



Gresham Senior Center

CELEBRATING 56 YEARS *ENRICHING LIVES OF PEOPLE 50 & BEYOND*

**YOU ARE WELCOME AT
GSC BOARD MEETINGS**

**Wednesday, May 8
Wednesday, June 11
6pm - 7pm
In the Trillium Room**

**May-June 2024 Edition
Gresham Senior Center
600 NE 8th, Room 130
(Gresham, OR 97030)**

**Our center is closed
until June.
We are answering
the phones
Monday—Friday
and still offering
travel plus some
classes and dances.**

**See the information
in this newsletter or
call for more info!**

503-988-4860

**Office: 503-988-4860
Travel Desk:
503-988-9897**

**Save the date!
Sunday,
August 25th
for our annual
Car Show**

**Follow us on
[facebook](#)**



FROM THE PRESIDENT MAY-JUNE 2024

For those of you who have been wondering when the reconstruction of the GSC will take place, the optimistic opening date is June 1; the more realistic date is July 1. Once we packed out our rooms and placed everything into storage, the restoration company cut out 2' x 2' panels from all the damaged sheet rock in about a dozen rooms to check for mold and moisture. We were assured that mold was not present but moisture still remained within and behind the walls. That had to be removed and everything tested and analyzed. The area is now dried out sufficiently, so reconstruction can begin.

Although the GSC rooms are still unusable, our Tai-Chi, Chair Yoga, Tuesday Night Dance, Line Dancing, & Foot Care are still offered in the Trillium Room. We were able to host the annual AARP Tax Preparation service that so many of you rely on. Meals On Wheels is operating normally with luncheon served on Tuesday & Thursday. The GSC phones are being answered with call backs if messages are left. Our Travel Desk still has plenty of trips for you to enjoy.

Our main issue now is our loss of income from our activities, the Boutique, and the Sewing Center. While some monies will be recovered eventually through our insurance carrier, that is months away and will likely not be fully reimbursed. Your continued donations during this period would be greatly appreciated.

On the positive side, we are already planning our annual Car Show with Quilts of Valor on Sunday, August 25 and a Grand Reopening event some time in July. We look forward to being able to offer all the various classes, services, and events as we did previously.

If you have any comments or questions, please call our main number at 503-988-4860. We so appreciate your patience during this trying time. Reopening is on the horizon!

Paul Nasiatka 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

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

Lezlie Crosswhite, Program Director



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. I was able to design a trip 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

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



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

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Gresham Senior Center, Gresham, OR

A 4C 05-1112

SUPPORTING OUR SENIORS



Please support the Gresham Senior Center by picking up a **Bottle Drop Blue Bag** with the GSC fundraiser label attached.

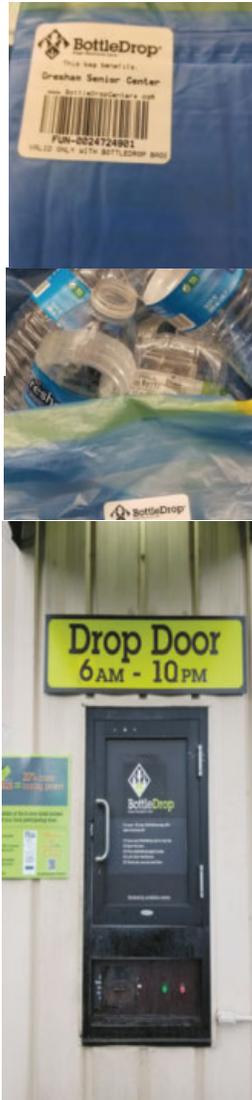
Pick up blue bags at 2255 NW Miller Ave. You can drop off the filled bags there until the GSC opens again.

Return the filled bags to any **Bottle Drop** location. **There is a special door outside their building. You simply scan the unique fundraiser label (QR code), open the door, deposit the blue bag, then 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 THE 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.
- ◆ Every time you use your Rewards Card, you're helping us earn a donation!
- ◆ You still earn your Rewards Points, Fuel Points & Rebates, just as you do today.
- ◆ Get your Rewards Card at the Customer Service desk of any Fred Meyer store.
- ◆ For more information, please visit www.fredmeyer.com/communityrewards

NEED A FOOT CARE APPOINTMENT?

Each Thursday our specially trained nurses offer foot care in the Trillium Room at the Gresham Senior Center. Cost is \$55.00 paid by cash or check.

