



Gresham Senior Center

CELEBRATING 55 YEARS... ENRICHING LIVES OF PEOPLE 50 & BEYOND

**ALL ARE WELCOME TO
GSC Board Meetings
Wednesday, Jan 17,
Feb, 14, 2024
6pm - 7pm**

**Jan/Feb 2024 Edition
Gresham Senior
Center**

600 NE 8th, Room 130
(corner of 8th & Kelly)
Gresham, OR 97030

**GSC Boutique & Gift
Shop**

Monday-Friday
10:00am -2:00pm
503.988.8388

**Office Hours
Monday - Friday
8:30am-3:00p**

**Reception
503.988.4870**

**Travel Desk
503.988.9897**

**Closed
January 1 & 15, 2024
February 19, 2024**

**Save these Dates
Retirement Party for
Terry
Jan. 10, 2024 &
Estate Planning
Jan. 12, 2024.
Wellness Resource Fair
Jan. 31, 2024**

The Gresham Senior Center relies on donations, fundraisers and daily classes in order to operate and pay our monthly expenses for rent, employee salary and benefits, taxes, insurance, office equipment, phone and internet service and other expenses. Multnomah County has provided a significant discount on our leased office and gift boutique space and the City of Gresham has donated funds through their Parks & Recreation group to assist with our programs. We have not received any financial consideration from Troutdale, Wood Village or Fairview even though their seniors utilize our facilities. **We express our sincere thanks and appreciation to all of the individuals and businesses for their donations in order to keep the GSC operating. We continue to offer additional classes, activities and events.**

WELLNESS RESOURCE FAIR WEDNESDAY, JANUARY 31, 2024 10:00 am to 2:00 pm

**Come to the Wellness Resource Fair and meet with Care Facilities,
Senior Living, Health Care, Transportation Services, Health Clubs,
Financial Institutions, Insurance Companies, Meals on Wheels,
Gresham Senior Center Representative and more.**

**Gather needed information to be able
to make informed decisions.**

***Door Prizes & Refreshments**

**No Appointment Needed just come in
and join the fun!**



**Gresham Senior Center
600 NE 8th St. Gresham, OR 97030
503-988-4870 or 503-988-9897
greshamseniorcenter@frontier.com**



***Do not need to be present to win a door prize.**

WELCOME TO OUR NEWSLETTER



Our Mission:

Gresham Senior Center increases senior citizens' ability to remain involved and active in the community. We offer education, recreation, health, and social programs to serve seniors and their families in East Multnomah County.



GSC BOARD OF DIRECTORS

Paul Nasiatka:	President
Mizeta Moon	Vice President
Sandra Sherman	Treasurer
Nancy Quarles	Secretary

Members At-Large

*Bernie Walter, Brett Lange,
Jessica Andrus, Ben Chumov, Jenny Coulter,
Bradley Barker, Karen Highfield,
Dave Stephenson,*

Lezlie Crosswhite, Program Manager
info@greshamseniorcenter.com
503-988-4870

FROM THE PRESIDENT JAN.-FEB. 2024

Well, we made it through another holiday season. Both Christmas and New Year's Eve are a thing of the past. It's time to settle down through the cold and rainy, *maybe snowy* days of January & February. This will give us a chance to catch up on inside chores, house cleaning and sorting through items that we no longer need but could be happy going to a new home.

As mentioned in the previous Newsletter, Terry Pullen has retired as Program Director. However, she will still manage travel arrangements for the GSC. So, she will still be around assisting with your travel plans.

Her replacement as Program Manager is Lezlie Crosswhite. Lezlie comes from the East coast but has settled in nicely with the Gresham community. Her previous experience was as a director of a non-profit dog rescue organization and has extensive managerial experience with volunteers regarding care, adoption, and well-being of dogs. She has also worked with social media, computer-based data files and advertising flyers and posters. She was also involved in fundraising opportunities and financial aspects of a non-profit organization. Please stop by and extend a warm greeting to Lezlie.

We have also filled three of the four vacant Board positions that we had. The three new Board members are Bradley Barker who is the Community Sales Manager for Gresham Manor, Amber Milmore who is one of the key individuals in the GSC Boutique, and Karen Highfield who volunteers in the Quilting & Sewing room, volunteers for Quilts of Valor and also at the Tuesday night dances.

