

GIBSON TIMES

The Gibson Center for Senior Services, North Conway, NH

www.GibsonCenter.org

info@gibsoncenter.org

603-356-3231

July 2019 Edition

2019 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

July 6th & 7th

August 31st & September 1st

October 12th & 13th

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 corn, clothing, quilts, pillows, woodcrafts, Adirondack chairs, wood signs and furniture.

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



NH PLAN OF THE YEAR AWARD

Planning is everything!

The Gibson Center receives the NH Plan of the Year Award from the NH Planning Association at the Abenaki Golf Club in Rye, NH.

The award was for the AARP/Gibson Age Friendly Work Plan authored by Gibson Board member, Marianne Jackson. Pictured L-R, Ben Frost of NH Housing, Todd Fahey, State Director of AARP, Dr. Marianne Jackson, Gibson Board President Charlie Ma-

comber and Executive Director, George Cleveland.

FLATBREAD GIBSON CENTER FUNDRAISER

Tuesday, July 11 4:30-9 PM

The Eastern Slope Inn
2760 White Mountain Hwy,
North Conway, NH 03860
Bring family and friends!



100 DAY HEALTH CHALLENGE

Gibson Center is partnering with the Memorial Hospital to offer one Age Friendly walk in each of the 11 Age Friendly towns that make up our service area. Here is the list of the trail, and the date that we will be walking them. People should sign up, so that the people who carpool on the bus can meet people who drive themselves, and we can enjoy a group walk.

Join the Gibson Center as we improve our health by completing the 100 Day Challenge. One way to earn extra points for the challenge, is to walk one trail in each of the 11 towns that make up our Age Friendly Community.

The Gibson Center will offer transportation, and companionship after lunch, as we travel to the different trails. Join us!

Please sign up for these walks, let us know if you are riding the bus, or meeting us at the trail head. (we will start each trip at 12:30 at Gibson Center, if meeting at trail heads, plan for our travel time from Gibson Center)

Call us at 603-356-3231.

To view the list of trail visit our web site <https://www.gibsoncenter.org/mwv-walkable-trails-by-town/>

2019 100 DAY CHALLENGE TRAIL WALKS

Join us each week as we walk one trail in the list of Age-Friendly trails. Each week we will visit a different town. In July we will walk on the 5th, 10th, and 19th. Join us after lunch

Eaton: Sunset Beach Road. **Walk Date July 5**

Freedom: Pequawket Trail in the Freedom Town Forest. **Walk Date July 10**

Hart's Location: Pond Loop and Sam Willey Trails. **Walk Date July 19**

Chatham: Leach Link. **Walk Date August 9**

Jackson: Bog Brook Trail. **Walk Date August 16**



KUDOS - CHEF'S BISTRO GIBSON FUNDRAISER

Josh Brault of Chef's Bistro in North Conway presents George Cleveland with a check from their Gibson Benefit Dinner on June 19th.

Thanks to Josh and the staff and everyone who joined us!

JOIN US FOR LUNCH MONDAY - FRIDAY 11:30 AM TO 12:15 PM

NORTH CONWAY VILLAGE WOW GARDEN FOR 2019

It's a WOW Garden! The Mountain Garden Club chose The Gibson Center as their North Conway Village WOW Garden for 2019.

Lots of color after a busy day of planting. Watch us bloom this summer and a huge Thank You to the Club!!



**HAPPY
4TH OF JULY**



**CAMP WAUKEELA DAYS
AT GIBSON CENTER
JULY 25TH & 26TH 9AM - 4 PM**

PLEASE SIGN UP FOR THE EVENT
CALL: 603-356-3231

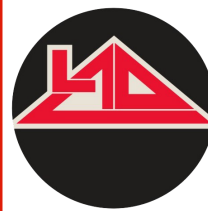
INDEPENDENCE DAY INDOOR PICNIC

Wednesday, the 3rd.

**GIBSON CENTER GUEST CONDUCTOR
MWV BAND**

Join us on Thursday, the 16th at 6:30pm

join us for an evening of music!
Bring a picnic, bus available



L. A. DREW, INC.
GENERAL CONTRACTOR



**Mount Washington Valley
Adult Day Center
Opening July 2019**

For More Information:

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

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

UPCOMING JULY EVENTS

100 Day Challenge: Join us each week as we walk one trail in the list of Age-Friendly trails. Each week we will visit a different town. In July we will walk on the 5th, 10th, and 19th. Join us after lunch

Veteran's Programs in July: 10th, July 17th (JC Penny Pancakes)

Film In The Parlor - Tues the 2nd: 9:30AM : The Final Goodbye presented by VNS & Hospice.

Tues. the 2nd: 12:30PM Collette presents 2020 Gibson trips

Closed Thursday, Thursday, July 4

Artisan Craft Fair, Saturday & Sunday July 6 & 7

Flatbread fundraiser for Gibson, July 11 4:30-9PM Invite your family and friends

Crock Pot Cooking, made easy! Need inspiration to cook for one or two people? After lunch July 12. Please sign up.

Gibson Center Guest Conductor July 16 MWV Band 6:30PM, join us for an evening of music! Bring a picnic, bus available.

Canada Slide Show July 18, for all who went on the trip, and those who wish they had. If you have photos to share, please connect with Jill to download them.

