



Gresham Senior Center

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

ALL GSC MEMBERS ARE WELCOME AT GSC BOARD MEETINGS

**Wednesday, Sept. 11
Wednesday, October 9
6pm - 7pm
In the Trillium Room**

**Sept. - October 2024
Gresham Senior Center
600 NE 8th, Room 130
Gresham, OR 97030**

**GSC Office Hours:
Mon.-Fri. 8:30am-3:00pm**

**GSC Boutique:
Mon.-Fri.: 10am-2pm**

GSC Office: 503-988-4860

Travel Desk: 503-988-9897

Boutique: 503-988-8388

Our Sewing Center will be getting their own phone number--watch this space!

**Save the date!
OUR GRAND
RE-OPENING
PARTY!!**

Friday, September 27

10:00am - 1pm

**See inside for more
information**



FROM THE PRESIDENT Sept.-Oct. 2024

The Gresham Senior Center is open for business! After 7 long months the reconstruction has finally been completed. There are still a few minor items that need to be attended to, but nothing that will hinder our ability to offer classes & activities again.

Some of the enhancements that we were able to negotiate with the county include:

1. A security guard stationed at the east doors to the parking lot.
2. Security buttons at strategic locations.
3. A second phone at the GSC information desk.
4. A new phone number for the Quilting & Sewing room.
5. An 85" TV in the Blue Lake Room--- donated by Bob Grane & Adare Brown --- to be used for presentations & seminars.
6. New paint, carpet, and stripped & waxed tile floors.

As you can imagine, if you have ever moved from one house or apartment to another, it will take us a few weeks to unpack everything that came out of storage and placed in the correct file cabinet, shelf, or drawer, so do please bear with us. Call your teacher or our front desk at 503-988-4860 to confirm class dates & times before attending.

We are in the process of scheduling our previous classes, activities, seminars, and events & scheduling new ones also. Our intent is to provide more services to our seniors.

Our 6th Annual Car Show was a huge success and we would like to thank all of our sponsors, volunteers, and board members who participated. This is our main fund raiser for the year. Quilts of Valor presented about a dozen quilts to veterans to thank them for their service to our country.

Lastly, we are planning a Grand Reopening ribbon cutting event for Friday, September 27th from 10:00AM – 1:00 pm, with tours of our Center, music & refreshments. So please come join us for the fun!

Paul Nasiatka, GSC Board President trainbuf@starpower.net

Follow us on **facebook** and visit our website at:
www.greshamseniorcenter.org

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



Please make your reservations early so we know you are interested and we can hold your spot for this 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**



Dec 1-3, 2024 3 Days / 2 Nights

\$725.00 per person double occ. \$975.00 Single occ.

What's included:

Deluxe Motorcoach
Lodging @ Bavarian Lodge
2 breakfasts
Holiday Lights Viewing
Reindeer Farm
Aplets & Cotlets Candy Factory



GENERAL INFORMATION:

\$100 deposit 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 Majestic Adventures.

THE TUESDAY NIGHT DANCE

Live Music Every Tuesday 5:30—7:30pm!

Featuring the music of *The Devil Dogs*

Admission \$6 per person

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

In the Meals on Wheels Dining Room.

600 NE 8th St., Gresham



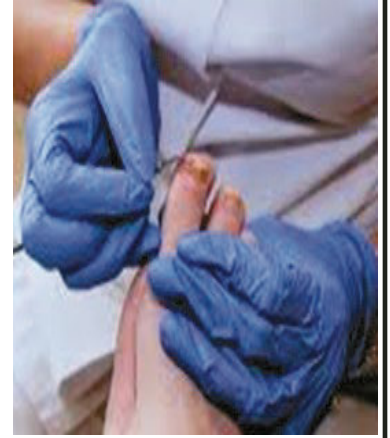
NEED A FOOT CARE APPOINTMENT?

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

FOR APPOINTMENTS CALL

503-988-4860

Be sure to bring
2 towels with you:
one small and
one big



503-206-8930

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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.



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/community-rewards. 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/community-rewards

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.

The YWCA has a small Durable Medical Equipment donor closet located in the Multnomah County Aging & Disability area. We usually have walkers, commodes, incontinence pads, etc. Availability of equipment is dependent on donations. It is free but you will be asked to sign a liability waiver as we do not take responsibility for the donated equipment. Please call Cyndy at 971-803-0389 before bringing donations as we can't take all equipment.