We welcome all of these new Board members. We still have one remaining position to fill. If you are interested in helping the Seniors in your community by serving on the Board, please contact me.

Paul Nasiatka –GSC Board President
trainbuf@starpower.net --- 571-641-9617





It's Better at the Beach
RESERVING NOW

Price based on 40 passengers.

Wednesday, February 7, 2024

Receive \$3 off coupon for lunch at any of the five restaurants and \$10 in free slots with a Winner Circle Card

**Boarding begins at 8:45 am arrive 11am
leave 4pm**

Arrive GSC approximately 6:45pm

Admission \$40.00 (nonrefundable)
PICTURE I.D. REQUIRED Must be 21years old

Gresham Senior Center

600 NE 8th Street, Gresham – 503.988.9897



ILANI CASINO

JOIN US MONDAY, March 4, 2024

Leave 10am return 4pm

Cost \$ 30.00* per person, nonrefundable

**\$10.00 promotional play and 15% off most
dining and retail purchases at ILANI**

GRESHAM SENIOR CENTER

600 NE 8TH ST. ROOM 130

GRESHAM OR 97030

503-988-9897

**Trip based on 40 passengers*



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Community!



SUPPORTING OUR SENIORS



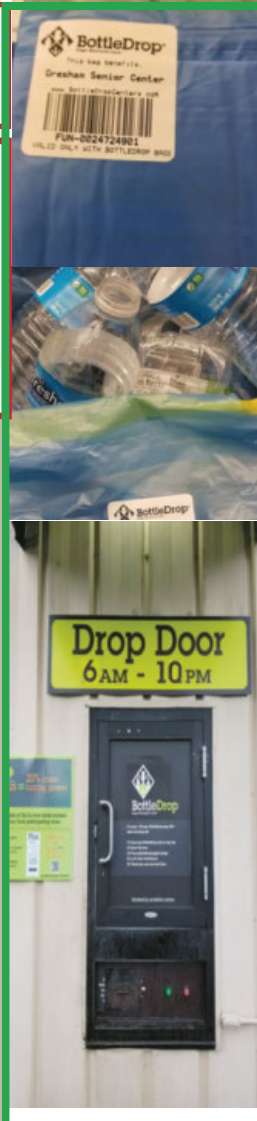
You can support the Gresham Senior Center by picking up a **Bottle Drop Blue Bag** with our unique fundraiser label attached. The bags are at the Gresham Senior Center reception desk week days between 9 am and 2pm. Fill the bags with recyclable cans and bottles.

Return the filled bags to any **Bottle Drop**. They have a special door outside their building for you to simply scan the unique fundraiser label (QR code) then you open the door and you deposit the blue bag and close the door!

No standing in lines no having to drop cans and bottles one by one to retrieve a receipt.

Or you can bring the filled blue bags back to the Gresham Senior Center.

You can also donate online by going to: bottledropcenters.com (then click on For Individuals), next go to the donate site and look for Gresham Senior Center and donate funds or transfer funds from your Bottle Drop account to the Gresham Senior Center.



YOU CAN HELP GRESHAM SENIOR CENTER EARN DONATIONS JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!

Fred Meyer donates over \$2 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

- ◆ Sign up for the Community rewards program by linking your Fred Meyer Rewards Card to **GRESHAM SENIOR CENTER** at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number, FW263.
- ◆ Then, every time you shop and use your Rewards Card, you are helping **GRESHAM SENIOR CENTER** earn a donation!
- ◆ You still earn your Rewards Points, Fuel Points and Rebates, just as you do today.
- ◆ If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- ◆ For more information, please visit www.fredmeyer.com/communityrewards



NEED A FOOT CARE APPOINTMENT?

Foot care at the Gresham Senior Center is done by nurses on Tuesdays and Thursdays of each month.



Cost is \$55.00 paid by cash or check.

Please bring two towels, one small one big.

For an Appointment PLEASE CALL

503-988-4860 or 503-988-4870



ALTERATIONS

BY OUR

VOLUNTEER AMBER

She will sew on your buttons, hem your pants, skirts and countless other things.

Call her and talk to her about the repairs you want done.



