



# Gresham Senior Center

**CELEBRATING 57 YEARS**    *ENRICHING LIVES OF PEOPLE 50 & BEYOND*

**ALL GSC MEMBERS ARE WELCOME AT GSC BOARD MEETINGS**

**Wednesday, January 8**  
**Wednesday, February 12**  
**6 - 7pm**

**In the Blue Lake Room**

**January & February 2025**

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

**GSC Office: 503-988-4860**  
*Mon.- Fri. 830am - 3:00pm*

**Boutique: 503-988-8388**  
*Mon. - Fri.: 10 am - 2 pm*

**Quilting Room: 503-988-9894**  
*Tues. & Thurs.: 9am - 2pm*  
*& by appointment*

**Travel Desk: 503-988-9897**  
*Please call for appointment*

**Please note that the Gresham Senior Center will be closed on the following holidays:**

M L King Birthday Jan. 20

President's Day Feb. 17

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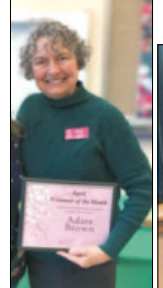
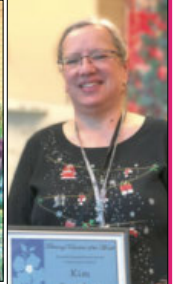
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## CELEBRATING GSC VOLUNTEERS AT OUR ANNUAL VOLUNTEER APPRECIATION LUNCH

Those of you who visit us regularly know that the mighty GSC Volunteers are the heart and soul of our Center. Last month we acknowledged our volunteers for going above and beyond this past crazy year. Some of the activities the GSC Volunteers make possible are:

Staffing our Front Desk, answering 1000s of phone calls, providing resources & information to our 1500 Members. They teach exercise, dance, painting, quilting, ceramics, and meditation classes. They work in the Boutique, sew and finish quilts, run the Tuesday Night Dance, and maintain the library and puzzle room. They make and track appointments for Footcare, AARP Driver classes, and AARP Tax Preparation services. They volunteered at the Wellness Resource Fair, Annual Car Show, Re-opening Celebration, Holiday Bazaar, Meals on Wheels, and the Quilts of Valor ceremonies. In the midst of all that, they packed, unpacked, and reorganized our office and rooms after the January

flood and reconstruction. Please be sure to thank our volunteers when you see them! *Lezlie Crosswhite, Program Director*



# 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, John McArdle, Amber Milmore, Dave Stephenson, Bernie Walter*

Lezlie Crosswhite, Program Director

## **LOOKING FOR FOOTCARE?**

Every Thursday AND one Tuesday per month, specially trained RNs offer footcare here at the Gresham Senior Center. Cost is \$55.00 **payable by cash or check only.** *We do not accept credit cards.*



**New appointment times available Tuesday Jan. 21 & Feb. 8**

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

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

## **FROM THE GSC BOARD PRESIDENT --- JANUARY-FEBRUARY 2025**

Congratulations! We made it through another year and are looking forward to a great 2025. It's time to put away Christmas decorations and focus on all the potential a new year brings.



GSC had our share of issues last year due to the water damage from the broken pipe during last January's unseasonably cold temperatures. Our 7-month partial shut down left us significantly short of funds and we are working to recover financially from that. You may not know that GSC receives no funding from the federal, state, or county governments. If you are able and have not already done so, please consider making a donation to GSC. Our Annual Appeal continues through the end of January; you will find the form tucked in this newsletter. Thank you!

We're beginning 2025 with new, interesting, expanded classes, activities, and events for you to enjoy. Congratulations to our Program Director, Lezlie Crosswhite, for making things happen and of course to all our volunteers whose efforts make GSC a success. If you haven't been to see us recently, please do. Our friendly and attentive volunteers will be happy to assist you and our teachers are looking forward to meeting you. Our Quilting Center and Gift Boutique are awaiting your visit. Please join us at our Tuesday Night Dance and if you come down on Tuesday, Wednesday or Thursday, you can have a super lunch from Meals On Wheels. Here's looking forward to a wonderful new year!

*Paul Nasiatka, 571-641-9617*

The Gresham Senior Center is deeply grateful for your donations received in November and December.

