

# Gibson Times

## Easter Lunch



## Gibson Gala - Celebrating Seniors

### Coming Right up!

Plan now to be at the Majestic Theater in Conway Village on Thursday evening, May 11th at 5:45 for the Gibson Gala- Celebrating Seniors event. Renowned radio host Laura Knoy, founder of NHPR's The Exchange, will interview a panel of Valley celebrities. On stage will be artist, musician and actor Mary Bastoni, judge and mediator Peter Fauver, coach and mentor Bernie Livingston and Jen's Friends Board member and Ms. Valley, herself, Barbara Theriault. It will be a night of joy and laughter. Come be inspired by their talent, dedication and influence. This is who we are! These 4 represent the prominent and hilarious actors, musicians, announcers, moderators, philanthropists, creators, organizers and supporters who are ready to pass on the culture and values that make the Valley strong.

This is our annual fund raiser to support Meals on Wheels for the homebound, transportation and all our services.

The night will include a Silent Auction,



Laura Knoy

scrumptious hors d'oeuvres by Chef Blodgett, cash bar and a chance to join with others who make this Valley a remarkable place to live. **Tickets are \$45 on sale now online at <https://mountaintop.ludus.com/index.php> or by calling the Gibson Center at 603-356-3231.** We are very grateful to our sponsors Settlers Green OVP, Memorial Hospital, Northway Bank, Cooper, Cargill and Chant and the Berry Companies.

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**Gibson Center Gala  
Celebrating Seniors**



**Gibson Center Gala**

Thursday Evening, May 11th.

# May Special Events

Thursday The 11th is the **Gibson Center Gala, Celebrating Seniors!** call today to reserve your ticket or go online to the Majestic Box office to laugh and join the discussion moderated by Laura Knoy. There will also be a silent auction, hors d'oeuvres, and a cash bar. Join us at the **Majestic Theater in Conway**, where doors open at 5:45PM and the performance begins at 7PM.



Friday the 12th, is the **Mother's Day luncheon**. Chef Dave is planning a special menu and there will be flowers for all the Moms (and any woman who had a Mom!) Becky and Kristen

will be sending fresh new plants home to every Meals on Wheels Mom as well.

Wednesday the 17th at 10AM, the AARP Speakers Bureau will present: **Red Cross Emergency Preparedness**. What should you keep in your emergency grab bag?



Are you ready for a power outage? Have you made plans that include your family with four legs or wings? Find out what the Red Cross considers vital. **Get a kit. Make a plan. Be informed.**



Thursday the 18th: The **Memorial Hospital** Monthly Health Presentation is partnering with **OLLI** to provide a **Lunch N Learn**. The topic will be **hearing devices**. Join Joan

Marcoux from New Hampshire's Department of Health and Human Services and Stephanie G. Strong, AuD. who will talk about everything from Smart Devices, to hearing aids, and relationship saving Pocket Talkers. Everyone is welcome for lunch and the program.

Monday the 22nd at 12:30PM, and Wednesday the 31st at 9AM we will offer the **Virtual Dementia Tour**. This experience shows how people with sensory loss interpret their environment differently. The experience helps people understand what others may be experiencing, and understanding leads to compassion. Please sign up to participate in this experience. **Call 603-356-3231**. VDT is funded in part thru Administration on Community Living grant #90ADPI0060

Friday the 26th we kick off summer with a cook out-eat in for **Memorial Day** weekend. It is also **Arts for Lunch**, we've been asked to keep it a surprise, but you WILL want to invite your family and friends to this special event with international touring musicians.

**Memorial Day Craft Fair, Saturday the 27th from 10-5, & Sunday the 28th from 9-4.** New England's best artisans and crafters on our front lawn!

**The Gibson Center** will be closed for Memorial Day on **Monday the 29th**.

**Guest Chef, Tuesday, the 30th.** Bryant Alden, Director of the Culinary program at Kennett High School will bring 4 of his star students, and the 5 of them will prepare a spectacular lunch for the Gibson Center dining room.

**Save these Dates:**

- **Thursday, June 1st, Plant Swap.** Bring in extra plants, and swap them for someone else's extras. (flowers, herbs, veggies) Start a Friends' Garden with varieties from friends and neighbors.
- **Tuesday, June 13th: Volunteer Appreciation Luncheon.** We will be serving our many volunteers in the dining room so it will be closed for all others as we celebrate the contributions from the people who give so much time and talent to the Gibson Center.
- **Friday, June 23rd: Arts for Lunch,** the DellaValla Family Bluegrass Trio
- **Tuesday, August 1st, FlatBread, Gibson Center fundraiser.**



## Fun Programs, Classes, Trips, and Adventures

The Gibson Center has developed a huge menu of programs for seniors of all abilities and interest levels. Much of what we do has come directly from your suggestions, so keep them coming!