The Gresham Senior Center is deeply grateful for your donations received in July & August, including your generous support of our 6th Annual Car Show.

We couldn't do it without you!

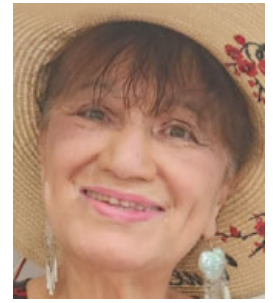
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You too can donate to GSC by sending a check to:

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

WHAT'S UP WITH THE QUILTING & SEWING ROOM

Hooray! Finally all of the bits & pieces are falling into place. After being closed for the past 7 months, we are finally reopening. For the next couple of weeks we will be busy setting up our equipment and moving back all of the boxes of fabric and supplies we've had stored. The Quilting & Sewing Room will officially open on Tuesday, September 17. Our business hours will be Tuesdays and Thursdays only, from 9:00AM – 3:00 PM.



I know that everyone has been waiting patiently for us to provide quilting services again. While we don't officially open our doors until Sept. 17, you may start dropping off your quilts on September 3, 5, 10 & 12th between 9:00AM – 3:00PM. Also, we hope to soon have our very own phone number -- we'll let you know!

We sadly will not be able to accept donations of fabric, yarn, notions or sewing supplies before October 1. So keep them safely stored away and bring them down in October.

Be sure to join us at our Grand Reopening celebration on Friday, Sept. 27 from 10:00AM – 1:00PM. In our next Newsletter, we will have information about our Plant Sale, Holiday Bazaar, Bake Sale, and Quilt Auction. All the proceeds support the activities of the GSC. So come on down. We would love to see all of your smiling faces again --- and bring your friends!

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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Director's Notes

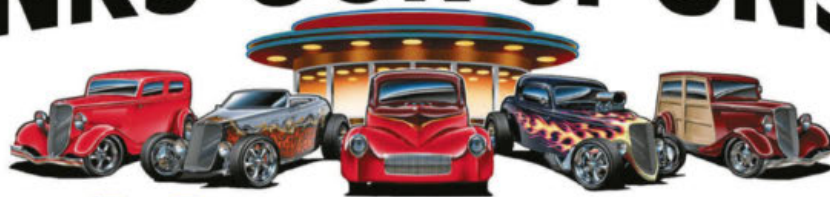
We had so much fun at our 6th Annual Car Show last week. It was a delight to meet so many of you and see such fantastic classic cars. I'd like to thank our hardworking wonderful Center volunteers for everything they do to make our Center the special place it is; the car show is only one of those many events. And we are so grateful for our sponsors below -- please do be sure to patronize these great business who show such ongoing strong commitment to our East County community.



I hope by the time you read this, your Gresham Senior Center will be open for fun! In addition to our classes & activities, we're planning a Grand Reopening on Friday, September 27 from 10:00am - 1:00pm. You are most welcome to join us -- and bring your friends! The Senior Center is open to everyone 50 and beyond in the East County area. We're looking forward to seeing you — it's been far too long.

Lezlie Crosswhite, Program Director

GRESHAM SENIOR CENTER THANKS OUR SPONSORS



Humana



Boutique News

Have you heard the saying, "Fall is Nature's gentle good-bye?" It's a nice way of saying, let's start anew! What better way to do so than with a grand reopening! The Boutique will reopen on Friday, September 27th with raffle items donated by our very own vendors! Be sure to come in and see how autumn blankets this corner of the Senior Center and enter to win some of these wonderful items.

We are always looking for volunteers in the Boutique -- as well as behind the scenes. Does that interest you? Then give us a call at 503-988-4860.

If you have lovely handmade items, are over the age of 50, and would like to sell your items in the Boutique, please contact us at 503-988-4860 for more information. We can't wait to see you all again!



CPR Training

Learn CPR- Be prepared to save a life!

