

GIBSON TIMES

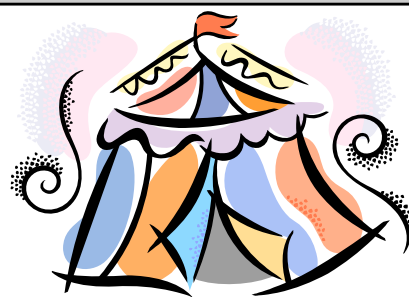


The Gibson Center for Senior Services, North Conway, NH

www.gibsoncenter.org October & November 2016 Edition

Lest we forget....
it's time for our
Year End Appeal.

Donations from members
and our friends are what
enables us to keep our
high level of service, so
please be as generous as
you can. Annual Appeal
Letters will magically
appear in your mail box
November 1



2016 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

Sat & Sun

October 8th & 9th

SHOW HOURS:

Sat & Sun 10 AM - 5 PM

Hannah's Heart-Full Halloween Dance

Friday

October 28th

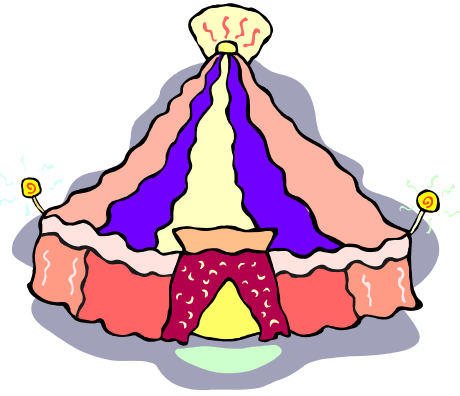
At the

North Conway

Community Center

All funds raised for MOW

Trips



2016 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS October 8th & 9th Sat & Sun SHOW HOURS: Sat & Sun 10 AM - 5 PM New England Crafters at their best!

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

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

Gibson Day Trips Please sign up for all trips: 356-3231

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

Portland Science Center: *The Titanic* October 12th \$31, with audio guide \$36. D'Millo's 9:30-6

Pumpkin People: After lunch on Thursday, October 13. Bring some money for a snack

Woodman Museum: October 19. \$24, History of Dover, Collections featuring: Dolls, Tools, Flora, Fauna, Rock & Mineral, as well as an historic walking tour. 9-5. bring a bag lunch, or eat on your own in town.

The Hazel & Owen Currier Doll Museum: After lunch Monday or Thursday in October. Please let us know if there is interest

Election Day transportation: The Gibson Center bus will offer transportation to the Conway and Madison polls on Tuesday, November 8th. Home pick ups are available, or just ride for door to door service.

Currier Museum: The Currier Museum's current exhibit is *Mount Washington, the Crown of New England*. We will visit on November 9th. \$36 covers the museum, special exhibit admission, as well as transportation. Bring a brown bag lunch to eat on bus, or buy your own lunch at the museum. Board the bus at 9, return around 5:30-6PM

US Army Jazz Ambassadors: Sunday, November 13th. \$65

Magic of Christmas: Friday, December 9th \$60 (need sign ups to order tickets)

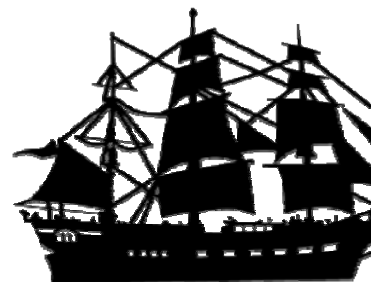
Neighbor to Neighbor

Do you have critical or necessary projects to be done to make your home safer or warmer for the upcoming winter?

Will you have Autumn Yard Work?

Arrange for a visit by a Neighbor to Neighbor team member to evaluate your needs and to discuss how we might be able to help

Call 356-7827



CENTER NEWS

Gibson Globetrotters

The Gardens of London, members only day @ the Chelsea Flower Show

May 18-25, 2017 Passport needed

8 days, 9 Meals \$4049 ppdo

Includes: Air, Land, Insurance, airport transfer Kensington Palace, Savill Garden, Members only day at the Chelsea Flower Show, explore the flagship garden of the Royal Horticultural Society, Wisley, Guided tour of London, Dinner Cruise on the Thames...And More!

Slide show, Tuesday, Nov. 8 12:15 at Gibson

Shades of Ireland:

October 16-25, 2017 Passport needed

10 days, 13 meals. \$3599 ppdo 5 hotels

Includes: Air, Land, Insurance, airport transfer Dublin, Limerick, Galway, Blarney Stone, A night in a castle! Whiskey tasting, Waterford Crystal tour, Mountains, Cliffs... and MORE!

