

GIBSON TIMES



The Gibson Center for Senior Services, North Conway, NH
www.gibsoncenter.org April & May 2016 Edition

**Hurray Hurray
The First of May
Gibson Auction
Is TODAY**

Hors D'oeuvres, Silent & Live Auction & Cash Bar
To Benefit

The Gibson Center for Senior Services
at the

North Conway Community Center

(Across the street from the Gibson Center)

Sunday, May 1, 2016

Starting at 5:30 PM

Fifteen Dollars Per Person

Reservations Suggested (356-3231)



SPECIAL EVENTS

"Go Green for Nutrition" Fundraiser

It's that time of year again to open our hearts and participate in the "Go Green for Nutrition" Fundraiser.

Your generous response over the years has helped raise over \$113,000 for the Meals on Wheels and Congregate Meals Programs, benefiting our senior recipients and friends. Let us continue to rise to the challenge of ensuring our seniors ongoing food security and independence at home. Together we can make a difference in the lives of our friends and neighbors, affecting the entire community. Donations for this cause must be received from March 1st to April 30th. The donations can be cash or checks. If you choose to write a check, make it out to the Gibson Nutrition Program and write on the memo line: "Go Green". Please respond as soon as possible so all donations are received by Apr. 30. As usual Gibson will keep all monies.

We are serving approximately 85 Meals on Wheels a day, in addition to our daily Congregate meal. Call the Nutrition Office at the Gibson Center between 8AM and 3PM at 356-3231 for further information. We thank you for considering this appeal and for your past assistance and ongoing partnership in supporting the mission of the Gibson Center.

To assist with the fundraising this year we will hold one more Tea with canned goods donations, at the Gibson Center on April 28th (bring shelf food to participate). We will have an Ice Cream Social on Income Tax Day (April 15th), please bring shelf food to each party, or tea. If you would like to join us for the Teas or ice cream social, please sign up. All are welcome! Shelf foods most needed are canned milk, hot chocolate, canned tuna or chicken, fruits, puddings, non-sugary cereals, low-salt vegetable (tomato) soups, green vegetables.

Please remember, all checks must be dated between March 1-April 30, 2016.

Gibson Day Trips

Please sign up for all trips: 356-3231

Conway Town Election: Tuesday, April 12th, avoid parking hassles, call for a ride! (free cone day at Ben & Jerry's)

Conway Historical Society: Second Tuesday. Home pickups. Potluck on even months.

Monte Carlos Night: Friday, April 22nd. Home pick ups, \$7. Buy your own "chips", beverages and food. "Chips" are being sold, 5 for \$1. Three cash prizes for the night.

Portland POP's Concerts: John Williams: Sunday, April 24 \$73 includes ticket, handling fees, and transportation. Supper on own at Sebago Brewery.

Art In Bloom: Monday, May 2nd \$60. Board the bus at 7 AM

Remick Museum Herb Day: 5/13 12:30 \$15. Tea & Scones, Herbs as therapy, Spring babies (cows, sheep, pigs...)

Sip N' Paint: Tuesday, May 17th. \$44 provides transportation, canvas, paint, instruction, smock. Bring your own snacks and beverage to sip. (hot beverages available for purchase)

Billy Elliot: An inspiring musical featuring music by Elton John. Saturday Matinee, June 4 \$65 Stop at Hart's Turkey Farm on the way home

Lupine Trips: June 15 or 21, 9AM-5PM. Polly's Pancakes, Sugar House, ice cream. \$18

SeaDogs & Fireworks: Thursday, June 23. \$30

Wrights Museum: *Norman Rockwell: on the home front.* Board bus after lunch. 6/28 \$22

OOB Concerts: *Army Band 7/4; Hal MacIntyre Peggy Lee Tribute 7/12; Beatle Mania 7/19* Time at the Ocean too! *Concerts are different prices*

Celtic Thunder: August 27th at Merrill Auditorium. 3PM board the bus, cost \$100.