Every last Thursday of every month

10:00am – 1:00pm

Basic Community level CPR/First Aid/ AED for Adult, Child, & Infant: \$40 per person

BLS for healthcare w/ AHA Certification, CPR/First Aid/AED for Adult, Child, & Infant: \$60 per person

Sign up at the GSC front desk or
call **503-988-4860**

Proceeds from every class goes to Gresham Senior Center

Writers Interactive Group

When: Tuesdays @ 12:30 pm

Where: Zoom.com

If you write and enjoy the company of like-minded people, come join us on Zoom!

We are not teachers, nor do we critique. We take turns reading to each other and share the joy of being creative. Biographies, fiction, whatever, we do it all!

Average reading time 5 - 6 minutes per person. Prompts are given at the end of each session but use of them is not mandatory.

For Zoom meeting ID# and password, call Mizeta Moon @ 503-933-6526

Or email mizetasworld@live.com

Sponsored by Gresham Senior Center




Medicare Advantage Plans

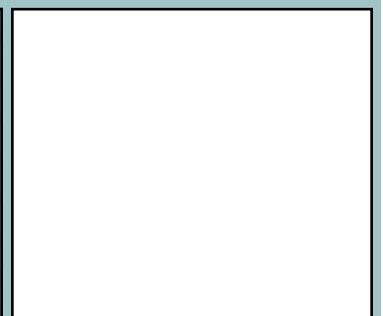
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Regional Agency Manager

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NANCY'S CLOSET - CLOTHING RESALE



Gresham Senior Center now has an off-site clothing closet for you to shop at. It is open to all! Days and hours vary, so please make an appointment to shop or to donate. We happily accept your donations of clean, usable, good condition clothing of any size. Our location is near Powell Blvd. & Birdsedale (202nd).

BY APPOINTMENT ONLY -- Call Nancy at 503-766-8540

Proceeds go to Gresham Senior Center



The YWCA & Gresham Senior Center Ceramic Class is back!! JOIN US!!

Beginning September 12 Monday & Friday 9am to 2pm Wednesday 12:30pm to 4pm

Come meet friends and unleash your creativity in this self-paced, ceramic painting lab class. Need help? We're there to help! Already know all about ceramics and glazes? Come paint! You may purchase ceramics to paint from us or any ceramics store.

Class is \$2 per session and includes all the glazes and firing of your creation in our Kiln.

Fall/Winter Garden Workshop

Monday, September 16 2:15-4:15

Come Play Plant Bingo and Enjoy a Bowl of Summer Harvest Soup
While learning about Gardening during the Fall/Winter Season!
In the Ceramics room at the Gresham Senior Center, 600 NE 8th St.

RSVP: Kathleen Barry 971-517-4112

kathy@growing-gardens.org

\$2 donation requested



**NEW Calligraphy & Art Classes
beginning September 12**

New Day: Every THURSDAY
Beginning September 12

Where: Twin Flowers (Ceramics) Room

When:

Calligraphy: 9:30-11:30am Supplies Provided

Art : 11:30am - 2:30pm All Mediums Welcome

Cost: \$2/class/day

Teacher: Carolyn Gordon
503-674-6713



***Everyone is welcome, no matter your skill level
Come and Join the Fun!***

Proceeds benefit the Gresham Senior Center



**Join Us For Lunch On
Tuesday, Wednesday &
Thursday!**

Lunch served 12:00pm–1:00pm

Meals on Wheels Dining Room
600 NE 8th St, Gresham

Anyone aged 60 or over is welcome to
join us, regardless of income.

Donations are appreciated but not required

Medicare Moment: It's time to start preparing now for 2025!

Regarding the information in the Medicare article in July's GSC newsletter, here's what you can do now to understand how you could be impacted by the changes in Medicare as a result of the Inflation Reduction Act.

1. Each year your health plan sends you the Annual Notice of Change (ANOC) in late September. This is a description of changes to your specific Medicare prescription drug plan or Medicare advantage plan. It has a table of the current cost for services and the changes for the next year. Review it carefully.
2. Medicare Annual Enrollment is October 15th to December 7th. This window gives you an opportunity to add, drop, or change your current coverage for the upcoming year, which will become effective on January 1, 2025.
3. Additionally, as of October 1st, you can review your medication costs to see how the upcoming changes, including how the removal of the coverage gap (donut hole) and the capping of the cost of prescription medications at \$2,000 for the year will affect you. You can review these on your own at Medicare.gov or consult a Medicare broker to be your guide through the maze of Medicare. Take action to be sure you are prepared for 2025!

