertainment: Gary Lee Hood |
| January 21 | Everybody’s Closet 10 am – 2 pm |
| January 25 | Mystery Van Trip! |
| January 26 | Wii Bowling trip to Edmonds Senior Center |
| January 27 | Health News Round-up |
| January 28 | Saturday Dance, 1-3 pm |
| February 1 | Birthday Cake 11:45 am (donated by Garden Court) |
| February 7 | Mayor’s Coffee Hour 10:30 am |
| February 9 | Ride Around the Sound: Attic Tea Room, Marysville |
| February 10 | Speaker: “Heart Health”, 10 am |
| February 11 | Saturday Dance, 1-3 pm |
| February 14 | Valentine’s Day- Lunchtime entertainment |
| February 15 | Mystery van trip! |
| February 24 | Mystery van trip! |
| February 25 | Saturday Dance, 1-3 pm |

Senior Center Membership

Membership is free of charge; must be age 50 or older and complete a registration form.

Center Hours

Monday-Friday 8:30 am – 4:30 pm

Wednesday 8:30 am – 8:00 pm

Saturday 8:30 am – 4:00 pm



Visit us at:

www.everettwa.gov/seniors