Amber

503-453-3810

Retirement: Making Your Money Last
Friday, February 2, 2024 &
Friday, March 1, 2024
3:00pm to 4:00pm

Outline:

- Understand the possibilities
- Plan for the unexpected
- Prepare for the unexpected
- Position the portfolio for both
- Staying on Track

Presented by: Ben Chumov,
Financial Advisor

Edward Jones

At Gresham Senior Center
600 NE 8th St. Blue Lake Room

Gresham OR 97030

RSVP Cary 503-912-7114

Coffee & Snacks are on us.



COME JOIN US ON
Tuesday, February 6, 2024
AT 2:00PM

LEARN ABOUT TRIPS TO

★ **GREAT TRAINS &**
GRAND CANYON

September 8, 2024

★ **Cuba**

October 21, 2024

Gresham Senior Center,
600 NE 8th St. Gresham OR

RSVP 503-988-9897



Independent, Assisted and Memory Care Communities

Move in by January 1, 2024 and
get 1 month free!

Contact Jacey Morris
503-491-1661

1323 SW Cherry Park Road | Troutdale, OR 97060

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1999 E Powell Blvd, Gresham, OR 97080



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John J. O'Hara - Retired

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to reach your community



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***FOR A LIMITED TIME**

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Gresham Senior Center, Gresham, OR

B 4C 05-1112

Volunteers Pictured with President Paul Nasiatka



**Billie Mixon Volunteers in the Gift Shop, as a Receptionist and at the Tuesday Night Dance
Volunteer for July 2023**

**Not Pictured
Ryan Johnson
Volunteer for
August 2023
He volunteers at the receptionist desk and assists on special events.**



**Duncan Howatt has been one of our Volunteer Bus Drivers for seven years. Could not do our trips without him!
Volunteer for September 2023**



**Kim Smathers keeps the GSC Boutique Shop running with the assistance of her volunteers.
Volunteer for October 2023**



**Tomme Fent runs the Long-arm Quilting Machine & teaches others how to use it.
Volunteer for November 2023**



**Sandy Karnowski assists in the Sewing Room. She handles fabric sales for the front desk and assist in the GSC Boutique
Volunteer for December 2023**

**Donations received November & December by the
GRESHAM SENIOR CENTER**

Thank you for your kind support!

Joan Cornish, Christine M. Freeman, William Webb, Clarence & Joann Chong, Jeanne Burns, Dee Henricksen, Susan Schulmerich, Pam Sifri, Nancy Quarles, Nancy Whisler, Edward Karpa, Bob Forbes, Norma Nelson, Donna Desanno, Lowell Werner, Wally Cole for Scott Shaver, Bonnie Jepsen, Judy Zachrison, Bev Meyer, Dawn Novorro, Jenny McCalib, Leana Roley, James Faas, Terry Pullen, Cedar Spring Advisors, Humana, Bernice Walter, Brigitte Pack, Jan Moy, James Blew & Julie Perkins-Blew, Marjorie Hunter, Paul & Midge Nasiatka, Nathan Begley of Good Advice Law, Jenny Coulter of NW Medicare Advisors, Seymour Brandon for Writers Group, Joyce Belcher, Karen Jordan, Jenny Jones, Thomas Arbuckle & Sharon Petri, Elizabeth Hall, Christie Sanders, Barabara Lind, Adare Brown, Linda Dunning, Barbara Gonzales, Orletta Goering, Vancouver Clinic, Bob Reghitto, and all the Volunteers that have giving countless hours to GSC.

*You too can donate to GSC by sending a check to:
Gresham Senior Center, 600 NE 8th St. Room 130, Gresham OR 97030*




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Join us as we celebrate our Program Director, Terry A Pullen's Retirement for her years of service to the Gresham Senior Center.

Come and enjoy a variety of appetizers and show your appreciation for all she has contributed to the seniors over seven years. You will also have an opportunity to meet her replacement, Lezlie Crosswhite.

Wednesday, January 10, 2024
from 3pm to 6pm at the Gresham Senior Center in the Trillium Room, 600 NE 8th St., Gresham OR 97030

Please RSVP - 503-988-4860



I am very honored to be chosen as the new Program Manager here at GSC. Terry has left me very big shoes to fill; I will do my best!

