



Gresham Senior Center

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

**ALL ARE WELCOME TO
GSC Board Meetings
Wednesday, Mar. 13
April 10 2024
6pm - 7pm**

**March/April 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
Due to storm damage while
refurbishment happens!

**Most classes are
cancelled until
future notice. Not
sure how long it will
take for all the
reconstruction etc. it
will take up to 10
weeks we have been
told.**

**Stay tuned for
updates!**

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.**

FROM THE PRESIDENT - MARCH-APRIL 2024

Just when we thought that our mild winter would continue with the Northwest being unscathed, Mother Nature reared her ugly head with snow, ice, wind and freezing temperatures. Many of us survived with an inconvenience however the GSC was not so fortunate. One of the sprinkler pipes froze and ruptured when the temperature rose. The result was major flooding in all areas of the GSC. So we had no choice but to close the GSC until about May 1, so necessary repairs can be made. This includes the Front Desk, Office, Gift Boutique and the Sewing and Quilting room. In addition, the Ceramics, Blue Lake and Primrose rooms are also closed. Most of the classes, seminars and events are canceled and most of the office staff will be working from home. We also had to replace our three computers as they sustained significant water damage. The East County Building was opened as a warming center and for some unknown reason, the East Parking Lot doors wouldn't close completely and the sprinkler pipes froze from the cold temperatures. In addition, other complications caused the furnace to shut down. All of the items in the closed spaces had to be relocated to rooms that were not affected.

Meals On Wheels and Tai-Chi classes will continue to operate as normal in the Trillium room at this time. AARP Income Tax will also be done in the Trillium room on Thursdays. The Tuesday Night Dance will continue. Thursday Foot Care will be done at Walker Travel located at 1005 N. Main St., Gresham OR. If there are any changes someone will attempt to contact you but please be patient and understanding if you are not contacted in time. Also, the Bottle Drop bags can be returned to the redemption center located at 1313 Powell Blvd. or in the driveway of my home at 2255 NW Miller Ave. Travel is still going and contact Terry at 503-998-5780 for reservations.

We are attempting to operate as normally as possible through this period of time. We will keep you informed as to when we expect to reopen. We are planning a "Welcome Back" event when we do reopen. Keep smiling! We are!

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



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, Amber Millmore, Jessica Andrus, Ben Chumov, Jenny Coulter, Bradley Barker, Karen Highfield, Robert Grane, Dave Stephenson, Ryan Johnson

Lezlie Crosswhite, Program Manager

info@greshamseniorcenter.com

503-988-4870



LEAVENWORTH WASHINGTON DEC. 2-4, 2024

By Majestic Adventures

Dec 2 - 4, 2024 3 Days / 2 Nights

\$749.00 Double occ \$999.00 Single occ

What's included:

Deluxe Motorcoach
Lodging / 2 breakfasts
Holiday Lights Viewing
Reindeer Farm
Aplets & Cotlets Candy Factory



For Reservations contact:

Terry A. Pullen

503-998-5780

gsctravel@greshamseniorcenter.org

GENERAL INFORMATION

DEPOSIT: \$100 is required to hold your reservation. Your deposit is fully refundable up to 10/02/2024. Final payment is due on 10/02/2024. Checks made payable to Gresham Senior Center.

CANCELLATION: After 10/02/2024 no refunds are given. Cancellation Insurance is Highly Recommended.



Please make your reservations early so we know you are interested and we can hold your spot for the Leavenworth trip.

You have asked for Leavenworth for some time and I was able to design one just for the Gresham Senior Center and their friends and family.

**Call Terry at
503-998-5780**





It's Better at the Beach
RESERVING NOW

Price based on 40 passengers.

Thursday, May 16, 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



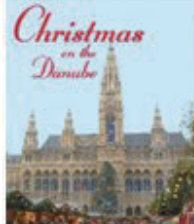
celebrating 100 years of travel together
**YOU ARE INVITED TO A FREE
TRAVEL PRESENTATION**

Wednesday, March 6, 2pm-4pm

Door Prizes & Refreshments!

COURTYARD FOUNTAINS
1545 SE 223RD AVENUE
GRESHAM OR 97030

RSVP to Terry A Pullen 503-998-5780
gsctravel@greshamseniorcenter.org



Christmas on
the Danube
December
7-15, 20 24



Alaska's Northern Lights
March 31 - April 6, 2025

The Azores
May 15-27, 2025

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Gresham Senior Center, Gresham, OR

A 4C 05-1112

SUPPORTING OUR SENIORS



You can support the Gresham Senior Center by picking up a **Bottle Drop Blue Bag** with our unique fundraiser label attached.

