

GIBSON TIMES

The Gibson Center for Senior Services, North Conway, NH

www.GibsonCenter.org

info@gibsoncenter.org

603-356-3231

January 2019 Edition

HELP THE CAUSE

You can help safeguard the future of The Gibson Center by donating. Go to GibsonCenter.org for more details

Join us for lunch Monday - Friday 11:30 am to 12:15 pm

FEATURED FUNDRAISER



Red Parka Pub Fundraiser

Tuesday, Jan 8th, Noon. \$5 Only

Only 100 Seats Available

Sign up for Fish or Steak

Call 603.356.3231

Route 302 Glen, NH 03838

Bring family and friends!



**NEW HAMPSHIRE ALLIANCE
FOR HEALTHY AGING**

Dan Hobbs is the Elder Advocacy Coordinator for New Hampshire Legal Assistance and the NH Alliance of Healthy Aging. He will be giving a presentation on the legislative process in New Hampshire as well as how individual citizens can advocate for policies and issues they care about.

If you are curious about the unique ways in which a bill becomes a law in NH or if you have every wanted to voice your opinion to lawmakers but didn't know quite how to go about it, this presentation is for you.

**Join us after lunch on Tue, Jan 15th.
All are welcome!**

Veterans! Watch for a chance to socialize. More information soon!

UPCOMING JANUARY EVENTS

Tuesday the 1st: Closed for New Year's Day

Friday the 4th: we will celebrate the 12 days of Christmas, we will sing THE song, and give out 12 Gifts of Christmas.

Tuesday the 8th: The Gibson Center & Silver Lake dining rooms will be closed. MOW only on this day

Tuesday the 15th: Mineral Springs visit at lunch time.

Tuesday the 15th: The New Hampshire Alliance for Healthy Aging, Elder Advocacy Coordinator Dan Hobbs will give a presentation on the legislative process in NH. Join us after lunch.

Monday the 21st: The Gibson Center will be closed

Thursday the 31st: Collette will present a slideshow featuring upcoming Gibson trips. London, Paris; Tuscany; Peru; Portugal; or our own Smoky Mountains.

Friday Painters: all are welcome to join the Friday Painters, after lunch at the Gibson Center. Bring your own supplies. Different topics each week. Hosted by MWVAA

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603-356-2248

Remember Gibson Center
in YOUR WILL

Coming Attraction

RED PARKA PUB FUNDRAISER

Jan 8, 2019 Noon, call 356-3231.

Sign up for steak or fish.

Only 100 seats.

Only \$5, includes coffee and dessert.

Join us for lunch
Gibson Center,
Mon-Fri. 11:30am - 12:15pm

SILVER LAKE LANDING APARTMENTS AVAILABLE FOR RENT

We have immediate vacancies for a second floor, one bedroom apartment (\$670/month), and a first floor, two bedroom apartment (\$720/month).

Rents include heat and hot water.

MUST be filled by a tenant with very low income (less than \$28,250 annual for one person).

Please call Ken at the Gibson Center, 356-3231, ext. 112 for an application

Remember Gibson Center in YOUR WILL

ONLINE DONATIONS:

You can help our cause by donating at www.gibsoncenter.org/ and click on **Donate Now button**

BEASLEY & FERBER, P.A.

Estate Planning and Elder Law Wills, Trusts and Probate Avoidance

Estate Administration and Guardianship Saving Assets from Nursing Home Stays

CALL FOR A SCHEDULE OF FUTURE ESTATE PLANNING SEMINARS AT THE GIBSON CENTER

Please call for information about future presentations **1-800-370-5010** .

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

Call 603-356-7294

ONGOING WEEKLY PROGRAMS

Monday:

10:00 Tai Ji Quan Silver Lake Landing

10:30 Chair Exercise

12:30 FunDay Afternoon

3:30 Tai Ji Quan Better Balance

Tuesday:

10:00 Strength Balance &Stretch

12:00 Silver Lake Lunch

12:30 Knitting Club at SLL

Wednesday:

10:00 Quilt Club (2nd & 4th weeks)

10:30 - 1:30 Wii

12:30 Game Day

12:30 Caregiver Peer Support

Thursday:

9:00 Belly Dancing

10:00 TJQ Silver Lake Landing

10:30 Chair Exercise

12:30 BINGO (first Thurs.)

12:30 FunDay Afternoon

3:30 Tai Ji Quan Better Balance

Friday:

10:00 Strength Balance &Stretch

12:30 Friday Painters (Jan-Apr)

Join us for lunch

Gibson Center,

Mon-Fri. 11:30am -12:15pm

PROGRAM VOLUNTEERS

Wii, & Game Day set up: **George LeBlanc**
Book Cart: **Barbara Rines**
Belly Dance Instructor: **Joanne Bailey**
Tai Ji Quan & Knitting Club: **Sandy Perry**
FunDay Music: **Lois Wright**
Caregiver Peer Support: **Dom**
Service Link: **Karen Santuccio**
M & D Production: **Theatre tickets**
Sing-A-Long & BINGO: **Dick Vierus**
Blood Pressure: **North Conway Ambulance**
Mr. & Mrs. Claus: **Jeff & Joanne Bailey**

**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
2448 Main St., No. Conway
603-356-5819

KUDOS - Donations

Shaw's, Wanda Wirling
NH Food Bank
Catholic Charities of NH
Wal-Mart: Bob King & Phil Spinney
Old Village Bakery
Al Zaino: Fix tables & food pantry
Timberland Home Care
Pine Tree K Kids: Cards & Decorations
Madison K Kids: Cards & Decorations
MWV Children's Museum : Wreath
Vaughn Community Services:
Food Pantry

Jackson Church Missions Commit-
tee: Carolers & Poinsettias
Bob & Kit Griffin: 2019 calendars
Conway Police Department: Holi-
day Dinners, Santa Gifts, Christmas
Eve, New Years Eve, Epiphany
Jack & Judy Karp: Fran Farewell
Dinner.
Shawn & Linda Bergeron: Thanks-
giving Dinners.
White Mountain Oil & Propane:
Christmas Dinners.