CENTER NEWS

Gibson Globetrotters

Inspiring Iceland:

September 4-12, 2016. Deposit now due
9 days, 10 meals. \$5099 ppdo Passport needed
Includes: Air, Land, Insurance, airport transfer
Reykjavik, Golden Circle, Blue Lagoon, Lava
Field, Akureyri, Icelandic Horses, Puffin cruise,
volcano cave hike, or whale watch...and MORE!

Iceland's Magical Northern Lights:

February 25-March 3, 2017 Passport needed
7 days, 10 meals. \$3199 ppdo
Includes: Air, Land, Insurance, airport transfer
Reykjavik, Golden Circle, Blue Lagoon, Volcano
Visitor Center, night cruise to see Northern
Lights... and MORE!

Hawaiian Adventure:

February 23- March 4, 2017

10 days, 13 Meals \$5499 ppdo

Includes: Air, Land, Insurance, airport transfer
Waikiki Beach, Pearl Harbor, Waimea Canyon,
Iao Valley, Luau, Kilohana Plantation, historic
RR, .. And More! (optional 3 day extension)

Niagara Falls & Toronto:

June 5-11, 2016, 10 meals, \$675ppdo

Includes: Bus, Tours, Insurance, 3 hotels
Passport needed

- Guided tours of Niagara Falls & Toronto
- "Hornblower Niagara Cruise"
- Fallsview Casino
- Niagara-on-the-Lake
- Queen Victoria Park
- Casa Loma
- Eire Canal Museum

Lancaster Show Trip:

November 28- December 2, 2016,
9 meals, \$615ppdo

Includes: Bus, Shows, Insurance, hotel

- American Music Theaters Christmas
Festival Show
- Sight & Sound Theater "Sampson"
- "Spirit of Philadel-
phia" Cruise
- Unique Shopping
- Landis Valley
- Amish Country tour



KUDOS

Donations:

- ◆ Shaw's
- ◆ Bagels Plus
- ◆ NH Food Bank
- ◆ Al Zaino, furniture repairs
- ◆ Old Village Bakery
- ◆ Wal-Mart & Bob King
- ◆ NH Food Bank
- ◆ Pine Tree K Kids
- ◆ Lindt Chocolate
- ◆ Comfort Inn
- ◆ Shawn and Linda Bergeron
- ◆ Abundant Blessings
- ◆ Nichol Gilgenbach (my pillows)

Program Volunteers:

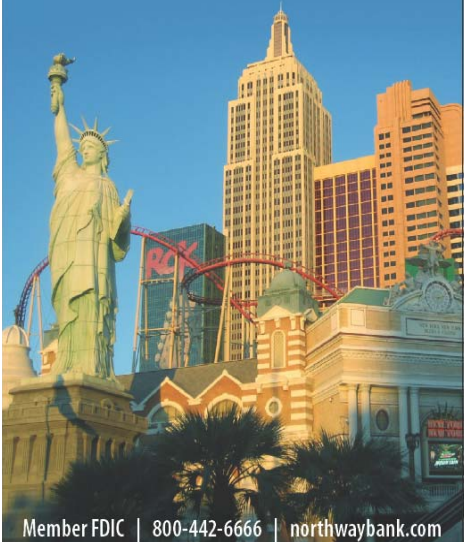
- ◆ Miles Waltz: Medicare Counseling
- ◆ George LeBlanc: Wii, & Game Day set up
- ◆ Jim Giguere: Game Day snacks
- ◆ Care for the Caregiver: Gardiner Perry; VNS & Dom,
Zero Balance Massage: Julie Sargent
- ◆ Fran Shore: Sharing her movies, "Fran's Flicks"
- ◆ Book Cart: Barbara Rines
- ◆ Silver Lake Music: Mary Ellen Vana
- ◆ Belly Dance Instructor: Joanne Bailey
- ◆ Chair Exercise Volunteer: Connie Smith
- ◆ Guest Speaker: **Remember When:** Gloria Aspinall
- ◆ Library Program: Bob Cottrell
- ◆ Computer time: Deb from Rite Aide
- ◆ FunDay: Laura Sorensen, Carol Saunders, Susan
Proctor, Elaine & Dick Klement, Alice & Dick
Vierus, Ruth Proctor, Greta Paulhus, Pat Neundorf,
- ◆ FunDay Music: Lois Wright,
- ◆ Dining Room Art: Ellen Farrington
- ◆ Ballroom Dance time: Pat Davis & Alice Clapp
- ◆ AARP Tax Volunteers: Art Micalf; Jim Fitzpatrick
- ◆ DVD Library: Holly Witfield
- ◆ Go Green Raffle: Ron Gabaree, Ellen Farrington,
Marti Gilman; Mary & Glenn Mellow; Ellen A; Karen
Mills; Karen Cousins; Alice Clapp; Pauline Yeager;
Stephanie Thuotte; Dom Crivello;
- ◆ Dessert Auction: Barbara, Paula Callahan, Joyce
Hahn, Al Latanzio; Barbara Holmes; Greta Paulhus;
Fran; The Penguin; Phebe MacDonald; Prudy
Shackford; Carlene Colbath; Arlene Weeks; Karen
Cousins, Ellen Farrington; Karen Mills; Glenna Tib-
betts; Alice Proctor; Carol Saunders;



