



Gresham Senior Center

CELEBRATING 58 YEARS

ENRICHING LIVES OF PEOPLE 50 & BEYOND

ALL GSC MEMBERS ARE WELCOME AT GSC BOARD MEETINGS

Wednesday, Mar. 11th
Wednesday, April 8th
5:30-6:30pm

Mar./April 2026

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

GSC Office: 503-988-4860

Mon.- Fri. 8:30am - 3:00pm

Boutique: 503-988-8388

Mon. - Fri.: 10 am - 2 pm

Quilting & Sewing Center
Tues. & Thurs.: 9am - 2pm
& by appointment

Travel Desk: 503-988-9897

March 8th-Daylight Savings Time begins.

Fabric Sale Wed./Thur March 25-26 9:30 to 2:30.

April 15th-Tax Day

Follow us on [Facebook](#), [Instagram](#), [X](#) and our web-



site:www.greshamseniorcenter.com

Mom's Lei'd Back Luau

Celebrate the Queen of your family with leis, lunch, entertainment, raffles and prizes!

On **May 2nd at 12:00 PM** the Meals on Wheels Dining Room will be transformed into a Hawaiian paradise where we will celebrate moms with a party including lunch and festivities.



Tickets are 20.00 or six for 100.00. Purchase tickets at the Gresham Senior Center Information Desk by May 1st. A quilt raffle and Bazaar will accompany the celebration. Let the good times bloom.



Program Director's Report

March 17th is St. Patrick's Day and March 21st is World Poetry Day. Where would we be without the great Irish poet W.B. Yeatts? Verse 1 from his poem "When you are Old".

When you are old and grey and full of sleep,
And nodding by the fire, take down this book,
And slowly read, and dream of the soft look
Your eyes had once, and of their shadows deep;
It is almost time to wake up, let the fire go out, put down
the book and head outside. Go to Gradin Sports Park in Gresham. Come back and tell us if you would like to see senior center programming held there?

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

Bradley Barker, Jenny Coulter, Robert Grane, Karen Highfield, Nick Parisi, Sherilyn Carpenter-Hart, Dave Stephenson, Todd Blinn, and Rod Hildenbrand

Scott Harden Program Director

FROM THE GSC BOARD PRESIDENT



Amazing! We survived the winter without any freezing temperatures, snow, sleet or freezing rain. How lucky can we be compared to our friends back east? Our garden is already showing signs of life. The early flowers will be poking their heads out soon.

We had a very successful Wellness Fair in January with over 30 vendors answering questions about Retirement Homes, Medicare, Finances, Insurance, Legal Advice, etc. We'll do this again early next year.

Our Mother's Day event will be held on Saturday, May 2. We will celebrate "Mom's Lei'd Back Luau" with an excellent lunch, entertainment, a raffle and prizes. We'll also have a bazaar with hand-made gifts for sale. It's always a fun event so be sure to get your tickets early as the event is normally sold out.

The relocation of the Rockwood Medical and Pharmacy facilities has begun. The medical offices will be in space behind the main security desk, and the pharmacy will be in the Blue Lake Room. The initial occupancy date will be April 6 with completion of the Rockwood facilities before the end of the year.

Lastly, we will have elections for new Board members at our June meeting. We have several positions open so if you are interested in becoming a part of the GSC as a Board member, please contact me before March 20. I can then provide you with information regarding your role and responsibilities. This is a great way for you to give back to the GSC and the community as a volunteer. Happy Spring!

Paul Nasiatka 571-641-9617 trainbuf@starpower.net

The Gresham Senior Center is deeply grateful for your donations received in Jan/Feb of 2026

We truly could not do it without you

Anonymous Donors, Brigitte Pack, Shauna Signorini, Karen Highfield, Chiaki Waldheim, Kathy Vega, Kathleen Panne, Stephanie Austin, Carol Hildenbrand, Terry Hubert, Jesse Reding, Christine Freeman, Clarence and Joan Chong, Thomas Arbuckle, Sharon Petri, Lynds Lutz, Lorena at Bull Wind Feathers Creations, Ira Beeson,, Adare and Bob Grane, Veronica Burnside, Rosario Flores, Luyen Hui, Edith Petrovitch, Sue O'Halloran, Harry Moffitt, Joyce Belcher, Barbara Howell, Marie Esquivel, Gracie Hendrickson, Todd Kordowski, Christine Freemand, and our wonderful volunteers.

