

# GIBSON TIMES



## The Gibson Center for Senior Services, North Conway, NH

[www.gibsoncenter.org](http://www.gibsoncenter.org) February & March 2016 Edition



### 19th Annual Red Parka Pub Luncheon

The staff of the Red Parka Pub volunteered its time to serve us a delicious lunch, followed by apple crisp. Many Thanks to Terry O'Brien



## 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 1<sup>st</sup> to April 30<sup>th</sup>. 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 two Teas with canned goods donations, March 17th at the Silver Lake Landing, with Irish music played by Mary Ellen, and a tea at the Gibson Center on April 28th (bring shelf food to participate). We will also hold a "Go Green" Dessert Auction before Easter, on Thursday, March 24th. If you would like to bake for the auction, or join us for the Teas, please sign up. We will kick off our Go-Green-for-Gibson fund raising with a Sadie Hawkins Day Ballroom Dance on Monday, February 29th, from 5-6:30. We will have an Ice Cream Social at some time, yet to be determined, please bring shelf food to each party, tea, or dance. All are welcome! Shelf foods most needed are canned milk, hot chocolate, canned tuna or chicken, fruits, puddings, non -sugary cereals, low-salt 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 Historical Society:** Second Tuesday. Home pickups. Potluck on even months.

**Kohl's, Lowe's, Pet Co, and I HOP:** Board Bus 10AM Wednesday February 3. \$15 Bring your own lunch, or eat on your own at I HOP

**Election Day:** transportation to the Polls. Conway in the morning, Madison in the afternoon. Please sign up for home pick ups. **Primary Feb 9, Madison Town Mar. 8, Conway Town 4/12**

**Portland POP's Concerts: Portland In Love:** Sunday, February 14, 2016, \$73 includes ticket, handling fees, and transportation. Supper on own at Sebago Brewery.

**Indian Head St. Patrick's Party:** wine and cheese welcome, buffet, and entertainment. Tues. March 15. \$55

**Portland POP's Concerts: John Williams:** Sunday, April 24, 2016, \$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

**Billy Elliot:** An inspiring musical featuring music by Elton John. Saturday Matinee, June 4 \$65

**Lupine Trips:** June 14 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

# 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 Philadelphia" Cruise
- Unique Shopping
- Landis Valley
- Amish Country tour

## KUDOS

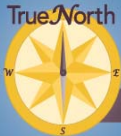
### Donations:

- ◆ Shaw's
- ◆ Bagels Plus
- ◆ NH Food Bank
- ◆ Dollar Tree
- ◆ Al Zaino, furniture repairs
- ◆ Old Village Bakery
- ◆ Wal-Mart & Bob King
- ◆ Abundant Blessings
- ◆ NH Food Bank
- ◆ Pine Tree K Kids
- ◆ Casual Interiors (cypress trees)
- ◆ Lindt Chocolate
- ◆ Vaughan Community Services


### Program Volunteers:

- ◆ Miles Waltz: Medicare Counseling
- ◆ George LeBlanc: Wii, & Game Day set up
- ◆ 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
- ◆ Tai Ji Quan Instructors: Kevin, Julie, Jill
- ◆ Chair Exercise Volunteer: Connie Smith
- ◆ Guest Speakers: FunDay: Laura Sorensen, Carol Saunders, Susan Proctor, Elaine & Dick Klement, Alice & Dick Vierus, Ruth Proctor, Linda Ulchak, Pauline Yeager, Greta Paulhus
- ◆ FunDay Music: Lois Wright,
- ◆ Handbags, totes, Santa Gifts, Gingerbread men,
- ◆ Cardinal Wall Hanging, stationary: Ellen Farrington
- ◆ Ballroom Dance time: Pat Davis



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**NO JOB TOO SMALL**

603-356-2248

**Looking for Matter of Balance Coaches**

See Jill for more information

Ongoing weekly programs

- Mon:** 9:00 Tai Ji Quan Better Balance  
 10:30 Chair Exercise  
 12:30 FunDay Afternoon
- 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:** 9:00 Tai Ji Quan Better Balance  
 10:30 Chair Exercise  
 12:00 Medicare Counseling  
 12:30 BINGO (first Thurs.)  
 12:30 FunDay Afternoon
- Fri:** 10:00 Strength Balance & Stretch  
 12:30 Friday Painters, Jan -Mar.  
 5-7 Ballroom Dancing resumes in April

**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.*

**February 2016**

**Tuesday the 2nd:** *Remember When* after lunch at Silver Lake  
**Thursday the 4th:** BINGO is after lunch with player supplied prizes.