# Ongoing Weekly Programs

<b>Monday</b>	Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance General 1:1 Computer Tutoring	10:30 AM 12:45 PM 4:00 PM By Appointment
<b>Tuesday</b>	Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd week	10:00 AM By Appointment
<b>Wednesday</b>	Quilt 2nd & 4th weeks Gameday General 1:1 Computer Tutoring	10:00 AM 12:30 PM By Appointment
<b>Thursday</b>	State of NH Veterans Service, 1st & 3rd week Call for your appointment 603-624-9230 X 301 Strength, Balance & Stretch Afternoon rides, scenic, historical, social Tai Ji Quan, Moving for Better Balance	By Appointment  10:00 AM 12:30 PM 4:00 PM
<b>Friday</b>	Computer Classes with Andrea Libby. Call Penny 603-356-3231 Chair Exercise Class Friday Painters, bring your own supplies	By Appointment  10:30 AM 12:30 PM

## 2023 Gibson Center Craft and Artisan Festivals

Holiday Weekends are special at the Gibson Center because we have **New England Crafters at their best!** They offer fine jewelry, photography, art, pottery, stained glass, floral arrangements, candles, Skinny Towels, handmade bags, Kettle Corn, Maple Syrup products, items for your pets, soap, clothing, quilts, pillows, woodcrafts, wood signs and furniture. The Craft Fair benefits the Gibson Center for Senior Services, Meals on Wheels Program. Crafters, find the application at <https://www.gibsoncenter.org/craft-fair-rules-application/>

- **Memorial Day Weekend:** May 27th & 28th Sat & Sun
- **Independence Day Weekend:** July 1st & 2nd Sat & Sun
- **Labor Day Weekend:** September 2nd & 3rd Sat & Sun
- **Columbus Day Weekend:** October 7th & 8th Sat & Sun

**Fair Hours: Saturday, 10AM-5PM; Sunday, 9AM-4PM**



# Gibson Center

## Upcoming Day Trips

For all bus trips, please sign up, and pay in advance. Call **603-356-3231**. Federal health precautions are followed on the bus. For Door to Door Transportation trips, you will be called with your individual pick up time, the day before the trip. Many venues will only hold tickets for so long. Please indicate your interest, so we can reserve tickets.



Monthly trip to the **Humane Society, to socialize Cats**, first Wednesday each month, after lunch.

**Friday, April 28th**, a trip to the **Brownfield Community Market**, for shopping. Their produce is unbeatable for quality and price. Bus donations accepted. Bring your own bags.

Portland Museum has an exhibit **American Perspectives, 70 items from the Folk Lore Tradition**, including wood, paint, quilt, embroidery, and other mediums. Thanks to the generosity of donors, the cost of transportation and admission is only \$20. Bring a bag lunch to eat on the bus, or spend some of your time eating in the cafe or a local restaurant. **Friday May 5th**, 10AM-5PM.

**Corvette Doo Wop. Friday May 12th.** Bring money for dinner on your own at the Granite Steak N Grill. One ticket available, only \$35.



**SeaCoast Wind Ensemble.** Memorial Day weekend on **Sunday, May 28th**, our friends Jim and Karen Umberger are sponsoring the concert from 7:00-8:30 at the Fryeburg Academy PAC, Fryeburg, ME.

Donations will be accepted for the bus ride to the show. Call for a ride from your home!

**Tusk: The Ultimate Fleetwood Mac Tribute, Saturday, June 3rd**, we will stop for dinner on your own at the Granite Steak and Grill. Trip is presently full, but join the wait list for a possible cancellation.

**Lupine, Polly's Pancakes**, tour of the notches, **June 9th & 14th**. Lunch on your own. Only \$15 due to generous sponsor.



**John Davidson, Gibson Night at Club Sandwich, Friday, June 23rd.** Due to the generosity of donors, this trip is only \$35, for the show and transportation.