Jenny Coulter, Broker, NW Medicare Advisors 503-912-8818 jenny@nwmedicareadvisors.com

FALL CLASS & ACTIVITIES LIST AT THE GRESHAM SENIOR CENTER

This is the current list of activities, times, dates, & rooms. **To be absolutely sure your class is meeting at the stated date, time, & place, please call your teacher directly or contact our Front Desk at 503-988-4860.**

ACTIVITY	DAYS	TIMES	INFORMATION	ROOM NAME
Aggie's Place (Exercise Room)	Mondays & Fridays	8:00am-12:00pm	call 971-803-0389 to schedule	Aggie's Place
Artist Group	Thursdays	11:30am-2:30pm	drop in class	Ceramics Room
Books, Puzzles & Games	Tues., Wed. & Thurs.	10:00am - 2:00pm		Lupine Lounge
Bunco	3rd Friday of every month	1:30 - 3:30 pm	\$5 per person to play	Trillium Room
Calligraphy Class	Thursdays	9:30-11:30 AM	call first to sign up: 503-674-6713	Ceramics Room
Ceramics Class	Monday & Friday Wednesday	9:00am-2:00pm 12:00-4:00pm		Ceramics Room
Chair Yoga	Monday	9:00am-10:00am		Trillium Room
CPR classes	Last Thursday each month	10:00am - 1:00pm	RSVP 503-988-4860	Primrose Room
Footcare	Every Thursday	by appointment only	call 503-988-4860 to schedule	Primrose Room
Line Dancing	Mondays & Fridays	10:00am - 12:00pm	\$2 per person per class	Trillium Room
Meals on Wheels	Tues., Wed., Thurs.	noon - 1:00 pm	For 60 and older	MOW dining room
Painting	Thursdays	11:30-2:30	\$2 per person per class	Ceramics room
Tai Chi	Mondays	12:00-1pm	Intermediate Class	Trillium Room
	Tuesdays	8:00am-9:00am &	Beginner Class	Trillium Room
	Tuesdays	9:00am-10:00am	Beginner Class	Trillium Room
	Tuesdays	10:00am-11:00am	Intermediate Class	Trillium Room
	Wednesday	12:00pm-1:00pm	Intermediate Class	Trillium Room
	Thursday (beginning 9/19)	8:00am-9:00am &	Beginner Class	Trillium Room
	Thursday (beginning 9/19)	9:00am-10:00am	Beginner Class	Trillium Room
	Thursday (beginning 9/19)	10:00am-11:00am	Advanced Class	Trillium Room
Tuesday Night Dance	Every Tuesday	5:30 pm - 7:30 pm	Live Band The Devil Dogs	MOW Dining Rm.
Writer's Interactive Group	begins in October	to be announced	Email mizetasworld@live.com	via Zoom



IT'S BUNCO TIME AGAIN!

The 3rd Friday of every month at 1:30 pm

\$5 per person (for prizes when you win!)

Call to reserve your spot at 503-988-4860

In the Meals on Wheels dining room at the GSC at 600 NE 8th St.

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.

Please use the glass door entrance to the building--it's now open!

Chair Yoga

Mondays 9:00am-9:55 am

Please bring light weights, elastic band, and water. Everyone is welcome!

\$2 donation requested. In the Trillium Room at the GSC. Please use the glass door entrance to the building - it's now open!

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. Please use the glass door entrance to the building - it's now open!

\$2 donation requested.

It's our GSC Grand Reopening Party!!!

Friday, Sept. 27 10am - 1pm

Ribbon-cutting with Mayor Stovall!

Live Music! Refreshments! Prizes!

Bring your friends to tour our Center, try our activities, & meet our staff! Free to all!

Please RSVP by 9/19 503-988-4960

Your Gresham Senior Center runs on volunteer power - are you interested?

Would you like to hang out with new friends, make meaningful connections, & have fun at the same time? Become part of our GSC family! Volunteer at our front desk, help run our special events, work in our Boutique -- or choose your own adventure! You set your own schedule! Please call me at **503-988-4860** with any questions you have. Thank you so much!

Lezlie Crosswhite, Program Director



CELEBRATING 56 YEARS ENRICHING LIVES OF PEOPLE 50 & BEYOND

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