Please bring 2 towels, one small & one big



**FOR APPOINTMENTS
CALL 503-988-4860**

Thank you for your donations received in March & April

Clarence & Joann Chong

Joan Cornish

Christine M. Freeman

Luyen Thi Hoynh Hui

Tracy Lunceford

Diane Sidor in memory of Joseph Sidor

Jackie Sue Wilkins & Bradley Weitman

You too can donate to GSC by sending a check to:

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

We appreciate your kind support

WHAT'S UP WITH THE QUILTING & SEWING ROOM (MAY-JUNE 2024)



With the flooding issue, in February the entire quilting & sewing room needed to be vacated and our 2 quilting machines placed in storage. Hence we can't accept any new quilts until we reopen. However, things are still progressing and future plans are being made.

First, a huge "Thank You" to Tomme Fent and her group of quilters --- Teresa, Lisa, Cathy, Janice, Patty & Ronda for producing quilts to help support our income. Obviously, we have lost that source of income until we reopen. I anticipate these ladies will all return to continue finishing quilts.

We continue several activities. The sewing room ladies, Margie, Patty, Jennifer, Karen & Sandy, had their first workshop at the GSC "Annex" --- my house --- including putting in zippers, beginning hand quilting, making Prairie Points for quilt borders and altering simple apron patterns. Future workshops will include topics such as binding a quilt, making casserole carriers, various ways to applique, making Dresden Plate quilt blocks and "no mystery" Bargello quilts. We plan to offer workshops on various quilting & sewing techniques after we reopen.

We continue to display a quilt to be raffled in the lobby of UNITUS COMMUNITY CREDIT UNION with the proceeds supporting the GSC. The next drawing is May 9, so purchase your winning ticket early. Following that drawing, a quilt raffle to support Quilts of Valor will be displayed. We sincerely thank UCCU for their support of the GSC and QOV. Lastly, the QOV "Sew-In" is currently held at Montavilla Sewing Center on Kelly on the first Monday of the month from 10:00AM – 2:00PM. If you have any questions or comments, please contact me at 571-344-0150.

Midge Nasiatka, Quilting and Sewing Room Manager

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

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THE HEIGHTS at Columbia Knoll

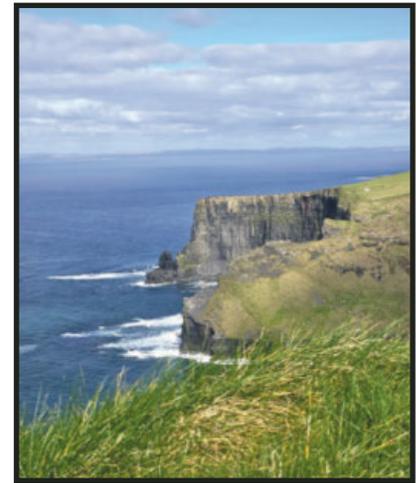
PHOTOS FROM GSC'S TRIP TO IRELAND & SCOTLAND



Cork, Ireland



We slept in a castle!



The Cliffs of Moher



FRIDAY, JUNE 14 2024

A VISIT TO THE END OF THE OREGON TRAIL

We will leave the GSC at 10:00am and head to Oregon City, to visit the McLoughlin House before we visit the End of the Oregon Trail. Experience history through feature film, interactive displays, genealogy resources, pioneer games, crafts, and dress-up. You can also visit the Heritage garden and outdoor interpretive trail.

Before we head back to the GSC we will enjoy lunch at Claim Jumpers at Clackamas Town Center.

Cost: \$25.00 per person (non-refundable) Limit 14 people. Includes admission, roundtrip transportation and escort.

Reservations contact: Terry A Pullen, GSC Travel Consultant
503-988-9897 or gsctravel@greshamseniorcenter.org
Gresham Senior Center
600 NE 8th St. Room 130, Gresham OR 97030

MOUNT HOOD RAILROAD THURSDAY, JULY 18, 2024
LEAVE @ 9:30 AM for Hood River

SUMMER TRAIN
TASTE OF THE FRUIT LOOP

We will have up to a 60 minute stop at Pine Grove where the Fruit Co. is located.