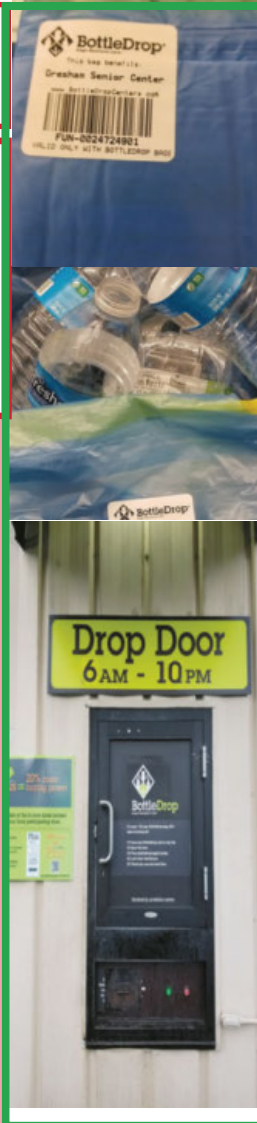
The bags are at 2255 NW Miller Ave. until the GSC opens again.

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 2255 NW Miller Ave.

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 Thursday each month.

Cost is \$55.00 paid by cash or check.

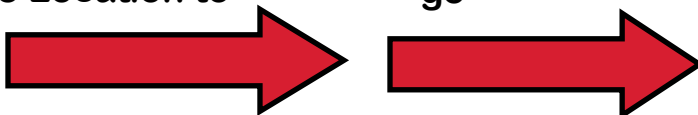


Please bring two towels, one small one big.

For an Appointment PLEASE CALL 503-988-4860 or 503-988-4870

See Location to

go



FOOT CARE WILL BE

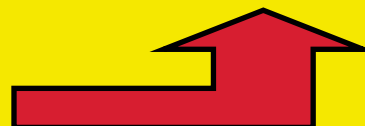
DONE @

WALKER TRAVEL & CRUISES

1005 N MAIN

GRESHAM OR 97030

UNTIL FUTURE NOTICE





ILANI CASINO

JOIN US MONDAY, April 1, 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*

CHERRY PARK PLAZA
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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PLEASE SUPPORT THE VENDORS THAT SUPPORT THE GRESHAM SENIOR CENTER



**Donations received January & February by the
GRESHAM SENIOR CENTER**

Thank you for your kind support!

Joan Cornish, Christine M. Freeman, William Webb, Clarence & Joann Chong, Barbara Wiese, Barbara Gonzales, Mark & Cindy Nizic, Deanna Maxwell, Linda Wright, April Avery, Bob Forbes, Sarah Gray, Kari Bevan, Luyen Hoyoh Hui, Kathryn Ash, Sharon Petri & Thomas Arbuckle, Heather Somohand, Nancy Quarles, Paul & Midge Nasiatka in memory of Joseph Sidor, Brigitte Pack, Brandon Living Trust, Jackie Sue Wilkins, Lorice DeTemple, and the Wellness Resource Fair Vendors: ADT, Assisting Hands, Avamere @ Sandy/Cascadia, Brookdale Troutdale Memory Care, eXp Realty LLC, Care Oregon Advantage, Clackamas County Bank, Courtyard Fountains, Growing Gardens, Fairway Independent Mortgage, The Heights at Columbia Knoll, Home Instead, Meals on Wheels, Mt. Hood Hospice, NW Medicare Advisors, Oregon Senior Panel/Jackie Haddon Homes, Parkinson's Resources of Oregon, Sapphire Design Consulting, SJS Accessible Apparel, Visiting Angels, YWCA.

*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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A Note from the past Director

I want everyone to know I miss being at the office everyday and seeing your smiling faces.

The staff and volunteers put on a wonderful retirement party for me.

It was amazing to see so many of you turn out to say good-bye to me; it made it really special for me. Words are not enough to thank all of you for your support over the past seven years. We sure

had some fun parties, trips and fundraisers together.

I love travel and I took a Mexican Rivera cruise in February and taking a group to Ireland in March. I will still be planning trips for GSC and I hope to see you all on a trip soon!

Terry A Pullen, GSC Travel Consultant

gsctravel@greshamseniorcenter.org

THE TUESDAY NIGHT DANCE

Join us every Tuesday night

Doors Open at 5:00 pm

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

ADMISSION \$6.00 per person



**POTLUCK BRING
A DISH TO SHARE**

PIPELINERS

Potluck bring a dish to share or bring a meal for yourself.