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TIM DI PIETRO



Master Electrician
Free Estimates

NO JOB TOO SMALL

603-356-2248

Gibson Raffle Calendars \$10

Now Available

Ongoing weekly programs

- Mon: 10:30 Chair Exercise
12:30 FunDay Afternoon
4:00 Tai Ji Quan Better Balance
- Tues: 10:00 Strength Balance & Stretch
12:00 Silver Lake Lunch
Fran's Flicks,
2nd week @ Silver Lake
Music @ SLL 4th Tuesday
- Wed: 9:00 Belly Dancing
10:00 Mahjong
10:30- 1:30 Wii
12:30 Game Day
12:30 Care for the Caregiver
- Thurs: 10:30 Chair Exercise
12:00 Medicare Counseling
12:30 BINGO (first Thurs.)
12:30 FunDay Afternoon
4:00 Tai Ji Quan Better Balance
- Fri: 10:00 Strength Balance & Stretch
5-7 Ballroom Dancing

www.gibsoncenter.org

Beasley and Ferber, P.A.

Estate Planning and Elder Law
Wills, Trusts and Probate Avoidance
Estate Administration and Guardianships
Saving Assets from Nursing Home Stays

**CALL FOR A SCHEDULE OF FUTURE
ESTATE PLANNING SEMINARS AT THE GIBSON CENTER
1-800-370-5010**

Use of Gibson Center facilities or advertising by outside groups or businesses does not constitute an endorsement by the Gibson Center.

April 2016

"Go Green for Gibson"

Friday the 1st: yaD s'looF lirpA be surprised!

Thursday the 7th: BINGO with player supplied prizes.

Tuesday the 12th: Fran's Flicks at Silver Lake Landing.
Follows lunch.

Wednesday the 13th: AARP Safe Driving Class will be offered all day at the Gibson Center, please call to sign up, 356-3231. Some insurance companies offer discounts for those who take the class. This is the last class!

Friday the 15th: Income Tax Day Go-Green-for-Gibson Ice Cream Social. Bring a can, build your own sundae.
After lunch.

Thursday the 21st: Yellowstone in Winter slide show. George LeBlanc spent a week there in January.

Friday the 22nd: Charlie Mitchell Memorial Dance 12:30

Tuesday the 26th: Mary Ellen plays the piano at Silver Lake Landing. Join us at Lunch time.

Thursday the 28th: Go-Green-for-Gibson Scone Tea at the Gibson Center. Please bring a can.

Caring for the Caregiver This session is April 6- May 11. "Care for the Caregiver Support Group" This is a theory guided and leader facilitated support group for caregivers that will meet at the Gibson Center on Wednesday's from 12:30 to 2:30 pm, six weeks on, two weeks off.

SENIOR HOUSING APARTMENTS

Silver Lake Landing in Madison has occasional apartment openings. These apartments are for independent living seniors (62+) with verifiable low and modest incomes. Section 8 vouchers welcome. References and a one month security deposit are required.

Rent for a first floor, 2 bedroom apartment is currently \$710 per month and includes heat and hot water. There is a \$25 reduction for one bedroom apartments, and another \$25 reduction for second floor apartments.