**Friday the 5th:** Welcome Mineral Springs

**Monday the 8th:** Chinese New Year, year of the Monkey

**Tuesday the 9th:** Mardi Gras: wear beads, wear masks, wear green, gold and purple. Costume parade with prizes

**Tuesday the 9th:** Fran's Flick's after lunch Silver Lake Landing

**Thursday & Friday, the 11th & 12th:** Valentine's meals, wear red or pink. Suggested donation, \$4. arrive early.

**Monday the 15th,** Gibson Center Closed

**Tuesday the 16th:** Celebrate Valentine's Day at SLL, music.

**Monday the 22nd:** real Washington Birthday, think cherries!

**Monday the 29th:** Sadie Hawkins Day...stay tuned for a 'Lil Abner Dance! We will use this to kick off Go-Green-4-Gibson

***Mount Washington Valley Arts Association  
 Friday Painters***

After Lunch on Fridays, 12:30-3:30PM

February and March

- Peer Instruction
- The Arts Association will set up still lifes
- Bring your own supplies

**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 \$700 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!**



**603-356-5461**

*Save the Date*  
**17th Annual**  
**Gibson Center Auction**  
 Sunday, May 1, 2016  
 5:30-9:00 PM  
 At the  
 North Conway  
 Community Center

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**Gibson Thrift  
 Shop Hours**  
**Monday –Friday**  
**10-2:30**  
**Saturday**  
**9-1:00**

March 2016

**“Go Green for Gibson”**

**Fran’s Flicks:** *Fran’s Pick* 8th: @Silver Lake,  
**Thursday the 3rd BINGO** is after lunch with player supplied prizes.  
**Friday the 4th:** Nutrition Council Meeting  
**Tuesday, Wednesday, & Thursday, the 15th-17th:** Saint Patrick’s Day meals. Wear Green. Chef Rick will prepare a special lunch of corned beef, cabbage, and all the trimmings. Suggested donation, \$4 “Sponsored by Shawn and Linda Bergeron, in Memory of Mr. and Mrs. Harvey Bergeron and Dana Haley, Sr.”  
**Thursday the 17th:** Irish Music at Silver Lake Landing. North Conway Congregate diners will board a bus after lunch at the Gibson Center, and Mary Ellen will play Irish music on the piano at SLL. Please bring a can or dried milk for **Go Green for Gibson**. The sing along starts about 1 PM. Tea and scones will be served.  
**Monday the 21st:** First Day of Spring lunch at the Gibson Center.  
**Wednesday & Thursday, the 23rd & 24th:** Chef Rick will prepare some thing tasty for the Easter lunches  
**Thursday the 24th:** Go Green for Gibson Dessert Auction at lunch time at the Gibson Center. If you like to bake, please bake...if you like to eat, please bid!

**GOLD’S OVER**

**\$1850/OZ**

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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**

**Special Dinners**

11:30 AM at Gibson Center, Tuesdays at Silver Lake Landing, Noon Suggested Donation \$4.00

**Chinese New Year:** Monday, February 8th

**Mardi Gras:** Tuesday, February 9th

**Valentines Dinners:** February 11th & 12th

**Sadie Hawkins Day:** Monday, February 29th

**Saint Patrick’s Dinners:** Tues, Wed, Thurs. March 15th-17th

**First Day of Spring:** Monday March 21st

**Easter Dinners:** Wednesday & Thursday, March 23rd & 24th

**Go Green Easter Dessert Auction:** Thursday, March 24th

**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 9-10*
- *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](http://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](http://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
- PolarityTherapy** is a very gentle system of energy based bodywork that has shown amazing benefits to the senior community. Increased mental focus and clarity as well as physical vitality, and a decrease in overall pain levels have been reported by those who have experienced this work. Eric Balas CPP (603-356-4114 ext 8)
- 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: [timberland-homecare.com](http://timberland-homecare.com); e-mail is: [timberlandhome-care@live.com](mailto:timberlandhome-care@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.



**Dinner at the Stonehurst**



Ice Carving Luncheon At the Wentworth In Jackson



Currier Museum

**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**