Mount Washington Valley
Adult Day Center
Opening June, 2019

For More Information:

Visit Us Online
[www.memorialhospitalnh.org/
adultdaycenter](http://www.memorialhospitalnh.org/adultdaycenter)

Or Call Sue Ruka at
603-356-5461, x2194

GIBSON CENTER DAY TRIPS

Please sign up for all programs: 603-356-3231.

Stonehurst: January 2, 2019 Van & Meal \$ 33. Meal alone \$28

Ice Sculptures: Monday, Jan 7th at the Wentworth. 11-2:30 \$20 covers transportation, meal, tax and tip.

Snow Sculptures: Monday, Jan 28th, after lunch, bus donation, we will stop for cocoa so bring spending money.

Art In Bloom : Friday, February 15th at the Portland Museum of Art \$35

Sound of Music The Play: Friday, March 1st \$75 dinner on own

Alvin Alley American Dance Theater : Wednesday, May 1st \$83. Dinner on own.

UPCOMING OVERNIGHT PROGRAMS

Please sign up for all programs: 603-356-3231.

Bus Tour Nova Scotia, PEI, New Brunswick & Maine: June 4-12, 2019, 14 meals, \$1168 ppdo. Hopewell Rocks, Kings Landing. Peggy's Cove, Halifax, Lunenburg. Charlottetown, Saint John. Acadia National Park, Mt Desert. Includes: Bus, Insurance, Hotels, 14 meals

London & Paris: August 21-28, 2019. 8 Days ,9 Meals \$3999 ppdo. Passport needed. Big Ben, Choices on Tour, Eurostar Train, Paradis Latin Cabaret, Arc de Triomphe, Eiffel Tower Dinner, Seine River Cruise

Explore Tuscany: October 12-20, 2019 Highlights: Montecatini Terme, Florence, Lucca, Gothic Line, Pisa, San Gimignano, Siena, Cooking Class, Choic of a Winery Tour or a Cheese Farm. Passport needed. 9 days \$3299 ppdo

Peru: Ancient Land of Mysteries: January 18 -25, 2020. 8 Days, 13 Meals \$4399 ppdo. Passport needed. Lima, Choice on Tour, Sacred Valley of the Incas, Local Andean Cultures, Ollantaytambo Ruins, Home-Hosted Lunch, Machu Picchu, Cuzco, Larco Museum

Sunny Portugal - Estoril Coast, Alentejo & Algarve: April 14-23, 2020. 10 Days, 4 Meals \$3899 ppdo. Passport needed. Portuguese Riviera, Choice on Tour, Lisbon, Fado Dinner Show, Sintra, Obidos, Fatima, Evora, Alentejo Countryside Stay, Sagres, Lagos, Algarve, Faro, Cork Factory, Azeitao, 2 Winery Tours, 5 UNESCO World Heritage Sites

Bluegrass Country & the Smoky Mountains - Louisville, Gatlinburg & Asheville: Oct 15-23, 2020. 9 Days ,12 Meals \$3299 ppdo Churchill Downs, Kentucky Derby Museum, Old Louisville Walking Tour, Choice on Tour, Buffalo Trace Bourbon Distillery, Lexington Horse Farms, Great Smoky Mountains National Park, Dolly Parton's Stampede & Dinner Show, Asheville, Biltmore Estate. Real ID or Passport needed

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 (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

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

Maine Senior Insurance, LLC (800-430-1302) helping Carroll County seniors with Medicare insurance products since 2010. Please call for your no-obligation appointment. (800) 430-1302

Memorial Hospital (356-5461) The community hospital of Mt. Washington Valley. Your partner in good health.

Mount Washington Auto Road (466-3988) Howie Wemyss. Toll road to summit of the highest mountain in the North East.

MWV Concierge Grocery shopping, house/condo cleaning, snow shoveling/plowing, errand running. 603-730-5255 or mwvconcierge@yahoo.com

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.

The Hearing Aid Shop (603-356-0172) 1529 White Mountain HWY. Hearing Tests, Repairs, Cleaning & Batteries. Call for an appointment to hear how new technology can make your life sound amazing. Ask about our in-home demo program!

Timberland Home Care Inc. (603-447-3998) is a non-medical home care service provider to families in the Mt. 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 Mountain Oil and Propane (356-6386) The Saunders Family, oil and propane, major appliances.

Yankee Smokehouse Restaurant (539-7427) Joseph Ferreira, Jct. Route 16 & 25 in West Ossipee. Real open pit barbecue.

Please remember the Gibson Center in your Will