Great views, quiet lake living. Building has on-site coin-op laundry, sprinkler system, and fire alarm horn/strobe system. Second floor apartments are accessible by stairs only, no elevators. Non-smokers only and service animals only.

Please call Ken at the Gibson Center, 356-3231, ext 3 for an application .

Top 5 Star Rating!



Memorial Hospital
Merriman House

A MaineHealth Member



603-356-5461

Save the Date

Flatbread Fundraiser

Tuesday,
August 9, 2016
4-9:00 PM

At

Flatbread Restaurant
at the Eastern Slope Inn



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May 2016

Sunday, May 1:
May Day Gibson Center Auction
5:30-9:00 PM At the
North Conway Community Center

Thursday the 5th: BINGO with player supplied prizes.

Friday the 6th: Nutrition Council 9AM

Friday the 6th: Mother's Day music, flowers, and a special meal

Thursday the 12th: Volunteer Appreciation Dining Room CLOSED

Thursday the 12th: Gibson Night at M & D, call to reserve a seat, 356-3231. Dixie Swim Club a comedy

Friday the 27th: Memorial Day indoor picnic

Sat & Sun May 28th & 29th: 10-5
GIBSON CENTER
CRAFTS AND ARTISAN FESTIVAL

Memorial Day



Monday the 30th:
Gibson Center Closed for Memorial Day



Gibson Thrift Shop Hours

Monday –Friday
10-2:15

Saturday
9-1:00

GOLD'S OVER
\$1850/OZ

“WE BUY ALL GOLD & SILVER”

Platinum, Diamonds, Coins & Jewelry
Free Estimates
North Country Fair Jewelers
“43rd yr.”
2448 White Mtn. HWY, No. Conway 356-5819
FREE ESTIMATES


Personal Care Assistant

respite care, full-time, part time,
days, nights and fill-in.
25 Years Experience.
Call Jan Bennett **207-807-1011**

Mineral Springs of North Conway Care & Rehabilitation Center

Offering quality nursing care and an assisted living environment to the North Conway area. (03860)
1251 White Mtn. Hwy N. Conway, NH
603-356-7294

Hurray! Hurray!
The First of May
Gibson Auction
Is TODAY
Sunday, May 1, 2016
5:30-9:00 PM
At the
North Conway Community Center
\$15



Tai Ji Quan:
Moving for Better Balance

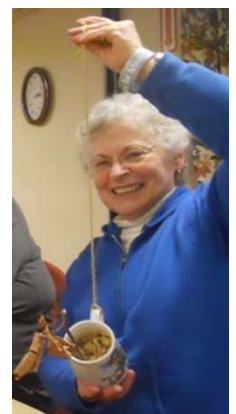
- *Learn 8 simple movements*
- *Improves balance by training your body to listen internal stimuli*
- *Respond to external stimuli*
- *Reactions become automatic*
- *Monday & Thursday 4-5 PM*
- *Call 356-3231 to register*

Brought to you by members of the Community Health Council including Memorial Hospital, Visiting Nurse Home Care & Hospice of Carroll County, and Mineral Springs are partnering with the Gibson Center for Senior Services, the NH Foundation for Healthy Communities and MaineHealth.