*We truly could not do it without you!*

Anonymous Donors, Judith Barnett, Philip Barr, Ira & Violet Beeson, The Blackbaud Giving Fund, Jim Blew, The GSC Boutique, Michael Burns, Joann & Butch Chong, Robin Crandell in Memory of Gilbert Crandell, Elizabeth Curlee, Sandra & Vern Danell, Carole Darnall in Memory of Isabelle Curphey, Lorice Detemple, Anne Dong in Memory of Edward Dong, Christine Freeman, Bob & Adare Grane, Cristina Heaney in Honor of the Heaney & Gomez Family, Felipa Hernandez, Mr. & Mrs. C. Jochim, Margaret Link, Evelyn Long, Tracy Lunceford, Lynda Lutz, Chris McClure in Memory of Irene Smith, Betty Nelson, The Oregon Community Foundation, Shirley Oster in Memory of Bruce Montgomery, Brigitte Pack, Sharon Petri in Honor of the GSC Volunteers, Terry Pullen in Memory of Jack Day, Marilyn Rashedi, Bob Reghitto, Sandra Sherman, Barbara Smith in Memory of Irene Smith, Okawailele Taylor, Joy Williams, Denise Wilson, Bertine Wright in Honor of Karen Jordan, and Ken Westerhausen.

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



503-206-8930  
13031 SE Foster Rd  
Portland, OR 97236  
Call Debbie for info

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Gresham Senior Center, Gresham, OR

A 4C 05-1112

## THE TUESDAY NIGHT DANCE

Live Music Every Tuesday 5:30—7:30pm!

Featuring the music of *The Desert Dogs*

Admission \$6 per person

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

In the Meals on Wheels Dining Room.

## CPR Training



The last Tuesday of every month  
10:00am – 1:00pm

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

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

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



**Lora Skjoldager**  
Sales Representative  
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LSkjoldager@humana.com  
Humana.com/lskjoldager

**alzheimer's association®**

## Caregiver Support Group

Wednesdays 1pm – 2:30pm

at the Gresham Senior Center

Open to all Caregivers for those with Alzheimer's or  
dementia. Questions? Call Breanna at 503-750-9545

## HASSLE-FREE WAYS TO SUPPORT OUR SENIORS



An easy way to support GSC is to pick up a **Bottle Drop Blue Bag** from the GSC Front Desk. We'll happily accept your filled bags! You can return your filled bags to our Front Desk or to any Bottle Drop location. Our unique fundraiser label ensures that your bag supports GSC. Questions? Call **503-988-4860**.

To return the filled bags to any **Bottle Drop** location, go to the special door outside their building. Scan the fundraiser label, open the door, deposit your bags and then close the door.

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

You can also donate online by going to: [bottledropcenters.com](http://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 the PNW, 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](http://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](http://www.fredmeyer.com/community-rewards)

## WHAT'S UP WITH THE QUILTING CENTER

Midge Nasiatka, Quilting Center Manager, 503-988-9894

What started out as a rough & bumpy year ended on a happy "back in service" year. Thank you to all of our volunteer quilters who put in extra time and effort to complete our customer quilts in record time. Thank you also to our quilting customers for your patience as we opened.

What's new for 2025 in the Quilting Center? A bright new year & new classes. In our "Wednesday Workshops" we offer "Make It & Take It" sessions beginning Wednesday, Feb. 12, 9:00AM - noon. Classes are limited to 5 students -- you must pre-register at the front desk. You will not need to bring any materials; pre-cut kits will be provided as well as a sewing machine for your use during class. The cost of the kits starts at \$10 and vary depending upon the amount of fabric and supplies included in each kit. All of the items will be simple to construct. No experience needed, just come with a can do attitude and a smile on your face. If we have enough interest a second class may be offered. Please call me with any questions!

February 12 -

2 Puzzle Coasters



February 26 -

3 Jar Openers



March 12 -

2 Lavender Sachets



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Jacey Morris

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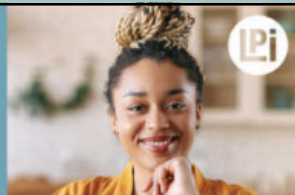
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Gresham Senior Center, Gresham, OR

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## Director's Notes



As the year closes, I want to express my deep thankfulness to those of you making regular contributions to the GSC and those who answered our Annual Appeal with your donations. As you probably know by now, the Center does not receive Federal, State, or County funding. We operate on volunteer power and your donations. Because of your help, we are able to offer not only fun activities but also helpful resources and classes. We want to continue to be the vital community Seniors in East County can count on in 2025. With your help and the ongoing work of the mighty GSC Volunteers, we will!