**The Everly Set at Club Sandwich, Friday July 13th, \$35** Playing music of the Everly brothers, who influenced artists from the Beatles to Simon & Garfunkel



### Other trips to pencil in, they need sign ups for tickets

- Agatha Christi at the Barnstormers, 7/27 \$40
- Hansel & Gretel Ballet, 8/5 \$30
- The Diamonds at Old Orchard Beach 8/8 \$32
- Carpenter Tribute at Old Orchard Beach 8/15 \$32
- Mount Washington Haunted Winnepesaukee Full Moon Cruise 9/28 \$79 (includes dessert buffet). Dinner on own at Country Kitchen.
- Magic of Christmas 12/8 \$50



The Diamonds



Carpenter Tribute

### Other trips to museums, and scenic tours

- The Boat Museum 6/28 \$19
- Woodman Museum 7/7 \$20
- MWV Band, free. 7/11 (Gibson Night 7/18), 8/1
- White Mountain Museum: Old Man of the Mt. 8/23
- A day at Crescent Beach 8/31 \$15
- Strawberry Banke 10/10 \$25

# Gibson Globetrotters

## Overnight Trips

Please sign up for all programs: **603-356-3231**. Collette has a fantastic insurance policy, one can cancel up to 24 hours before the trip

### 2023 Trips

There is still room on the **Vermont Trip**, this month...\$415 ppdo. Additional sign ups until May 3rd with full payment at that time.

**Spotlight on Santa Fe:** September 24-29, 2023. (we are after the seat reduction rate, so while there is still room on this tour, we will need to call and determine the new air fare rates.) Walking Tour of Santa Fe Plaza, Open-Air Tram Tour, Loretto Chapel, Santa Fe School of Cooking, Turquoise Trail, Allan Houser Sculpture Garden, Bandelier National Monument, El Santuario de Chimayo, Choice on Tour. Here is the [new link for the trip](#).



**Lancaster Show Trip:** September 18-21, 2023. Explore Amish Country. Enjoy two shows: Sight and Sound Theaters Moses; and a show at Magic & Wonder Theater. Includes breakfast and dinner each day, with mouthwatering Amish inspired cooking. Deposit of \$75 now accepted.



[Link to Trip Flyer](#)

### 2024 Trips

**Spain's Costa del Sol & Madrid:** April 6-14, 2024. Highlights include Malaga, Picasso Museum, Marbella, Sentenil de las Bodegas, Ronda, Home-Hosted Lunch, The Alhambra, Madrid, Segovia, time for the golden beaches, and high speed train from the coast to Madrid.



[Link to the Flyer](#)

**Spotlight on South Dakota:** September 13-, 2024. Six nights in Rapid City with day tours to Mt. Rushmore, Crazy Horse, Bad Lands, Devils Tower, Wall, Deadwood, as well as a lot of wild life along the way.



Photo from trip to Country Village



## Virtual Performances being shown at Gibson center

Don't miss! Though these are in a couple months from now, please sign up so we have the needed number of registrants to obtain our group rates. Don't wait.

**Bach's Birthday Bash:** on the Kotzschmar Organ. Monday, May 1st, after lunch. Must order tickets by April 28th.

**Classical Concert: CHAPELA:** Rotor MÁRQUEZ: Máscaras Concerto for Harp & Orchestra LARA: Angels of Fire and Ice, after lunch, Monday May 8th.

The Gibson Center is offering these showings of a variety of concerts in our seven speaker activity room with a large screen for projection. These are live performances of the Portland Symphony. Programs must be ordered in advance, so please sign up at least one week before the event.

## Our Web Calendar

You can view all the latest events and updates at

<https://www.gibsoncenter.org/calendar/>

# Quote of the Month

*A frequent rider of the bus from Bartlett is leaving to move to Maine. Sharon, in wishing her goodbye and good luck said, "Thank you for coming into my life." The woman replied, "No, Sharon, thank YOU for giving me my life back."*



## Old Friends

The Harvard Graduate School of Education Making Caring Common Project published a report about the epidemic of loneliness in America. In it they stated that 36% of all Americans feel "serious loneliness". The report also explores the many types of loneliness, various causes and the potentially steep costs of loneliness, including early mortality, and a wide array of serious physical, emotional, and cognitive problems, including depression, anxiety, heart disease, and substance abuse.

The Key Recommendations of the study were:

1. Provide people with information and strategies to help them cope with loneliness, including strategies that help them identify and manage the self-defeating thoughts and behaviors that fuel loneliness.
2. Build not just our physical but also our social infrastructure at every level of government and in our communities. We need to begin re-imagining and reweaving our social relationships in health care, schools and other institutions.
3. Working to restore our commitments to each other and the common good to renew a founding promise of this country: that we have commitments to ourselves, but we also have vital commitments to each other.