You too can donate to GSC



Senior Loneliness Line

Feeling alone or disconnected? Make meaningful connections and enjoy uplifting conversations with our friendly team. We're ready to listen, chat and connect with you today! 5:30am - 11:30pm Daily | Free | Confidential | Age 60+ 1-800-282-7035.

PLEASANT VIEW ADULT CARE HOME

Monika Miller, RN/Owner/Operator
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Gresham Senior Center, Gresham, OR

05-1112



THE TUESDAY NIGHT DANCE

Live Music Every Tuesday
4:30pm —6:30pm!

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.

Doors Open at 4pm



**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 the 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 (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.

CPR Training

Tuesday, Mar 24th &
Tuesday April. 21

from 10:00am – 1:00pm



Basic Community level CPR/First Aid/ AED for Adult, Child, & Infant: **\$50/person**

BLS for healthcare w/ AHA Certification, CPR/First Aid/AED for Adult, Child, & Infant: **\$70 /person**

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. Do you have questions?

Call Breanna at 503-750-9545



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/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

WHAT'S UP WITH THE QUILTING & SEWING CENTER



Our new year started off with all the “to do for Christmas” quilts completed a week early. Our volunteers put in extra time just to get them done for our customers. **A HUGE “THANK YOU”!** 2026 started off with the “to do” counter filling up quickly. We have a new quilter in training, and our quilting service for customers continue to support the GSC.

We are available for drop-offs & pick-ups every Tuesday & Thursday from 9:00AM-2:00PM -- or by appointment. If the doorbell is out on the double doors – then we are in.

We have 2 new ½ day volunteers --- Jeanette who helps support Quilts of Valor projects and Mindy who helps keep our yarn & fabric priced and out for sale. We actively support QOV with fabric donations, making pillowcases, hosting “sew-ins” once a month and assisting with awards programs for veterans.

The Sewing Room is making smaller quilts for sale and keeping our generous donations that we receive sorted, measured and shared with other non-profit groups.

Quilts, yarn & fabric are always available for sale at the reception desk. If you don't see what you want, come in and ask for it.

Our next **Fabric & Yarn Sale will be – Wednesday and Thursday March 25-26.** Thread, notions & Fat Quarters will be available also. Midge Nasiatka – Quilt Center Manager

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- Chronic Leg Pain
- Persistent Pain After Surgery
- Chronic Back Pain

PRESENTED BY:
Dr. Adrian Anthony
Columbia Pain and Spine Institute

Date January 7, 2026 **Time** 5:30PM
Where Online via ZOOM

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Line Dancing with Luyen and Robin

Drop-in classes for beginners. Monday and Friday from 10-Noon in the Trillium Room. \$2 Suggested Donation.



CHAIR YOGA w/TARA

Low impact fitness. Great for Post Surgery Rehab.

Every Monday 9-10 am



\$2 suggested donation.



nuwa

INTEGRATIVE WELLNESS

Qigong

Friday at 9:00 in the Trillium Room

Qigong, pronounced “chi gong,” was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. Qigong has both psychological and physical components and involves the regulation of the mind, breath, and body’s movement and posture.

TAI CHI with Butch

Monday	12pm-1pm	Intermediate
Tuesday	8am-9 am	Beginner
	9am-10am	Beginner
Wednesday	12pm-1pm	Intermediate
Thursday	8am-9am	Beginner
	9am-10am	Beginner
	10am-11am	Advanced

\$2.00 per class



AGGIE'S PLACE

"NO SPANDEX ALLOWED"



Aggie's Place is an exercise room with a trained instructor from the YWCA who can help you establish an exercise routine.

Our exercise program is for seniors and people with disabilities. You must submit a release form from your doctor to participate in the program. You must purchase a ten-visit punch card for \$10.00.

Our hours are 8:00 to 11:00 a.m. on Mondays and Wednesdays.

If you are interested in using the exercise room and would like to make an appointment, please call 503-988-3840 extension 29989 during our hours of operation.

AGGIE'S PLACE, and the exercise program are sponsored by YWCA East County Senior Services.