Spotlight on San Antonio Holiday:

November 30– December 4, 2017

5 days, 6 Meals \$2149 ppdo One Hotel

Includes: Air, Land, Insurance, airport transfer Mission San Jose, The Alamo, LBJ Ranch, El Mercado, Paseo de Rio Cruise, River Walk, Fredricksberg, an olive orchard ... And More!

Lancaster Show Trip:

November 28– December 2, 2016,

9 meals, \$615ppdo

Includes: Bus, Hotel, Shows, Insurance,

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



Newport, Mystic, & Foxwoods:

June 5-9, 2017,

7 meals, \$ 568 ppdo

Includes: Bus, Insurance, Hotel

- Stay @ Two Trees = free time @ Foxwoods
- Tour of Newport and mansions
- Tour Mystic Village and Mystic SeaPort

KUDOS

Donations:


- ◆ Shaw's
- ◆ NH Food Bank
- ◆ Al Zaino, furniture repairs
- ◆ Old Village Bakery
- ◆ Wal-Mart & Bob King
- ◆ NH Food Bank
- ◆ Lindt Chocolate
- ◆ Abundant Blessings
- ◆ North Conway Rite-Aid
- ◆ Wood Creations 603
- ◆ Denise & Bob Lambert
- ◆ Summit Achievement Center
- ◆ David Eldridge
- ◆ Comfort Inn
- ◆ Camp Waukeela
- ◆ William Clemons
- ◆ Joseph's Spaghetti Shed
- ◆ Black Cap Grille
- ◆ Veggie Volunteer: Sherman Farms and pickers
Jackie Hamblet, Julia King, Darlene Ference,
Alice Proctor, Jean Lees, Pricilla Sherman

Program Volunteers:


Zero Balance Massage: Julie Sargent Library Program: Bob Cottrell

- ◆ **Silver Lake Music:** Mary Ellen Vana, ^{Gina}
- ◆ **George LeBlanc:** Wii, & Game Day set up
- ◆ **Jim Giguere:** Game Day snacks
- ◆ **Care for the Caregiver:** Gardiner Perry VNS & Dom
- ◆ **Book Cart:** Barbara Rines
- ◆ **Belly Dance Instructor:** Joanne Bailey
- ◆ **TJQ:** Sandy Perry, Julie Sargent
- ◆ **Computer time:** Deb from Rite Aide
- ◆ **FunDay:** Carol Saunders, Susan Proctor, Elaine & Dick Klement, Alice & Dick Vierus, Ruth Proctor, Greta Paulhus, Pat Neundorf, Lucille Dennis,
- ◆ **FunDay Music:** Lois Wright,
- ◆ **Dining Room Art:** Ellen Farrington; Barbara Flaherty; Joyce Hahn
- ◆ **Ballroom Dance time:** Pat Davis & Alice Clapp

John Fuller Elementary School is looking for reading buddies, people who will pair us one to one, and listen to the children read aloud. Preferred time is 9-10 Friday mornings. See Jill

TrueNorth

Travel Club
 Your passport to a world of adventure.

Northway
 BANK



Member FDIC | 800-442-6666 | northwaybank.com

TIM DI PIETRO



Master Electrician
 Free Estimates

NO JOB TOO SMALL

603-356-2248

Memory Tree Lights

Perpetual red bulb \$50. Seasonal white bulb \$10

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
 1:1 Computer with Judy PM
 Fran's Flicks,
 2nd week @ Silver Lake
- Wed: 10:30- 1:30 Wii
 12:30 Game Day
 12:30 Care for the Caregiver
- Thurs: 1:1 Computer with Deb AM
 9:00 Belly Dancing
 10:30 Chair Exercise
 12:30 BINGO (first Thurs.)
 12:30 FunDay Afternoon
 4:00 Tai Ji Quan Better Balance
- Fri: 10:00 Strength Balance & Stretch
 12:30 Ballroom Dance Classes
- Strength Balance & Stretch: **Sept-May**

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.

October 2016

Caring for the Caregiver This session is Sept 21-Oct 26
Wednesday, the 5th: Being Mortal movie & discussion. Hope is not a plan, learn about Advance Directives.

**GIBSON CENTER CRAFTS AND ARTISAN
 FESTIVAL Sat & Sun October 8th & 9th , 10-5**

Monday, the 10th: Gibson Center closed

Wednesday the 12th: Columbus Day Italian lunch

Saturday the 15th: Button Up Program join us 10 AM to learn how to make your home warm and energy efficient.

Tuesday the 18th: FaceBook Bob Cotrell from the Conway Library will offer do's and don'ts for identity protection. If you use FaceBook, or are thinking about opening a page, attend.

Friday the 21st: Oktoberfest German food and music at lunch

Tuesday, the 25th: Five Minute Forum. Candidates whose names appear on Northern Carroll County ballots are invited to speak after lunch at the Gibson Center.