*Lezlie Crosswhite, Program Director*



## FREE Monday Matinees Continue in 2025!

Join us every other Monday beginning January 6 with *Butch Cassidy and the Sundance Kid*. Call our Front Desk or pick up a flyer at the GSC for the dates of the classic films you want to see! **Movies start at 1pm in the Blue Lake Room. Popcorn & soda are \$1 each.**

**Edward Jones**

1584 NE 8th Street # 104  
Gresham, OR 97030

503-912-7114

Ben Chumov



Financial Advisor  
Member SIPC  
MKT-5894P-A, AECSPAD

*Join us for our free seminars  
Foundations of Investing  
at the Gresham Senior Center  
Jan. 14 & Feb. 18 1:00 - 2:00pm*

Call the Gresham Senior Center at  
**503-988-4860** to save your seat!

## Peace Ripples Meditation

*A gentle meditation class for seniors; you can  
learn simple techniques to find inner calm*

*Together, we'll create a peaceful space that benefits both our  
own wellbeing and our community.*

*Jan. 24th &  
Feb. 28th  
12noon-1pm*



*No experience  
needed.  
\$3 per person  
Space Limited  
Reserve Today*

*Join us in spreading tranquility from our hearts to our  
neighborhood and beyond.*

**Call 503-988-4860 or come by the Front Desk  
to reserve your spot!**



## *Good Time Singers*

*Do you like to sing & have fun?  
No Auditions! Bring your  
friends and make new ones!*

**Wednesdays 10 - 1130am  
Beginning January 15**

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

## *Hooks & Needles*



*Newbie or pro,  
bring your yarn, hooks & needles--  
Let creativity flow!*

**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays, 1 - 2pm  
in the Primrose Room**



FEBRUARY 10  
2:15 - 4:15 PM

# YOU ARE INVITED

TO A GARDEN WORKSHOP  
AT THE GRESHAM SENIOR CENTER-CERAMICS ROOM

Participants will learn the benefits of eating a variety of Rainbow Foods and have a Heart Healthy salad together  
\$2 Donation



RSVP KATHY@GROWING-GARDENS.ORG  
KATHLEEN BARRY 971-517-4112



Our proud GSC Members with their handmade bird feeders! They had so much fun with their power tools!

Please join us at the next Growing Gardens workshop this new year! We'll meet on February 10, March 10, April 14, May 12, June 16 from 2:15-4:15.



## Medicare Advantage Plans

Harmony Clayton  
Regional Agency Manager

1-971-727-6229



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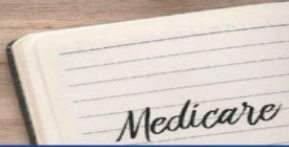
## JANUARY/FEBRUARY CLASS & ACTIVITIES AT THE GRESHAM SENIOR CENTER

Unless noted, **there is a \$2 per class suggested donation.** 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
<b>Alzheimer Support Group</b>	Every Wednesday	1:00pm - 2:30pm	Call Breanna at 503-750-9545	Blue Lake
<b>Bunco</b>	3rd Friday of every month	1:00 - 3:00 pm	\$5 per person to play	Trillium
<b>Calligraphy /Painting</b>	Thursdays	9:30am-2:30pm	Painting is a drop-in class	Ceramics
<b>Ceramics Class</b>	Mondays & Fridays	9:00am-2:00pm	\$3 per person per class	Ceramics
	Wednesday (Advanced only)	12:00-4:00pm	No beginners--Independent Lab	
	Wednesday Family Night	4:00-6:00pm	Family Ceramics Class	
<b>Chair Yoga</b>	Mondays	9:00am-10:00am	Bring light weights & water	Trillium
<b>CPR training</b>	Last Tues. of every month	10:00am-1:00pm	\$40/person RSVP 503-988-4860	
<b>Footcare</b>	<u>Every Thurs.+ 1 Tues./month</u>	<u>By appointment</u>	<u>\$55 Call 503-988-4860 to schedule</u>	Primrose
<b>NEW ! Game Gang</b>	Every Tuesday	1:30pm-3:30pm	Drop-in board & card games	Puzzle Room
<b>NEW ! Good Time Singers</b>	Every Wednesday	10:00am - 11:30 am	Begins 1/15, RSVP 503-988-4860	Trillium
<b>NEW! Hooks &amp; Needles</b>	2nd & 4th Wednesdays	1:00-2:00 pm	Drop-in beginning January 8	Primrose
<b>Line Dancing</b>	Mondays & Fridays	10:00am - 12:00pm		Trillium
<b>NEW! Meditation</b>	Jan. 24 & Feb. 28th	12:00pm-1:00pm	\$3 per person RSVP 503-988-4860	Primrose
<b>Medicare Resource Desk</b>	3rd Friday of every month	10am - 1pm <b>FREE</b>	RSVP appointment: 503-912-8818	Primrose
<b>Monday Movie Madness</b>	1st & 3rd Mondays	1:00 pm <b>FREE</b>	Call 503-988-4860 for information	Blue Lake
<b>NEW! Nutrition Classes</b>	January 21 & February 25	1:00 pm - 2:00pm	RSVP 503-988-4860	Blue Lake
<b>Quilting Class</b>	Tuesdays	9:00am-11:30am		Ceramics
<b>Tai Chi Classes</b>	Mondays & Wednesdays	12:00 pm- 1:00pm	Intermediate Class	Trillium
	Tuesdays & Thursdays	8:00am - 9:00am &	Beginner Class	Trillium
	Tuesdays & Thursdays	9:00am -10:00am	Beginner Class	Trillium
	Tuesdays	10:00am - 11:00am	Intermediate Class	Trillium
	Thursdays	10:00am -11:00am	Advanced Class	Trillium
<b>Tuesday Night Dance</b>	Every Tuesday	5:30 pm - 7:30 pm	\$6 per person	MOW Dining Rm