ENJOY A HISTORIC, UNIQUE TRAIN RIDE THROUGH THE LOWER HOOD RIVER VALLEY

Leaving the valley floor you will cross and ride along 3 miles of the lower main fork of the Hood River while we navigate a 3% grade that takes you on one of only five switchbacks remaining in the United States. All the while, you'll be enjoying peek-a-boo views of Mt Hood, Oregon's tallest peak. Bring a picnic lunch and drinks to enjoy or purchase snacks when we stop Pine Grove. Train leaves at 11:30am from Hood River Railroad Station.

Cost: \$67.00 per person (non-refundable) include Parlor seat with table, train trip from Hood River & back, roundtrip bus from GSC, and escort. Limited to 14. Contact Terry A Pullen for reservation
503-988-9897 or gsctravel@greshamseniorcenter.org

Drag Brunch at The Pharmacy
July 21, 2024
Meal & Entertainment



Join hostess Devlin Lynn Phoenix and her cast of talented queens for a Sunday brunch experience you won't soon forget. Your ticket includes admission to the show, your meal, AND your first mimosa. Vegetarian, vegan, and gluten-free options are available.

Meet at the Gresham Senior Center at 11:00 am, Sunday, July 21. Take time to relax and have some fun with like minded friends while enjoying a good meal and some fun entertainment too!

Cost per person is \$40.00 per person includes admission to show, meal and your first mimosa, escort, round-trip transportation.

Space Limited to 13 people must be 21years old and tickets are non-refundable.

Contact Terry Pullen
GSC Travel Consultant
503-988-9897 for reservations



THURSDAY, AUGUST 8, 2024

Beautiful
The Carole King Musical

Beautiful is the inspiring true story of legendary singer-songwriter Carole King and her journey from teenage musician to the Rock & Roll Hall of Fame. Featuring classics "You've Got a Friend," "One Fine Day," "So Far Away," "Take Good Care of My Baby," "Up On the Roof," "Will You Love Me Tomorrow," and "Natural Women."

We will leave at 5pm from the Gresham Senior Center and have dinner at Spaghetti Factory before the play.

Cost is \$55.00 per person (non-refundable) Limited to 13 people
Includes, show ticket, round-trip transportation & escort.



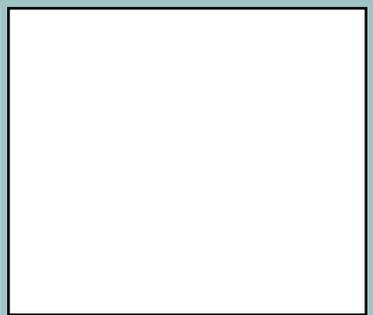
Notes from the Travel Desk



I hope all of you are anxious to travel on one or more of the trips I have planned for you!

May 16, 2024	Chinook Winds
June 14, 2024	End of the Oregon Trail & Mcloughlin House
July 18, 2024	Mount Hood Railroad with stop at the Fruit Co.
July 21, 2024	Drag Brunch at the Pharmacy, meal & entertainment.
Aug. 8, 2024	<i>Beautiful</i> , the Carole King Musical
Sept. 7, 2024	Air & Auto Museum Fly-in in Hood River
Oct. 2, 2024	<i>Always.....</i> , Patsy Cline
Oct. 9, 2024	Portland to Astoria River Cruise
Dec. 2 - 4, 2024	Leavenworth, WA.
Dec. 7 - 15, 2024	Christmas on the Danube
April 21 - 30, 2025	Railroad through Copper Canyon
May 15 - 27, 2025	The Azores

Please contact me, Terry A. Pullen, for details and reservations. Most of the trips are limited to 14 people and they book up quickly. Call 503.988.9897 or my cell phone 503.998.5780, or email gsctravel@greshamseniorcenter.org. Thank you!

 	<p>Medicare Advantage Plans</p> <p>Harmony Clayton Regional Agency Manager</p> <p>1-971-727-6229</p>  <p><small>Y0020_WCM_78121E_C Internal Approved 06252021</small></p>	<p>SUPPORT OUR ADVERTISERS!</p>	
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Memory Café

4th Friday of Every Month

Time: 10:45am-12pm

May 24th, June 28th, July 26th, August 23rd

Memory Café provides opportunities for persons diagnosed with early stage memory loss and their care partner(s)/family to engage with peers in a relaxed environment. The café atmosphere promotes social engagement and support through interaction with others experiencing similar lifestyle changes. No need to RSVP! Just show up to participate. We look forward to meeting you.