I've just moved to Gresham from Maryland to live closer to my brother and sister. Before that I lived in Europe, Texas, Japan, and the Philippines. My job experience has been varied, that's for sure! In the course of my life I was an opera singer, a legal secretary, a travel agent, a program manager for Pets on Wheels, and a director of a large nonprofit dog rescue (not all at the same time, of course!). Additionally I've been on the Board of Directors of two nonprofits, volunteered at a food pantry, and was a volunteer cook for a soup kitchen.

My first few weeks here at GSC have already shown me the level of dedication and enthusiasm of our volunteers. I am very excited to be here and am looking forward to working with all of you!
Lezlie Crosswhite



*BEGINNER WATERCOLOR
STYLE PAINTING ON 100%
COTTON FABRIC*

*Tuesdays starting January 16, 2024
1pm to 3pm in the Twin Flower Room*

Instructor: Midge Nasiatka

One time cost of \$20.00 for
6 weeks and covers:

Paint, Patterns, Brushes, & Fabric.

You just need to bring a *notebook, apron,
and a Positive Attitude*

*You will learn to paint on
cotton fabric that can be
bleached & washed.*

Samples will be at the 1st class.

CLASS SIZE LIMITED TO 12

Call: 503-988-4870 to reserve a spot.

Gresham Senior Center
600 NE 8th St. Room 130
Gresham OR 97030



THE TUESDAY NIGHT DANCE

Join us every Tuesday night

Doors Open at 5:00 pm

Live Music from 5:30 pm till 7:30 pm

ADMISSION \$6.00 per person



POTLUCK
BRING A DISH
TO SHARE

PIPELINERS

Sponsored by Gresham Senior Center

600 NE 8th Street, Gresham OR 97030

503-988-9897

Alzheimer's Support Group



Every 2nd and 4th

Wednesday, monthly from

1:00pm to 2:30pm

In the Primrose Room at the
Gresham Senior Center

600 NE 8th St. Gresham OR

Questions 503-348-2822

"Come & Sew with Us"

Montavilla Quilts of Valor is a group of volunteers who sew quilts for veterans to say "Thank You for Your Service".

The mission of the QOV foundation is to cover all service members with a comforting and healing Quilt of Valor.

Sew-ins are on the 2nd Thursday of the month from 1pm to 5pm at the Gresham Senior Center 600 NE 8th St., Gresham OR 97030.

For more information Call :

Lynda Lutz

503-312-0962 or

lyndalutz@comcast.net

Quilts of Valor[®]
Quilting to Honor & Comfort

To nominate a Veteran for the Quilt of Valor, please go online to <https://WWW.QOVF.ORG> and put in the information for the veteran.



Teresa Brown was the Winner of the beautiful Caribou quilt that was raffled at

Unitus Community Credit Union.

TAKE A LOOK



YWCA CLASS INFORMATION



Calling all Artists

2nd, 3rd, 4th (5th) Wed. of the month from 9am- 12noon in the Twin Flower Rooms. Open Art class times.

Come Join the Artist Group For our January 2024, classes taught by Patti Klein

\$2 per class

Fall Painting & Calligraphy

If you have ever wanted to explore some of the techniques and tricks exclusive to Watercolor painting, this is the class for you!

Just bring any Watercolor supplies you currently have and additional supplies will be provided for you.

Please come and join the fun!

REGISTER Call:

971-803-0389

GSC 600 NE 8th St.

Gresham OR 97030



ELDER LAW

ESTATE PLANNING

Join us Thursday,
October 5, 2023 at 1pm
At the Gresham Senior Center
600 NE 8th St., Gresham OR



NATHAN M. BEGLEY
ATTORNEY AT LAW

ACCESS TO JUSTICE STARTS HERE!

Attorney Nathan M. Begley will present a workshop on Estate Planning and Aging in Place. He will explain the probate process, the difference between a Will and a Trust, and how to keep your decision-making power for as long as possible.

Learn how to preserve your dignity and protect your autonomy as you age and then stay for a question and answer session afterward.

- Advanced Directives
- Conservatorships
- Guardianships
- Power of Attorney
- Probate
- Wills and Trust

"A complimentary Estate Planning Starter Kit will be Provided to all Attendees."