Friday the 28th: Hannahs Heart-Full Halloween Dance at the Community Center. All monies benefit the Gibson Center

Monday, the 31st: Halloween costume party in the dining room at lunch time, and ballroom dance after lunch. Costumes are optional, but encouraged.

Fridays: Alice Clapp will offer a beginner Ballroom Dance Class, after lunch for 5 weeks. Starting soon. Just the thing to get ready for holiday parties!

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

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

November 2016

Caring for the Caregiver This session is Nov 16– Dec21.

Tuesday, the 8th: Collette will make a presentation about our upcoming trip opportunities: The Gardens of London; Shades of Ireland; San Antonio Holiday Spotlight.

Thursday, the 10th, Honor Veterans at lunch time

Friday the 11th, Gibson Center closed

Tuesday, the 15th, The Gibson Center Annual Meeting will be held after lunch. Please join us, hear department reports, and offer suggestions.

Tuesday, Wednesday, and Thursday, the 15th-17th, will be our annual Thanksgiving Dinner, sponsored this year by Shaun and Linda Bergeron in memory of Dana Haley Sr. and Mr. & Mrs. Harvey Bergeron. No reservations, suggested donation \$4

Monday the 21st; Ballroom Dance after lunch

Thursday & Friday, the 24th & 25th, The Gibson Center will be closed.

Black Cap Grille



Joseph's Spaghetti Shed



Neighbor to Neighbor

Do you have critical or necessary projects to be done to make your home safer or warmer for the upcoming winter?

Do you have Autumn Yard Work?


Arrange for a visit by a Neighbor to Neighbor team member to evaluate your needs and to discuss how we might be able to help.

Call 356-7827 (call today)

Yard work scheduled for October 29th



Reflect 95% of radiant heat Emits 5% of all radiant heat



MWV
Button Up

Saturday, Oct 15th 10AM
At the Gibson Center
Learn what you can do to
make your home more energy
efficient. Doors open @9:30



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 year"
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

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.

Shimmering Seniors



Summer Trips



Did
Someone
Say
Ice Cream?

Ossipee Lake Boat Trip



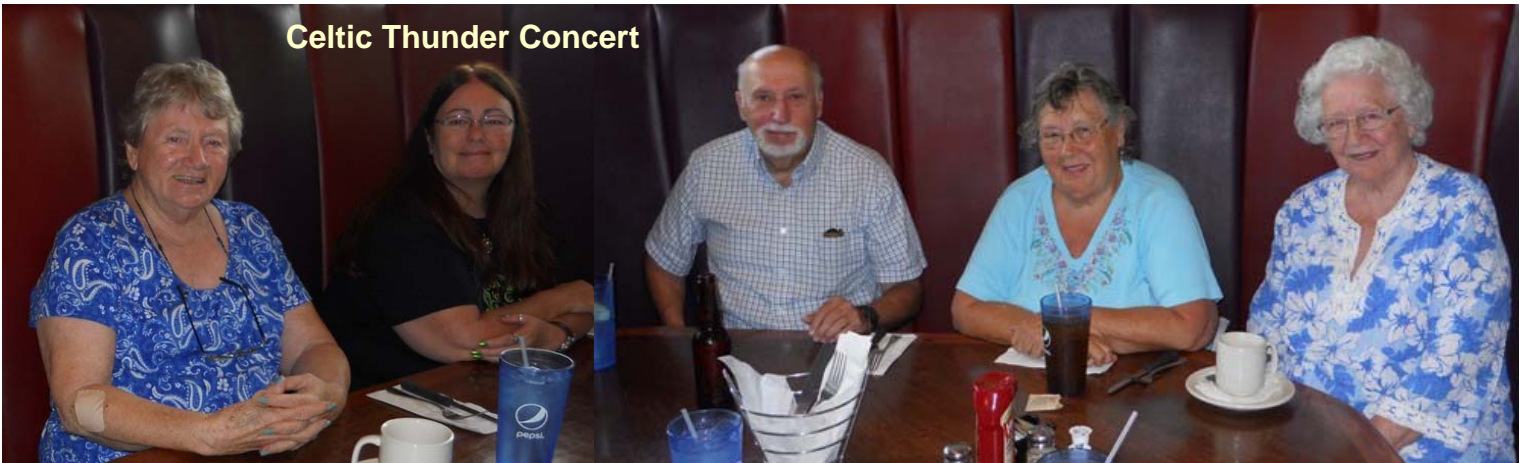
Two Lights
State Park &
Lobster Shack



Saint-Gaudens
National Park;
Shaw Memorial



Celtic Thunder Concert



2016 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

October 8th & 9th Sat & Sun

SHOW HOURS:

Sat & Sun 10 AM - 5 PM



New England Crafters at their best!

We have fine jewelry, photography, art, pottery, gourmet specialty foods, stained glass, doll clothes, kettle korn, 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**