## Monthly Medicare Resource Desk



### Upcoming Dates

Friday, 1/17/25 10:00 am - 1:00 pm

Friday, 2/21/25 10:00 am - 1:00 pm

Friday, 3/21/25 10:00 am - 1:00 pm

Do you...

- have questions about a medical bill you received?
- need help finding a medical provider that accepts your health plan?
- want a trusted resource to help you learn what your medical plan is and how it works?

If you answered "yes" to any of these questions or you have other health plan-related questions, the Gresham Senior Center will be hosting a monthly time for you to chat, free of charge, with a local Medicare specialist. Call, text, email, or scan the code below to schedule your 30-min time slot.



Jenny Coulter  
503-912-8818

Jenny@NWMedicareAdvisors.com  
www.NWMedicareAdvisors.com



NW Medicare Advisors  
A Non-Government Agency

Currently, we represent all organizations which offer all Medicare Advantage and prescription drug products in your area. You can always contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) for help with plan choices. We are not government employees and are not affiliated with, nor do we represent, Medicare or the Centers for Medicare and Medicaid Services.

## Come Sail with the GRESHAM SENIOR CENTER

Sunday, May 18 to May 25, 2025

7-Day Cruise on Norwegian Encore

Alaska: Glacier Bay, Skagway & Juneau  
from Seattle, WA 5 Ports of Call

Seattle, WA - Juneau, AK - Skagway, AK  
Ketchikan (Ward Cove), AK - Victoria, BC - Seattle

Special Rates Inside Cabin Category IA

\$1,208.07 Balcony BB \$1,965.48 Mini-Suite

MA \$2,145.86 other categories available. **Rates are per person based on double occupancy.**

Deposit of \$250.00 pp due on booking. Final due January 15, 2025. For more information contact:

**Terry A Pullen cell 503-998-5780**



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**FREE TRAVEL PRESENTATION** on  
Monday, February 24, 2025 at 2pm - 4pm

*Door Prizes & Refreshments*

**GRESHAM SENIOR CENTER**  
600 NE 8TH ST. Blue Lake Room  
Gresham OR 97030

**RSVP to Terry A Pullen**

**503-998-5780 or**

**gsctravel@greshamseniorcenter.org**

Spotlight on:  
New York City

Mackinac  
Island



## Tuesday Game Gang

*Begins January 14*

*Every Tuesday 1:30pm – 3:30pm  
in the Puzzle Room*

Begin your new year playing games with Gamemaster Doug Richardson from *The Spiel Foundation*. He'll show us new games and ways to have fun around the game table. No need to RSVP – just show up on Tuesdays and bring your friends!

## IT'S BUNCO TIME AGAIN!

The 3rd Friday of every month 1:00 - 3:00 pm

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

Call to reserve your spot at 503-988-4860

Meals on Wheels Dining Room

## NANCY'S CLOSET - CLOTHING RESALE



Make an appointment to shop & donate at GSC's off-site clothing closet! We accept your donations of clean, usable, good condition clothing and shoes of all sizes. **BY APPOINTMENT ONLY -- Call Nancy at 503-766-8540**

## NOTES FROM THE TRAVEL DESK



Thirty-eight people went on the Leavenworth trip Dec. 1-3. We stayed at the Bavarian Lodge right across the street from the town square where all the action was. Did the Reindeer Farm experience and a Horse Drawn Sleighride in the snow. What a way to start the holiday season with beautiful weather and great people to enjoy the fun with!

