

GIBSON TIMES



The Gibson Center for Senior Services, North Conway, NH
www.gibsoncenter.org August & September 2016 Edition

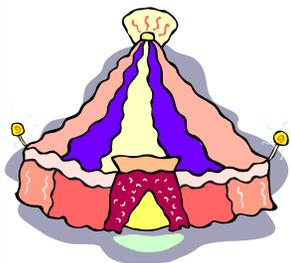
A portion of each flatbread
Benefits Gibson MOW
Tuesday, August 9
4-9 PM

Flatbread Fundraiser



Hannah's Heart-full
Car Wash

To benefit MOW
Saturday
September 10th



2016 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

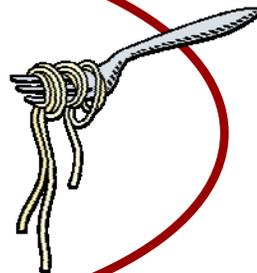
September 3rd & 4th Sat & Sun

October 8th & 9th Sat & Sun

SHOW HOURS: Sat & Sun 10 AM - 5 PM
New England Crafters at their best!

Fundraiser for
Gibson MOW
Black Cap Grille
Tuesday, September 13

Dine to Donate
Joseph's
Spaghetti Shed
Monday, September 19
5-8PM



Silver Lake Picnic



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

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

Barnstormer's Theater & Mt. View Station: Tuesday, August 2nd. *Das Barbcue* a musical comedy featuring Country Music. \$50, dinner on your own at the Mt. View Station 4-11:30PM

Ossipee Lake Boat Trip & Craft Fair: Board the bus at 10AM Friday, Aug 5. Bring a lunch

Saint-Gaudens: August 10th. Saint-Gaudens was a prolific sculptor a century ago. Many of his works of art are featured on the grounds of his family home, now a National Park. We will board the bus at 8AM. Bring a bag lunch, or pick something up at the McDonalds rest stop. \$36

Sleeping Beauty Ballet: Thursday, August 11th. Board bus at 5PM. \$30. BYO dinner.

OOB Concerts: *Dinner on own OOB 2:30-11PM Downeasters 8/16* a 75 man Barbershop group \$26

Portland Sunset Lighthouse Cruise: Wed., August 17th, nearly full moon rise. \$45 2-10PM

Celtic Thunder: August 27th at Merrill Auditorium. 3PM board the bus, cost \$100. *Tickets available*

Transportation to the Polls: Primary voting Sept 13th, National Election, November 8th

Two Lights & Lobster Shack for lunch: Wednesday, August 31st or September 7th. 9-5:30 \$18

White Mt. Museum: 9/14. *They Lead the Way...women hikers.* \$20. 9-5:30 We will stop at a diner for lunch on your own.

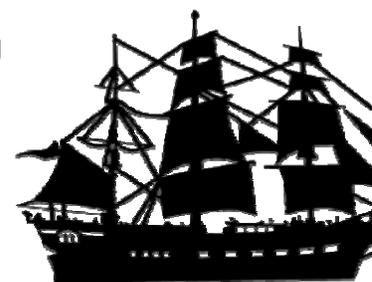
Fryeburg Fair: Senior day at the Fair, Tuesday, October 4th 9-3:30

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

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.

US Army Jazz Ambassadors: Saturday, November 12th. \$65

Magic of Christmas: Friday, December 9th \$60



CENTER NEWS

Gibson Globetrotters

Iceland's Magical Northern Lights:

February 25-March 3, 2017 Passport needed

7 days, 10 meals. \$3199 ppdo

Includes: Air, Land, Insurance, airport transfer
Reykjavik, Golden Circle, Blue Lagoon, Volcano
Visitor Center, night cruise to see Northern
Lights... and MORE!

Hawaiian Adventure:

February 23- March 4, 2017

10 days, 13 Meals \$5499 ppdo

Includes: Air, Land, Insurance, airport transfer
Waikiki Beach, Pearl Harbor, Waimea Canyon,
Iao Valley, Luau, Kilohana Plantation, historic
RR, .. And More! (optional 3 day extension)

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 So-
ciety, Wisley, Guided tour of London, Dinner
Cruise on the Thames...And More!

Lancaster Show Trip:

November 28- December 2, 2016,

9 meals, \$615ppdo

Includes: Bus, Shows, Insurance, hotel

- 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, 2017,

Includes: Bus, Shows, Insurance, hotel

- Stay at Two Trees, Foxwoods
- Tour of Newport and mansions
- Tour Mystic Village
- Tour 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
- ◆ Rozzie Mae Animal Alliance
- ◆ Dollar Tree
- ◆ Veggie Volunteer: Sherman Farms and pickers
Jackie Hamblet, Julia King, Darlene Ference

Program Volunteers:

Zero Balance Massage: Julie Sargent Library Program: Bob Cottrell Silver Lake Music: Mary Ellen Vana

- ◆ 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
- ◆ Guest Speaker:
- ◆ 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
- ◆ Ballroom Dance time: Pat Davis & Alice Clapp

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

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TIM DI PIETRO
 Master Electrician
 Free Estimates
NO JOB TOO SMALL
 603-356-2248

Gibson Raffle Calendars \$10
 Now Available

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
 5-7 Ballroom Dancing
- 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.

August 2016

Caring for the Caregiver This session is July 27-Aug 31.

Flatbread Fundraiser

Tuesday,
 August 9, 2016
 4-9:00 PM

At
**Flatbread Restaurant
 at the Eastern Slope Inn**



Friday, the 12th, welcome residents from Mineral Springs to lunch in the dining room. A great way to see friends!

Friday, the 26th: The Democrats will line up for the Five Minute Forum. Candidates whose name appear on the Democrat Party Primary Ballot from Northern Carroll County have been invited to speak after lunch at the Gibson Center. All are invited to listen.

Monday, the 29th: ballroom dance after lunch

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!



603-356-5461

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September 2016

Caring for the Caregiver This session is Sept 21-Oct 26.

Friday the 2nd Labor Day Indoor Picnic, with special food to say good bye to the summer season. The Gibson Center will be closed on Monday, September 5th.

GIBSON CENTER CRAFTS AND ARTISAN FESTIVAL Sat & Sun September 3rd&4th , 10-5

Tuesday, the 6th: The Republican candidates will line up for the Five Minute Forum. Candidates whose name appear on the Republican Party Primary Ballot from Northern Carroll County have been invited to speak after lunch, at the Gibson Center. All are invited to listen.

Go Orange Month

We will have a special day on Thursday, September 8th
Raffles, Wear Orange
Orange Food on the Menu
Memorial Leaf Tree

(\$5 buys a leaf in memory of a loved one)

Friday the 9th: Nutritional Council

Tuesday the 13th, Black Cap fundraiser.

Monday the 19th: Spaghetti Shed Dine to Donate

Fryeburg Fair items need to be turned in to Jill by the 13th. Looking for someone to set up display on 29th.



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 yr."

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

Gibson Center Calendar Raffles

Prizes drawn every week day in August

Only \$10 buys a month of anticipation!

Prizes include gift certificates, flowers, one of a kind items, And everyone's favorite, CASH

See Penny, or Karen to purchase a calendar.

They make great gifts

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.



Niagara Falls 6/5-11/16

Summer Trips



Greek Festival
Saco Maine



Polly's Pancakes & Lupine



Ice Cream
Stop



Wright's
Museum



July 4th, Parade and OOB Concert

**2016 GIBSON CENTER
CRAFTS AND ARTISAN FESTIVALS**



September 3rd & 4th Sat & Sun

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 corn, 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**