**YWCA
IS ON A
MISSION**

Winter is Better Together



At **Columbia Place Assisted Living**, we believe senior living is about more than care — it's about trust, connection, and a true sense of belonging.

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Gresham Senior Center, Gresham, OR

05-1112



Sew-in with the Quilts of Valor

Montavilla Quilts of Valor is a volunteer group who sews quilts for veterans to say "Thank You for Your Service". The mission of the QOV Foundation is to cover all service members with a handmade comforting and healing Quilt of Valor.

Quilters are welcome to join us!

Montavilla Sewing Center

Thurs. Mar 19th and Apr 16, 2026 from 10am to 4pm

For more information contact Lynda Lutz

503-312-0962 lyndalutz@comcast.net



Learn Healthy Cooking, Eating, and Shopping habits from Cindy Kneale MS. Cindy is a Nutritional Health Coach from Natural Grocers. Her classes will help you stay healthy and active.

April 14th from 1:00 to 2:00 in the Library.



Peace ripples meditation is an imagery technique that focuses on cultivating inner tranquility and radiating that peace outward. This concept, used in many guided meditations, is based on the idea that an individual's calm state can create a "ripple effect" that positively influences the collective consciousness. Join Heidi Rein CHT on the 4th Friday of each month from 12-1 in the Primrose Room.



What is Citizens Law School?

Citizens Law School was founded by attorney Nathan Begley of Good Advice Law.

Legal representation is financially out of reach for many Oregonians, but free legal aid is only available to about 15% of Oregonians, the portion with low enough income to qualify.*

Too many Oregonians are going to court or handling legal matters on their own without any guidance or support.

Our mission is to bridge the gap by providing no-cost, attorney-led seminars to the general public on common legal topics or areas with the greatest unmet need. All classes are free of charge and open to the general public.



Join Us!

- Speaker:** Attorney Nathan Begley
- When:** Every 2nd and 4th Friday of the month, 3:00-5:00pm
- Where:** Gresham Senior Center
600 NE 8th St., Rm. 130
Gresham OR 97030
- Contact:** nathan@goodadvicelaw.com
info@lawschoolforcitizens.org

*Legal Aid Services of Oregon Program Profile. LSC. (2025). <https://www.lsc.org/grants/br-grants/leg-aid-services-oregon-program-profile>



Medicare Advisors
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WATCH OUT FOR MEDICARE SCAMS

Protect Your Coverage, Identity, and Peace of Mind: *Medicare is a vital program for millions of Americans — and that also makes it a frequent target for scammers. Fraudsters may try to steal your personal information, bill Medicare for services you never received, pressure you into fake plan offers, or change your Medicare plan. These scams can put your identity, health coverage, and peace of mind at risk.*

COMMON MEDICARE SCAMS: Fake “Medicare” Calls, Texts or Visits

Scammers may claim to be Medicare representatives and contact you unexpectedly. They might say your information needs updating or warn you that your coverage is at risk. Medicare will **never** contact you out of the blue to request your Medicare number, Social Security number, or banking information. Medicare brokers/agencies may email or send you mail but cannot cold call or text your phone number.

Billing for Services You Didn’t Receive

Some dishonest providers bill Medicare for tests, procedures, or medical equipment that were never provided. This can include duplicate charges or billing for more expensive services than you actually received.

“Free” Offers

Be cautious of offers for “food cards,” free braces, wheelchairs, or test kits. These schemes often aim to collect your Medicare number so scammers can submit fraudulent claims or change your health plan.

SMART TIPS TO STAY SAFE

- Protect your Medicare number like your Social Security number
- Be skeptical of unsolicited calls, emails, or visits
- Keep records of doctor visits, tests, and equipment
- Review your Medicare Summary Notices carefully
- Shred old documents and cards
- Avoid high-pressure sales tactics and “too good to be true” offers

WHAT TO DO IF YOU SUSPECT A SCAM

Don’t ignore it. Gather any related documents and report concerns by calling: **1-800-MEDICARE (1-800-633-4227)** or contact your local [Senior Medicare Patrol \(SMP\)](#)

WHY REPORTING MATTERS

Medicare fraud takes money away from legitimate patient care and weakens trust in the system. By staying alert and reporting suspicious activity, you help protect your benefits — and Medicare’s future. **Learn more at Medicare.gov**

Ceramics

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9:00AM TO 2:00PM

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We will make chicks, ducks, swans,
hearts, boxes and more!