Sponsored by Gresham Senior Center

600 NE 8th Street, Gresham OR 97030

503-988-9897



Director's Notes

The Center has had a bit of a wild ride this winter, what with the icy weather, the water damage, and the upcoming repairs and renovations. We found out on February 2 that we had one week to pack up our offices and move everything out so the construction company could start their work. True to form, our valiant volunteers pushed up their sleeves and got right to it.

We've packed up our offices, rearranged classroom schedules, and contacted every teacher and presenter about the Center closure. We were able to find new meeting places for some of our services, such as foot care and the AARP tax preparation appointments. Blessedly, Meals on Wheels has been very minimally impacted. They fortunately are still delivering and serving meals as usual.

In the few weeks since the storms that closed our doors, we managed to have some fun events. The Wellness Resource Fair was well received and well attended. Many people made a point to tell us that they had gotten valuable information – and they loved the door prizes!

Our first Monday Matinee was a big success. We put out a ballot asking everyone to choose the movies they most wanted to see. 124 people answered the call. *Grumpy Old Men* won with 32 votes, so we showed that movie first. *The African Queen* got 22 votes, so that will be the next movie we show – we just don't know when yet.



We will miss seeing and chatting with you all in the next few months. We hope to be back in business with our services, classes, and events in early May. Meanwhile, stay warm and keep smiling!

Lezlie Crosswhite



Alzheimer's Support Group



Cancelled

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 **CANCELLED** 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

Quilts of Valor[®]
Quilting to Honor & Comfort

lyndalutz@comcast.net

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

Join the Gresham Senior Center, October 9, 2024, on the



Portland to Astoria River Cruise

We're excited to announce that the highly anticipated all-day cruise to Astoria is back! The broad waters of the Columbia River will carry you through the forest covered coastal range to the vibrant harbor of Astoria, Oregon's oldest city. Join us for an adventure-filled day retracing the route of Lewis & Clark. [We will leave the Gresham Senior Center at 7:30 a.m. and return after the cruise. Unless you choose to drive yourself.](#)



What's Included

All-day cruise to Astoria
Live historical narration by acclaimed [Dr. Stephen Dow Beckman](#)
Continental breakfast
Plated lunch
Dessert
Coffee, hot tea & fountain sodas
Soup & hearty evening snack.
Motorcoach transportation back to Portland
Complimentary parking at our Caruthers Landing Dock
Service gratuity, taxes and fees.

Price Person \$225.00 (non-refundable)

Cruise Route Schedule

8:30 am — Board at [Caruthers Landing](#)
9:00 am — Cruise departs Portland
6:00 pm — Arrive in Astoria and board motorcoaches
8:00 pm — Return to Caruthers Landing (approximate)

PLEASE NOTE: We cannot accommodate passengers in wheelchairs on this cruise. Disembarking is from the top deck; passengers must be able to do stairs.

Contact Terry A Pullen for reservations:

503-998-5780 or gsctravel@greshamseniorcenter.org

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			ROOM NAME
Aggie's Place (Exercise Rm)	YWCA			Aggie's Place
ALS Bereavement Support	GSC			Trillium Room
Alzheimer's Support Group	GSC			Trillium Room
Artist Group	YWCA			Trillium Rms A&B
Books, Puzzles & Games	GSC			Trillium Lounge
Bunco 503-988-4870	GSC			Trillium Room B
Ceramics Class	YWCA			Trillium Room A
Chair Yoga	GSC			Trillium Room B
CPR \$25 small group call	GSC			Trillium Lower Room A
***** Dancing (Live music) \$6	GSC			Trillium Rooms A&B
Foot Care (by nurses) \$55 **	GSC			Trillium Room
Growing Together	GSC			Trillium Lower Room A
Line Dancing	GSC			Trillium Room
***** Meals on Wheels Lunch	MOW			Trillium Room B
Parkinson's Support Group	GSC			Trillium Room
Quilting Workshop	GSC			Trillium 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

**CANCELLED
UNTIL WE
REOPEN**

If there is an asterisk* by your class, those classes will be meeting. You must contact your teacher directly for time & date changes. You will use the Meals on Wheels outside door in order to get into the class room.

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 _____

Even though we will be closed the next couple months for water damage repairs, we still need your monetary donations to pay our rent and other expenses. *We are as always 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. Thank you !*



CELEBRATING 55 YEARS ENRICHING LIVES OF PEOPLE 50 & BEYOND

**Gresham Senior Center
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