**Please join me on one of trips or presentation coming up in the next months:**  
**Mayflower travel presentation Friday, January 24, 2025 at 2pm FREE**  
**Trip to Chinook Winds Wednesday, February 5, 2025 - \$50.00 per person**  
**Collette travel presentation Monday, February 24, 2025 - FREE**  
**The musical Grease Saturday, April 19, 2025**

Railroading through Mexico's Copper Canyon, April 21-30, 2025, a Mayflower tour.

Alaska Cruise on Norwegian *Encore*, May 18-25, 2025, sailing through Glacier Bay, AK.

Canadian Rockies Adventure, August 17-24, 2025, a Sun Fun Tours.

Mackinac Island, September 15-23, 2025, a Collette tour.

Spotlight on New York City, October 16, 2025, a Collette tour.

Other trips for 2026 have been planned - check out the GSC brochure rack!

*Terry Ann Pullen, GSC Travel Consultant 503-988-5780 or [GSCtravel@greshamseniorcenter.org](mailto:GSCtravel@greshamseniorcenter.org)*



# NATURAL GROCERS

Start 2025 with new nutrition information!

Tuesday January 21:

**Cravings, Weight Gain & the Blood Sugar Roller Coaster**

Tuesday February 25:

**Natural Hacks for Memory Support**

Taught by Cindy Kneale, MS, Natural Grocers

**1:00 - 2:00pm Blue Lake Room RSVP 503-988-4860**



*It's Better at the Beach*

**RESERVE NOW FOR WED. FEBRUARY 5, 2025**

**\$50.00 (nonrefundable) per person**  
*The price is based on 40 passengers*

Picture I.D. Required Must be 21 years old

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

Boarding begins at 8:45am. Arrive at casino 11am.

Leave casino at 4pm. Arrive GSC approx. 6:45pm

**Call Terry A Pullen to reserve your spot**

**503-998-5780 or**  
[gsctravel@greshamseniorcenter.org](mailto:gsctravel@greshamseniorcenter.org)  
GRESHAM SENIOR CENTER



JOIN US FOR A **FREE TRAVEL PRESENTATION**

**On Friday, January 24, 2025 @ 2pm**

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

*Refreshments & Door Prizes*

**PLEASE RSVP to Terry A Pullen**

**503-998-5780 or**

**[gsctravel@greshamseniorcenter.org](mailto:gsctravel@greshamseniorcenter.org)**

Galapagos Islands

Railroading through Mexico Copper Canyon



## Sew-in with the Quilts of Valor

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.

**Quilters are welcome to join us!**  
**Sew-ins begin February 24**  
**on the 4th Monday of the month,**  
**10am to 4pm**

For more information contact Lynda Lutz

**503-312-0962 [lyndalutz@comcast.net](mailto:lyndalutz@comcast.net)**



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.

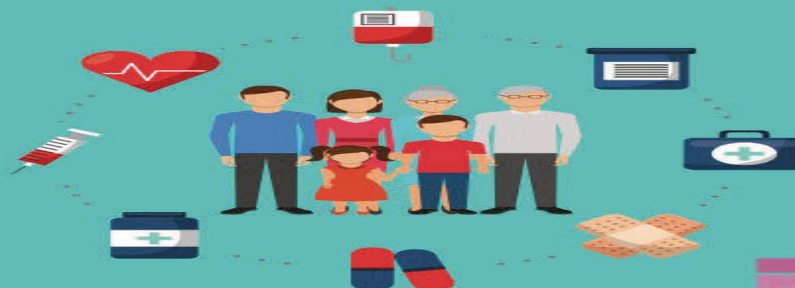
# WELLNESS RESOURCE FAIR

**JANUARY 28, 2025  
10:00AM-2:00PM**



**GATHER NEEDED INFORMATION TO BE ABLE  
TO MAKE INFORMED DECISIONS.**

**\*DOOR PRIZES & REFRESHMENTS  
NO APPOINTMENT NEEDED JUST COME IN  
AND JOIN THE FUN**



**MORE INFO:**

 503-988-4860  
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**CELEBRATING 57 YEARS ENRICHING LIVES OF PEOPLE 50 & BEYOND**

**Gresham Senior Center**  
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