Business Support Newsletter Listings

- Abundant Blessings Homecare, Inc** (603-473-2510, fax 603-522-9211) provides living assistance services for the aging in the comfort of your home. Services include: personal care, meal preparation, 24 hour care and more. Call to schedule a free home assessment. Visit us at www.abundantblessingshomecare.com.
- Adult & Pediatric Dermatology, PC** (978-610-3701) Glen Smith, is pleased to announce its opening at Huggins Hospital in Wolfeboro, NH! For an appointment, please call 603-569-3376.
- Beasley & Ferber, P.A.** (1-800-370-5010) David Ferber, estate planning including avoiding probate, protecting assets from nursing homes, avoiding state taxes, and elder law.
- Chalmers Insurance** (356-6926) Steve Cote, full line of personal and business insurance, including Long term care, life and annuities.
- Coleman Alvin J. & Son** (447-5936) 9 NH Route 113, Conway. General Contractor
- Conway Eye Care** (356-3000) 1319 White Mt. Highway Dr. Gary Cole & Associates, eye exams, surgical and medical eye evaluations, complete optical service with "on-site" laboratory.
- First Allied Securities** (356-9371) 3277 White Mt. Hwy. Investments including Stocks, Bonds, Annuities, Retirement, College Planning
- Gamwell, Caputo & Co., PLLC** (447-3356 or fax 447-6563) Dave Caputo, certified public accountants providing tax, accounting, and financial statement services for businesses, individuals, trusts and estates.
- Granite State Independent Living (GSIL)** (800-826-3700) www.gsil.org Donna Potter, Non-profit whose mission is to promote life with independence for Seniors & the disabled, to live as independently as they choose in their own homes. GSIL offers services including; info. and referral, personal care, helping with funding, transportation, counseling, respite for caregivers, etc.
- Hill's Florist and Nursery** (356-5750) Brian Hill, Rt. 16, Intervale. Flowers for all occasions, trees, shrubs, perennials, annuals, balloons and gifts. FTD. 10% discount for Gibson members.
- H.R. Hoyt Construction Inc.** (447-2612) Conway, NH. Poured Concrete
- Memorial Hospital** (356-5461) The community hospital of Mt. Washington Valley. Your partner in good health.
- Mount Washington Auto Road** (466-3988) Brian Bennett. Toll road to summit of the highest mountain in the North East.
- North Country Fair Jewelers** (356-5819) Brian Smith, Main St, N Conway. Diamonds, gold and silver jewelry, coins, pearls, watches, clocks and antiques. Repairs, appraisals, buy, sell and trade.
- NorthEast Auto Body** (356-5808) David Smith, 530 Eastman Road, North Conway, N.H.
- Notchland Inn** (374-6131) Harts Location, NH Romantic dining and lodging.
- Peking Sunrise Restaurant & Lounge** (356-6976) Lounge (356-3888) Jct. Routes 302 & 16 N Conway
- Settlers Green Outlet Village** (356-7031) over 60 stores. Every Tuesday is Senior discount day at participating stores.
- Timberland Home Care Inc.** (603-447-3998) is a non-medical home care service provider to families in the Mount Washington Valley and surrounding areas. As experienced home care providers we can provide short, long term & 24/7 multi-shift basis quality home care. Web site: timberlandhomecare.com; e-mail is: timberlandhomecare@live.com
- Varsity Beverage** Conway (447-5445) Distributor of Pepsi Cola, Schweppes, Dole Juices, Lipton Tea, Gatorade, Aquafina Water, Mountain Dew, Mug Root Beer, Frappuccino, and Hawaiian Punch.
- White Mountain Hotel** (356-7100) Gary Sullivan. Wonderful place to go for lunch or dinner.
- White Mt. Oil and Propane** (356-6386) The Saunders Family, oil and propane, major appliances.
- Yankee Smokehouse Restaurant** (539-7427) Joseph Ferriera, Jct. Route 16 & 25 in West Ossipee. Real open pit barbecue.

Save the Date
Tuesday
August 9th
Flatbread Fundraiser
Eat in or
Take Out
4-9 PM





Barbara Egbert poses for the Friday Painters



Sadie Hawkins Dance



Shimmering Seniors, Candle Dance



Mardi Gras

**2016 GIBSON CENTER
CRAFTS AND ARTISAN FESTIVALS**



**May 28th & 29th Sat & Sun
July 2nd, 3rd & 4th Sat, Sun & Mon
September 3rd & 4th Sat & Sun
October 8th & 9th Sat & Sun**

**SHOW HOURS: Sat & Sun 10 AM - 5 PM
Mon 10AM-2PM**

New England Crafters at their best!

We have fine jewelry, photography, art, pottery, gourmet specialty foods, stained glass, doll clothes, kettle corn, clothing, quilts, pillows, woodcrafts, Adirondack chairs, wood signs and furniture.

Benefits the Gibson Center for Senior Services,
Meals on Wheels Program.

**Please remember
the Gibson Center
in your Will**