Instructor -
Eileen Holzman
Artist, Art
Teacher, Art
Therapist

Classes are Thursday Jan. 8, Feb. 12 and
March 12 at 1:30 PM.
Call the Senior Center to register, 503 988 4860
Walks in are welcome.

January's Theme is Penguins and More,
February's theme is Heart of my Heart, and
March's theme is Spring Into Spring.

Tuesday Game Gang

Every Tuesday 1:30 - 3:30pm

In the Puzzle Room

Join the Game Gang & Game-master Doug Richardson from *The Spiel Foundation*. Just show up and bring friends!

Hooks & Needles



Crochet & Knitting
drop-in group

**Newbie or pro, join us
& let creativity flow!**

2nd & 4th Thursdays, 1-3 pm



\$2 per person



Role 3-of-a-Kind? on the 1st and 3rd Friday of every month.

Let the good dice
(times) roll!

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BINGO NIGHT & MEDICARE HELP

RELAX, PLAY BINGO, WIN PRIZES BE IN
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BINGO

WHEN - LAST WEDNESDAY OF EACH
MONTH 3-4:30PM

WHERE - GRESHAM SENIOR CENTER
DINING ROOM

HOSTED BY - LANDON RICHARDSON

BRING A GIFT AND A SNACK UNDER \$5



What is a death cafe?

It's an open
and safe
space to talk
about death

It's a free event
that welcomes
all communities
and beliefs

It's not a
grief group

It helps inspire
us to make the
most of our
finite lives

Tea and
cake will be
served

2nd Tuesday
1-3 PM

Please
confirm
attendance

Call Barbara at
971 431 6816
with questions

Gresham Senior
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[About Smart Cremation](#)

Smart Cremation is your dignified alternative to a traditional funeral home. Providing cremation services in California, Washington, Oregon, Texas, Arizona, Florida, and Nevada, we offer transparent, simple, and **affordable direct cremations** offered by professional, knowledgeable, and compassionate staff. Whether you have had a death in the family or are planning ahead, Smart Cremation is your smart choice for **cremation planning**

Regarding end-of-life planning, many people don't realize how beneficial it is to plan until they are deep amid dealing with a loved one's unexpected passing. Don't put your family through that stress. Plan ahead. Learn how by joining Griffin on **May 13th from 1:00 to 2:00. Snacks provided.**

The Smart Choice



COMMUNITY ENERGY PROJECT

AFFORDABLE SOLAR? WHAT IF I DON'T OWN THE ROOF?

You may not have had access to solar because you live in an apartment complex, rent a house, or can't afford the upfront costs of installing a solar array. Community solar is different.

With the Oregon Community Solar Program you:

- don't need to own your home
- don't need a sunny roof suitable for solar
- can take your subscription with you if you move, and
- aren't responsible for repairs and maintenance of the solar array

Join Outreach and Partnership Fellow Olivia Barrows to see if you qualify. **April 9th from 12:00 to 1:30 in the library.**



Foster Grandparent Program

You can be a Foster Grandparent. You can be a role model who changes a child's life. You can help them on the path to success. You can share your experience and compassion.

- Help children learn to read and provide one-on-one tutoring
- Mentor teenagers and young parents
- Care for premature infants or children with disabilities
- Help children who have experienced abuse or neglect

Training and a non-taxable stipend are provided.

Learn more by joining Foster Grand Parent Programing Specialist Kia Hernandez-Richards MSW on June 9th. Time and Room TBD



Meet Jaime,
your local preplanning specialist, here to guide you with compassion and care.



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April 20, 2026

Join the Gresham Senior Center to visit the beautiful tulips and a trip to the Woodburn Outlet Stores for Lunch and Shopping

Wooden Shoe Tulip Festival



Oregon's favorite springtime event. From hot air balloons, wine tastings, and our specialty gift shop to our food & craft market, children's play area and endless photo opportunities.

We will leave the GSC at 9am to drive to the Wooden Shoe Tulip Festival to view the many varieties of colorful tulips. We will enjoy the flowers and all the other things the festival has to offer on our own until 1pm when we will drive to the Woodburn Outlet to grab a bite and have some time to shop. We will leave at 4pm and head to the GSC. Times are always subject to change depending on what the group wants to do and traffic.