In Coordination with Local Resources



Assisting Hands[®]
Home Care

Gresham Senior Center

600 NE 8th Street Gresham OR 97030

Meals On Wheels Dining Room

Questions: 503-750-9545

Explore Memory Cafe East Portland on Facebook!

Director's Notes

I so wish we had happier news to share! The Center is still closed and probably won't be able to reopen until June or July. Luckily we're still able to offer some services and classes. Most importantly, our Thursday foot care appointments are now in the Trillium Room at the Senior Center. The Trillium room is right next to the Meals on Wheels dining room. Please enter through the Meals on Wheels delivery doors by the parking lot. Make your footcare appointments by calling 503-988-4860.

Additionally we are offering Chair Yoga with Tara, Tai Chi with Butch, and Line Dancing with Robin. All of these classes are in the Trillium Room, with a suggested donation of \$2 per person. And of course you are welcome to join us in the Trillium Room 5:30—7:30pm for our Tuesday Night Dance with the Desert Dogs band (which is our familiar Pipeliners with additional band members). Bring a potluck dish to share or just a meal for yourself, if you prefer. The cost of the dance is \$6 per person.

Please call 503-988-4860 if you have questions or need our help. We make every effort to get back to you within 24 hours on weekdays. Do be sure to leave your phone number, your name, and a detailed message. We hope to see you all back in July!

Lezlie Crosswhite

DO YOU NEED HELP WITH YOUR UTILITY OR PHONE BILLS?

The utility companies offer financial assistance and discounts for electric, gas, phone, internet, and water bills. These programs each have different income requirements. The best way to find out if you qualify is to call them or apply online. Here is the contact information you'll need:

Electricity: PGE: 503-228-6322 <https://portlandgeneral.com/income-qualified-bill-discount>

Gas: NW Natural 503-823-7770 <https://www.nwnatural.com/account/bill-discount-program>

Phone & Internet: Oregon Life 800-848-4442 <https://www.oregon.gov/puc/pages/free-service.aspx>

Water: Portland Water Bureau 503-228-6322
[Income-Qualified Bill Discount Program \(portlandgeneral.com\)](https://portlandgeneral.com/income-qualified-bill-discount-program)

Additionally, a federally-funded program called *Low-Income Home Energy Assistance Program* and a state-funded program called *Oregon Energy Assistance Program* help eligible people pay their energy bills. For information call 211 or visit 211info.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

Line Dancing Classes

Mondays 10:00am - noon

Fridays 11:00 am - 1:00 pm

All are welcome at any dance! \$2 donation requested

In the Trillium Room at the GSC



Enter through the

Meals on Wheels delivery doors at the side of the building at

600 NE 8th St., Gresham



Chair Yoga

Mondays 9:00am-9:55 am

Our new format includes standing weight-bearing exercises for 20 minutes & 30 minutes chair-assisted yoga. Please bring light weights, elastic band, and water.

Everyone is welcome! \$2 donation requested

Trillium Room at the GSC. Enter through the Meals on Wheels delivery doors at the side of the building at 600 NE 8th St., Gresham

TAI CHI

Monday 12-1pm Intermediate

Tuesday 8am-9 am Beginner

9am-10am Beginner

10am-11am Intermediate

Wednesday 12pm-1pm Intermediate

Friday 8am-9am Beginner

9am-10am Beginner

10am-11am Advanced



In the Trillium Room at the GSC. Enter through the Meals on Wheels delivery doors at the side of the building at 600 NE 8th St., Gresham. \$2 donation requested.

The Last Word

Lezlie Crosswhite



Do you know about our quilt raffle? This gorgeous quilt is displayed at Unitus Credit Union for you to admire. I'm biased because blue is my favorite color — and because I know the lovely ladies who quilted this beauty. But really, isn't it gorgeous? It measures 62' x 70', so it's between a full and queen size bed.

Please go to Unitus to meet the friendly folks there and buy a few raffle tickets. Tickets are \$5 each or 5 tickets for \$20 — what a bargain! The drawing is on May 9th and you don't have to be present to win. All proceeds benefit the Senior Center!

Your Gresham Senior Center runs on volunteer power — and donations!

Our donations & income have dropped considerably since we closed in February. If you are in a position to make a donation of any amount, we would be most grateful. You can make your check out to the Gresham Senior Center and send it to:
Gresham Senior Center, 600 NE 8th St. Room 130, Gresham OR 97030



CELEBRATING 56 YEARS ENRICHING LIVES OF PEOPLE 50 & BEYOND

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