Community Health Fair: July 19 at the White Mountain Clinic

Camp Waukeela days at Gibson Center: July 25th & 26th, sign up for events

August Preview:

Tricia Mattox-Larson, from VNS will speak with care givers and recipients to improve communication. 8/27



Glen Badger

Eldercare Advisor & Owner

tel 603.393.6452

glenb@assistedlivinglocators.com

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Remember Gibson Center
in YOUR WILL

VETERANS COFFEE

First & Third Wednesday 10AM

Meet fellow veterans, learn

about services available

Snacks!

MWV Age-Friendly Community

The Gibson Center is excited to be the convener of The MWV Age-Friendly Community initiative.

Check on our website for the details of the Goals, <https://www.gibsoncenter.org/mwv-age-friendly-community>

SILVER LAKE LANDING APARTMENTS ARE YOU ON THE LIST?

While there are currently no vacancies, we are happy to accept your name on our waitlist for our beautiful apartments on the shore of Silver Lake in Madison.

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.

1251 White Mtn. Hwy
North Conway, NH 03860

Call 603-356-7294

ONGOING WEEKLY PROGRAMS

Monday:

10:30 Tai Ji Quan Silver Lake Landing
10:30 Chair Exercise
12:30 FunDay Afternoon
3:30 Tai Ji Quan Better Balance

Tuesday:

12:00 Silver Lake Lunch
12:30 Knitting Club at SLL

Wednesday:

10:00 Veterans Coffee (1st & 3rd weeks)
10:00 Quilt Club (2nd & 4th weeks)
10:30 - 1:30 Wii
Service Link, make appointment
12:30 Game Day

Thursday:

9:00 Belly Dancing
10:30 Chair Exercise
11:30 TJQ Silver Lake Landing
12:30 FunDay
12:30 BINGO (first Thurs.)
12:30 Caregiver Peer Support
3:30 Tai Ji Quan Better Balance

**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**

Veteran Group: **Krystal LeTourneau, Karen Umberger, Karen Cousins, JC Penny**

Caregiver Peer Support: **Dom, Jim & Charles**

Service Link: **Karen Santuccio**

M & D Production: **Theatre tickets**

Sing-A-Long & BINGO: **Dick Vierus**

1:1 Computer: **Quentin**

Chair Exercise: **Marshall, Sue & Anne**

Arts In Motion : **Dress Rehearsal Tx**

Longest Day Raffle: **Karen Cousins, Karen Gibson, Paula Callahan, Prudy**

**GOLD'S OVER \$1850/OZ
"WE BUY ALL GOLD & SILVER"**

**Platinum, Diamonds, Coins &
Jewelry**

**Free Estimates
North Country Fair Jewelers
"50th year"**

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

GIBSON CENTER DAY TRIPS

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

Mount Washington Valley Band Concert: home pick up. Bring a picnic supper. Out for ice cream after. Bus donation. July 16

OOB Concerts: Carpenters 6/25 ; Beatles 7/9; Diamond 8/6; Simon & Garfunkel 8/13 \$32 each show. Dinner on own at Rising Tide

Cirque Du Soleil Crystal: August 7th \$68 A breakthrough Ice experience blending circus arts and the world of ice skating. Dinner on your own.

The Moving Wall, after lunch, Thursday, August 8th.

Mount Washington Valley Band Concert: Home pick up. Bring a picnic supper. Out for ice cream after. Bus donation. Aug. 20

Elvis Day at the SeaDogs + fireworks, August 22 \$25 3PM

Two Lights State Park + Lobster Shack: August 28. \$20

White Mountain Museum: Grand Hotels September 6. \$20

Gilmanton Winery & Vineyard: Friday September 13. Price includes a wine tasting, lunch, tax, tip, and transportation \$45

Veteran's Road Trip: VA Home Tour October 16 9AM-5PM

River Dance: January 14, 2020. \$85

Russian National Ballet, Sleeping Beauty: March 18, 2020 \$62

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
Jim Giguere: Father's Day Ice Cream
Office volunteers: "Rise" Kids

Kim & Neysa Packard: The Farm Stand in Chocorua
KHS Project Graduation: Fruit
Timberland: MOW summer kits
Vaughn Community Services: Food Pantry
Memorial Day: Pine Tree K Kids,
Kennett Honor Guard

UPCOMING OVERNIGHT PROGRAMS

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

Explore Tuscany: October 12-20, 2019 Highlights: Montecatini Terme, Florence, Lucca, Gothic Line, Pisa, San Gimignano, Siena, Cooking Class, Choice 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

Bus Tour - Cape Cod, Martha's Vineyard, Rhododendron Garden: 400th Anniversary of Mayflower Landing May 4-8 2020. \$550

Cruise - Boston to Quebec: Sept 18-25, 2020, price based on cabin

CANADA MARITIME TRIP - JUNE 4TH -12TH, 2019



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.

Assisted Living Locators 603-393-6452 Free Referral and placement services matching seniors with the best living solutions for them statewide.

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.

Modern Woodmen of America is a member-owned fraternal financial services organization offering life insurance and annuities. Together with our more than 750,000 members, we've been touching lives and securing futures since 1883. Lauren O'Reilly, Financial Representative 603-733-6526.

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 mwvconciierge@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.

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