Cost \$25.00 per person (no-refundable) Cash or Check only includes: Round-trip transportation, entrance to Wooden Shoe Tulip Festival, and escort. (Space Limited to 13).

Reservation Contact: Terry A Pullen, GSC Travel Consultant
503-988-9897 or cell 503-998-5780

email gsctravel@greshamseniorcenter.org



THURSDAY MAY 28, 2026

Join the
Gresham Senior
Center
For Dinner and a
Musical



ONCE UPON A MATTRESS

In a kingdom stilled by tradition, quirky Princess Winnifred shakes up the court—and the Queen. As love blooms and secrets unravel, *Once Upon a Mattress* turns fairy tale tropes on their head. This witty, whimsical musical celebrates the courage to be our true selves in order to find happily ever after.

We will leave the Gresham Senior Center at 5pm and go to Banning's Restaurant & Pie House to enjoy a delicious meal before the play.

Cost per person \$65.00 (non-refundable) includes Ticket to play, escort, round-trip transportation from the Gresham Senior Center.

For reservation contact Terry at GSC 503-988-9897 or cell 503-998-5780

gsctravel@greshamseniorcenter.org



Join the Gresham Senior Center, October 14, 2026, 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 its 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 7:00 a.m. and return after the cruise. Unless you choose to drive yourself.



What's Included

- All-day cruise to Astoria
- Live historical narration
- Continental breakfast
- Piloted lunch
- Dessert
- Coffee, hot tea & fountain sodas
- Soup & hearty evening snack
- Motorcoach transportation back to Portland
- Complimentary parking at our Canuthers Landing Dock
- Service gratuities, taxes and fees

Price Person \$250.00 cash or check \$260.00 credit card
All Reservations must be paid in full by September 14, 2026, and are (non-refundable)

Cruise Route Schedule

- 8:30 am — Board at Canuthers Landing
- 9:00 am — Cruise departs Portland
- 6:00 pm — Arrive in Astoria and board motorcoaches
- 8:30 pm — Return to Canuthers 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

LEAVENWORTH WASHINGTON
DECEMBER 15-18, 2026



By Gresham Senior Center
Dec. 15-18, 2026 4 Days / 3 Nights

\$999.00 Double occ per person
\$1249.00 Single occ

What's included:
Deluxe Motorcoach
3nights at Bavarian Lodge 3 breakfasts
Holiday Lights Viewing
Sleigh Ride
Aplets & Colets Candy Factory

GENERAL INFORMATION

DEPOSIT: \$100 is required to hold your reservation.
Your deposit is fully refundable up to 10/01/2026.
Final payment is due on 10/01/2026. Checks made payable to Gresham Senior Center

CANCELLATION: After 10/01/2026 no refunds are given. Cancellation insurance is highly recommended.
TRAVEL INSURANCE is highly recommended for Trip Cancellation, Accident, Life, and Luggage coverage during the tour.



For Reservation
Contact:
Terry A. Pullen
Office 503-988-9897
Cell 503-998-5780
or
gsctravel@greshamseniorcenter.org

Gresham Senior Center Boutique Vendor Spotlight: Karen Park. I am the great-grandmother of 7 1/2, grandmother of 13 plus, mother of 4 and wife of the love of my life of 38 years. I've been creating for over 60 years. It all started with making potholders with a loom. I'm an all-around crafter. My focus for the last 20 years has been on paper crafts. I started making cards for family and friends. The designs have evolved from computer programs generated to scrapbook supplies and scissors to the Cricut, rubber stamps. Today, my main tool is the Brother Scan n Cut, using the Canvas Worksheet. My enjoyment comes from sharing my passion for creating. My joy comes from seeing others smile as they enjoy the creations. Also, the joy it brings to others as they share. You'll find my creations at the Gresham Senior Center Boutique. Please remember-a smile is something everyone can share!



CELL PHONE HELP!



