

GIBSON TIMES



The Gibson Center for Senior Services, North Conway, NH
www.gibsoncenter.org April & May 2017 Edition

MayFest

Entertainer Jon Stetson, America's Master Mentalist will be performing.

Hors D'oeuvres, Silent & Live Auction & Cash Bar

To Benefit

The Gibson Center for Senior Services
at the

North Conway Community Center

Sunday, May 7, 2016

Starting at 5:30 PM

Twenty-five Dollars Per Person

Reservations Suggested (356-3231)



2017 GIBSON CENTER

CRAFTS AND ARTISAN FESTIVALS

May 27th & 28th, Sat & Sun

July 1st & 2nd, Sat & Sun

September 2nd & 3rd, Sat & Sun

October 7th & 8th, Sat & Sun

SHOW HOURS:

Sat & Sun 10 AM - 5 PM

New England Crafters at their best!



CENTER NEWS

Gibson Globetrotters

Canadian Rockies by Train & Calgary Stampede

July 3, 2017 Passport needed
9 days, 13 Meals \$5699 ppdo
Includes: Air, Land, Insurance, airport transfer
Vancouver, Columbia Ice Fields, VIA Railway,
Banff, Lake Louise, Jasper, exquisite hotels, Cal-
gary Stampede...And More!



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, Whiskey tasting,
- A night on a castle grounds!
- 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,
- River Walk,
- Fredericksburg,
- Paseo de Rio Cruise,
- an olive orchard ... And More!



Newport, Mystic, & Foxwoods:

June 5-9, 2017,
8 meals, \$ 549 ppdo
Includes: Bus, Insurance, Hotel

- May still happen, sign up ex-
tended



Maine Coast during foliage season:

October, 2017,
4 meals, \$ 400ppdo
Includes: Bus, Insurance, Hotel

- Boothbay Harbor & Railway Village
- Victorian Mansion, Light houses
- Kennebunk & Kennebunkport

KUDOS

Donations:

- ◆ Shaw's
- ◆ NH Food Bank
- ◆ Al Zaino, Furniture Repairs, & Pantry Bags
- ◆ Old Village Bakery
- ◆ Wal-Mart & Bob King
- ◆ Lindt Chocolate
- ◆ Abundant Blessings
- ◆ North Conway Rite-Aid
- ◆ Comfort Inn
- ◆ William Clemons
- ◆ Pine Tree K-Kids, Diane Gamache
- ◆ Dot Seybold/OVP- Settlers' Green,
- ◆ Susan & Max Bygrave

Program Volunteers:

Zero Balance Massage: Julie Sargent Library Program: Bob Cottrell Jim Giguere: Game Day snacks

- ◆ **Silver Lake Music:** Mary Ellen Vana,
- ◆ **George LeBlanc:** Wii, & Game Day set up
- ◆ **Care for Caregiver:** Gardiner Perry VNS & Dom
- ◆ **Book Cart:** Barbara Rines
- ◆ **Belly Dance Instructor:** Joanne Bailey
- ◆ **Tai Ji Quan:** Sandy Perry,
- ◆ **Matter of Balance Coach:** Sandy Perry
- ◆ **Computer time:** Deb from Rite Aide
- ◆ **FunDay:** Carol Saunders, Susan Proctor, Elaine & Dick Klement, Alice & Dick Vierus, Greta Paulhus, Joyce Perkins, Jessie
- ◆ **FunDay Music:** Lois Wright,
- ◆ Dance Hostess: Alice Clapp
- ◆ **Dining Room Art:** Elaine Klement and her ances-
tors, Ellen Farrington;
- ◆ **AARP Taxes:** Art and Dave
- ◆ **Go Green:** Jim Giguere; Paula Callahan, David Lloyd, Al Zaino, Ellen Farrington, JP Goodwin, Karen Mills, Karen Cousins, Stephani Thuotte, Ellen, Jessie

Save these dates for Gibson Fundraisers: **FlatBread;**

Tuesday, August 8th 5-9PM

Joseph's Spaghetti Shed;

Monday, September 25th, 4:30-9PM

Black Cap Grille;

Tuesday, October 24th 5-9:30PM

Call 356-3231 for information or to arrange bus pick ups

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a real
difference

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Call: 800-442-6666

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TIM DI PIETRO



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NO JOB TOO SMALL
603-356-2248

Matter of Balance
Silver Lake Landing, 9:30-11:30 Tuesdays

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
- 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 Friday Painters (Jan-Apr)

Strength Balance & Stretch: **Sept-June**
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.

April 2017

“Go Green” Gibson, weekly raffles on Friday during lunch.

Caring for the Caregiver This session is March 8– April 12
Thursday the 6th: BINGO after lunch , player supplied prizes.

Matter of Balance meets at Silver Lake, Tuesdays 9:30AM

**Mount Washington Valley Arts Association
Friday Painters**

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

Wednesday, and Thursday, the 12th-12th, will be our annual
Easter Dinners, sponsored this year by WHITE MOUNTAIN
OIL. No reservations, suggested donation \$4

**Wednesday, the 12th annual “Go Green” Gibson Dessert
Auction, just in time for Easter. Bakers and bidders welcome**

Monday the 17th: County and Representative Forum, bring
your concerns about “senior” issues.

Tuesday the 18th: Library program, Technical Assistance

**Tuesday, the 25th, after lunch, Advance Care Planning. Joan
Lanoie will give a general synopsis, then answer questions.**

**Tuesday, the 25th our final “Go Green” Gibson Tea, on the
Gibson Patio, weather permitting. Please sign up, Please bring
a canned good, especially needed are meats, and milk.**

Friday the 28th, Free Eye Screening, compliments of the Lions.

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 .



Memorial Hospital
Merriman House

A MaineHealth Member

Top 5 Star Rating!



603-356-5461

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May 2017

Caring for the Caregiver This session is May 3– June 7

Thursday the 4th: BINGO is after lunch with player supplied prizes.

MayFest

Auction, and Entertainment

Sunday, May 7th

5:30 P. M.

North Conway Community Center

Thursday the 11th, The Gibson Dining Room will be closed.

Friday, the 12th, all ladies will be honored with a flower, and a special meal.

Friday the 26th, Chef Rick will make cook out food, for an indoor picnic to kick off the Memorial Day Weekend.

Saturday & Sunday, the 27th & 28th, Gibson Center Memorial Day Craft and Artisans Fair, 10_{AM}-5_{PM}

Monday, the 29th, The Gibosn Center will be closed

Wednesday, the 31st, the NH Association for the Blind will be here after lunch to show us how to use our devices...Smart Phones, Tablets, in ways that will make our everyday lives easier.

Wednesday, and Thursday, the 12th-13th, will be our annual

Easter Dinners,

**sponsored this year by White Mountain Oil & Propane
No reservations,
suggested donation \$4**

Ham Dinner



Save the Date

MayFest

Gibson Center Auction

Sunday, May 7, 2017

5:30-9:00 PM

At the

North Conway

Community Center



**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

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 3-4 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.

Matter of Balance Class



Falls Prevention Initiatives

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 Maine-Health.

Tai Ji Quan graduates





Dinosaur Week at the Gibson Center
They "worked" in the dining room, played games,
Delivered MOW, joined exercise classes...

**2017 GIBSON CENTER
CRAFTS AND ARTISAN FESTIVALS**



**May 27th & 28th, Sat & Sun
July 1st & 2nd, Sat & Sun
September 2nd & 3rd, Sat & Sun
October 7th & 8th, 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 corn, clothing, quilts, pillows, woodcrafts, Adirondack chairs, wood signs and furniture.

**Please remember
the Gibson Center
in your Will**