CALL THE GRESHAM SENIOR CENTER TO MAKE A RESERVATION

503-988-4870

Space is Limited



GOOD ADVICE LAW
WWW.GOODADVICELAW.COM

22400 SE Stark St.
Ste 107,
Gresham OR 97030
Call: 503.492.4229

QUILTING CLASS OFFERED

Have you always wanted to learn how to make a quilt? You are in luck! Come Tuesday mornings from 9:00am to 11:30 am to the Gresham Senior Center's quilt class. If you have a portable sewing machine you are welcome to bring it. All levels of quilt makers are welcome to join the group. Beginners learn from the expert quilters. Soon you will be a proud owner of your first quilt.

Class donation of \$2.00 recommended.

ACTIVITIES AT THE AMBLESIDE CENTER

Gresham Senior Center 503-988-4870 YWCA 503-721-6771 Meals on Wheels 503-953-8201

600 NE 8th Street, Gresham, OR 97030

\$2.00 User fee per class unless otherwise stated Updated October 2023

ACTIVITY	SPONSOR	DAYS	TIMES	ROOM NAME
Aggie's Place (Exercise Rm)	YWCA	503-721-6771 appt.	7:30am-11:30am	Aggie's Place
ALS Bereavement Support	GSC	Last Thursday	To be Announced	Primrose Room
Alzheimer's Support Group	GSC	2nd & 4th Wednesday	1:00pm - 2:30pm	Blue Lake Room
Artist Group	YWCA	2nd 3rd 4th Wed.	9:00am-12:00pm	Twin Flowers Rms A&B
Books, Puzzles & Games	GSC	Tues & Thurs	11:00am 1:00pm	Lupine Lounge
Bunco 503-988-4870	GSC	4th Thurs.	1:00pm 4:00pm	Twin Flower Room B
Ceramics Class	YWCA	Mondays & Fridays Wednesday	8:30am-2:00pm 12:30pm -4:00pm	Twin Flower Room A
Chair Yoga	GSC	Monday	9:00am - 10:00am	Trillium Room B
CPR \$25 small group call	GSC	2nd & 4th Wednesday	10:00am-2:00pm	Twin Flower Room A
Dancing (Live music) \$6	GSC	Tuesday Evenings	5:00pm-7:30pm	Trillium Rooms A&B
Foot Care (by nurses) \$55	GSC	1st 2nd & 3rd Thursday	for appt. call 503-988-4870	Primrose Room
Growing Together	GSC	To be advised	2:00pm-4:00pm	Twin Flower Room A
Line Dancing	GSC	Mondays & Fridays	10:00am-12:00pm	Trillium A
Meals on Wheels Lunch	MOW	Tuesday & Thursday	11:30am-1:00pm	Trillium Room B
Parkinson's Support Group	GSC	2nd Tuesday	2:00pm-3:00pm	Blue Lake Room
Quilting Workshop	GSC	Tuesdays	9:00am-11:30am	Blue Lake Room
Scrap Booking	GSC	2nd & 3rd Fridays	10:00am - 12:00pm	Primrose Room
Tai Chi (Beginning)	GSC	Tues & Thurs	8:00am-9:00 am	Trillium Room A
Tai Chi (Beginning)	GSC	Tues & Thurs	9:00am-10:00 am	Trillium Room A
Tai Chi (Intermediate)	GSC	Mon & Wed	12:00pm-1:00pm	Trillium Room A
Tai Chi (Advanced)	GSC	Tues. & Thurs.	10:00am-11:00am	Trillium Room A
Writers Interactive Group	GSC	Tuesdays	12:30pm-2:30pm	By Zoom

WRITERS contact Mizeta Moon for zoom access code at: mizetasworld@live.com

YES, I WANT TO RECEIVE THE GSC NEWSLETTER IN THE MAIL

Subscriptions are **\$12.00 per year** (6 issues) or **\$20.00 for 2 years** (12 issues)

Please Print:

Name: _____ Date: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Email: _____

Please clip this form and mail with your check to: **Gresham Senior Center
600 NE 8th Street, Suite 130
Gresham, OR 97030**

Amount Enclosed _____

“Wish List”. Because we had to be closed due to COVID, we need your donations to pay our rent and other expenses. *We are sincerely grateful for your previous contributions to maintain a place that welcomes Seniors to attend so that they know they are a valuable part of our community.*



CELEBRATING 54 YEARS ENRICHING LIVES OF PEOPLE 50 & BEYOND

**Gresham Senior Center
600 NE 8th St
Room 130
Gresham OR 97030**

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