- Want to read an email?**
- Want to send a picture or document?**
- Want to Facetime with family and friends?**
- Want to get in some slot machine spins?**
- Have you heard there is an app for that?**

Ask Laramie Roberts from 10:30 to 11:30. 2\$ Suggested Donation

**APPLE PHONE-1ST AND 2ND
Thursday of each month from
10:30 to 11:30 in the library.**

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**ANDROID PHONE-3RD AND 4TH Thurs-
day of each month from 10:30 to 11:30
in the library.** Samsung, Motorola, Google. NOT and I-Phone

March and April Activities

Gresham Senior Center 503-988-4860 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 March 2026

ACTIVITY		DAYS	TIMES	ROOM NAME & INFORMATION
Alzheimer Support Group	GSC	Every Wednesday	1:00pm-2:30pm	Trillium/Call Breanna 503-750-9545
Bingo	GSC	Last Wednesday	3:00pm-4:30PM	MOW Dining Room*
Bunco \$5	GSC	1st and 3rd Firday	1:00pm-3:00pm	Trillium 503-988-4860 RSVP
Calligraphy/Painting	YWCA	Thursdays	9:30am-2:30pm	Ceramics 503-674-6713 for info.
Android Cell Phone Class	GSC	3rd and 4th Thursday	10:30am-11:30am	Library
Apple Cell Phone Class	GSC	1st and 2nd Thursday	10:30am-11:30am	Library
Ceramics Class \$3	YWCA	Monday & Fridays	9:00am - 2:00pm	Ceramics
Chair Yoga \$2	GSC	Monday**	9:00am- 10:00am	Trillium/Bring light weights & water
CPR \$70 small group	GSC	Last Tuesday of month	10:00am-1:00pm	Primrose RSVP 503-988-4860
Death Café (Free)	GSC	2nd Tuesday	1:00pm -3:00pm	Call Barbara 971-431-6816
Footcare \$55	GSC	Tuesdays and Thursdays	By Appointment	Call 503-988-4860 to schuedule
Game Gang	GSC	Tuesdays	1:30pm - 3:30pm	Puzzle Room \Board & Card Games
Good Time Singers	GSC	Wednesdays	10:00am-12:00pm	Trillium A
Hooks & Needles	GSC	2nd & 4th Thursday	1:00pm - 300pm	Primrose
Line Dancing (Beginners & Up)	GSC	Mondays & Fridays	10:00am-12:00pm	Trillium A
Line Dancing (Intermediate Only)	GSC	Thursday	2:00pm-4:00pm	Trillum A
Macrame \$2.00	GSC	1st and 3rd Wednesday	10:00am-11:30am	Library
Meals on Wheels	MOW	Tues., Wed, & Thurs.	11:30am-1:00pm	Trillium Room B/ LUNCH
Meditation \$3.00	GSC	4th Friday	12:00pm-1:00pm	Primrose RSVP 503-988-4860
Medicare Resource Desk FREE	GSC	3rd Friday	10:00an - 1:00pm	Primrose By Appt. 503-912-8818
Movie Madness FREE	GSC	1st & 3rd Mondays	1pm till over	Chinook Room
Nutrition Classes	GSC	April 14th	1:00pm -2:00pm	Library RSVP 503-988-4860
Origami	GSC	2nd Thursday	1:30pm-3:00pm	Library RSVP 503-988-4860
Qigong	GSC	Fridays	9:00am-10:00am	Primrose Room
Quilting Workshop	GSC	Tuesdays	9:00am-11:30am	Ceramics
Senior Law	GSC	2nd and 4th Friday	3:00pm-4:00pm	Primrose Room
Speaker Series Topics TBD	GSC	Fridays	1:00pm-2:30pm	Library
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 (Intermediate)	GSC	Tuesdays	10:00 am-11:00AM	Trillum Room A
Tai Chi (Advanced)	GSC	Thursday	10:00am-11:00am	Trillium Room A
Tax-Aide	GSC	Thursday Feb 7-April 9	9:30am-3:00pm	Library
Tuesday Night Dance \$6.00	GSC	Tuesdays	4:30pm-6:30pm	Trillum Rooms A&B

FABRIC SALE

March comes in like a grunge and goes out like a voile. In between, all the fabrics, no matter what texture will be marked down for two days and two days only. See what you can get your hand(s) on.



March 25-26 9:30 to 2:30 in the Main Hall Way



CELEBRATING 57 YEARS ENRICHING LIVES OF PEOPLE 50 & BEYOND

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

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PERMIT NO. **90**

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

Place Label Here