The Gibson Center is developing a pledge and supports to create and maintain **Old Friends**. It is time to recast the roles and expectations, blurring the distinction from provider and recipient of services to friends engaged in reciprocal, fun, and natural connections. Friends have things in common, learn from each other, and enjoy spending time together. Both sides give, and both benefit. We have an opportunity to promote this dynamic, furthering the mission of the Gibson Center, to foster connection, joy and purpose for all by facilitating friendships throughout the region.

We challenge each of you to take and act on the Old Friends Pledge: **Keep past and present friends close, Make new ways to stay involved and connect, Celebrate each individual and value their contributions.** Have you missed a friend in the dining room? Call him. Don't let anyone fall away. For those who would like to immerse themselves into this more fully, contact Jill to learn about a new opportunity to meet new Old Friends. As Jim Henson said "There's not a word yet for old friends who've just met."

**Photos from  
Red Parka Pub BINGO**



# Guest Chef continues with Bryant Alden

Our Guest Chef of the month continues on **May 30th at 11:30** with Bryant Alden and 4 of the Kennett High School culinary students. All of the Guest Chefs are Certified Executive Chefs and part of a national organization called the American Culinary Federation. The Gibson Center is being presented with \$500 by the local Federation at its annual dinner at the Eagle Mountain House on May 19th. We are so grateful to be honored with this support and the gift of their cooking.

For May 30th at the Sprague Dining room, Chef Alden says, "The menu we are planning to provide will be Caesar salad, Herbed Focaccia bread, Pan Seared chicken breast with apple cider glaze, Confetti Rice, Roasted vegetable medley with Chocolate Cream Pie for Dessert." Yikes! Yum!

Last month our first Guest Chef was Brian Coffey and we entertained over 100 guests in the dining room. It was a huge success and we welcome all of you.

# New Class starts. Tai Ji Quan, Moving for Better Balance

There are two new classes of Tai Ji Quan, Moving for Better Balance program. The first is being offered on Monday and Thursday afternoons, at 4PM at the Gibson Center. The new class will start May 1st. Call Jill at the Gibson Center for more information, 603-356-3231. There will be a second class, held at Silver Lake Landing, at 1PM on Wednesdays and Fridays starting late June. Again call Gibson to sign up.

Tai Ji Quan: Moving for Better Balance (TJQMBB), was developed by Dr Fuzhong Li, PhD, a senior research scientist at the Oregon Research Institute. This nationally recognized evidence based fall prevention program for people with balance challenges is an enhancement of traditional Tai Chi, transforming movements into therapeutic training for balance and mobility.



- Learn 8 simple movements
- Improve balance by training your body to listen to internal stimuli and respond to external stimuli
- Through repetition and mini therapeutic exercises, help your reactions become automatic.

Brought to you by the Community Health Council and the NH Falls Prevention Task Force.

## Our Business Supporters

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

Please call for information about future  
presentations

**1-800-370-5010**

# Photos from recent Trips and Events

Easter Lunch, Belknap Mill, MJ Pettingill, Guest Chef - Brian Coffey.



# Silver Lake Landing Apartments



Located on the shore of Silver Lake in Madison, NH. Vacancies occur occasionally, call Ken to inquire or to be put on the waiting list

Contact Ken: 603-356-3231, Ext 112

**Our Business Supporters**

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## Care Givers

There are now two options for caregivers, REACH, and 1:1 Peer Support. Call Jill if you are interested in either.

**REACH:** stands for Resources for Enhancing Alzheimer's Caregiver Health in the Community. Caregivers will meet with trained coaches & learn to solve common caregiver challenges. Meeting options are currently in-person one-to one coaching or via phone or ZOOM. REACH is funded in part thru Administration on Community Living grant #90ADPI0060

**Caregiver Peer Support:** There are caregivers who have probably experienced your challenges & can offer a non-judgmental ear. Currently caregivers prefer phone calls so they can keep their loved ones safe.



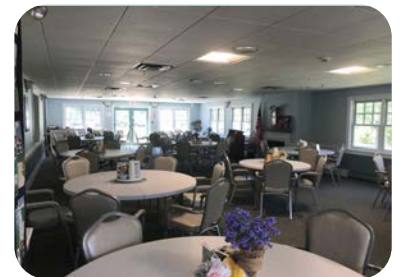
Photo from OLLI: Gnome Making

## Reserve the Sprague Dining Room for your meetings – Online

The beautiful Sprague Dining room and the Glenna Mori Activity room can be reserved for members of the Valley to use for meetings and activities. Reservations for the Dining room can be easily made for available times by going to our website,

<https://www.gibsoncenter.org/product/sprague-dining-room/>

**SPRAGUE DINING ROOM:** The 65-seat dining room (without kitchen) is available from 8:00-10:00 am weekday mornings and again from 1:00-4:00 in the afternoon. The calendar of available times and room policies are posted on the website under Book a Room. There is a nominal fee of \$35 for the Dining room. Details and agreements are posted. We hope you will come enjoy the central Valley location, parking, and congenial facilities for your organization meetings, presentations or club events.



**GLENNA MORI ROOM:** Activity Room is a 70-person seating capacity program room with projector and 7 high quality stereo surround-sound media for use by up to 20 people for exercise and dance.

The Activity Room can be requested by completing an inquiry form with a response time of 3 business days as we check for availability of this much used space.

<https://www.gibsoncenter.org/glenna-mori-activity-room/>

**GENESIS HEALTHCARE MINERAL SPRINGS**



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603-730-5432

Our Business Supporters

# Kudos - Donations

The many people who have called us and offered help! This is such a wonderful community!

Red Parka Pub: BINGO night

Guest Chef, Brian Coffey

Easter Bunny, Marshall Allan

OLLI presenters

Memorial Hospital Presentation: Joan Lanoie, Jennifer Robinson,  
and the Organ Donor Society

White Mountain Oil & Propane: Easter Dinner

Pine Tree K Kids

AARP Speakers Bureau

Conway Area Humane Society

The Gibson Center Trip Angels

Little Angel Service Dogs

Ele Border, New to Medicare

Book Club: Pamela Memmolo, Conway Public Library

The Dining Room volunteers, for making us feel special

Vaughn Community Services Food Pantry & Jennifer

Shaws, Wanda Wirling

NH Food Bank Catholic Charities of NH

Wal-Mart; Phil Spinney

Old Village Bakery

## Local Radio Stations:

Easy 95.3 WBNC

93.5 WMWV

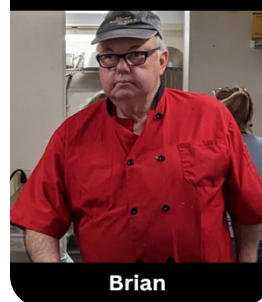
104.5 WVMJ - Magic.



Pine Tree K Kids



Suzanne, E-Bunny & Cheryl



Brian



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Our Business Supporters



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[info@northcountryfairjewelers.com](mailto:info@northcountryfairjewelers.com)

## Volunteer Opportunities Link:

<https://www.gibsoncenter.org/volunteer-opportunities-at-gibson-center/>

# Our Business Supporters News- letter 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).

**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.

**Christmas Farm Inn & Spa** (603-383-4313), Jackson NH. Historic Inn and Restaurant. Aveda Spa with local discounts.

**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.

**H.R. Hoyt Construction Inc.** (447-2612) Conway, NH. Poured Concrete

**LA. Drew Inc** (356-6351) has been a leading contractor in the Mount Washington Valley since 1969. Working with homeowners and architects, we can help you build your dream home from the ground up.

**Maureen Cason Hanlon, LICSW** (730-5722) 13 NH Route 16A, Intervale, NH: Counseling services for adults and elders.

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

**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.

**Northeast Delta Dental** delivers quality dental insurance products and services to individuals and families, and groups of all sizes. We work hard to make dental care more affordable and available to the public.

**Notchland Inn** (374-6131) Harts Location, NH Romantic dining and lodging.

**Settlers Green Outlet Village** (356-7031) over 60 stores. Every Tuesday is Senior discount day at participating stores.

**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 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.

## Donate to The Gibson Center

### Ways to Give

1. Make it VIBRANT: One time or monthly recurring donation
2. Make it ABUNDANT: Honor or memorial gift, abundance guild
3. Make it LAST: Legacy honor society member, planned giving, charitable bequests, IRA charitable rollover, give appreciated stock, name a charity as the beneficiary of your retirement account

### Donation Link

<https://www.gibsoncenter.org/donations-ways-to-give/>

Gibson Center is a 501(c) (3) and donations are tax deductible & our EIN is 02-0351152.

