Remember special loved ones in your life this Holiday Season. Keep their memory bright by purchasing a $50 perpetual red bulb that will be lit for a lifetime, a one year white bulb for $10 to shine on the Gibson Center Memorial Tree December 1st through January 15, 2016. Please call 356-3231.

Christmas Dinner
Tuesday, Wednesday & Thursday
December 15th, 16th, & 17th
at 11:30 AM
Suggested Donation $4.00
Durgin Park Roast Pork & Demi Glace
Herb Roasted Potatoes
Creamed Onions
Peas & Mushrooms
Indian Pudding
Sponsored by
White Mountain Oil

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

Shop at Fox Run Mall, 12/8 $20 lunch on own in food court, or the Olive Garden

Magic of Christmas: Friday, December 11 $55.

North East Ballet: Nutcracker. Saturday December 19. $35. The Ballet Company has a school for young dancers, as well as professionals, and all are given opportunities to perform.

Light Tour of Loudon Race Track: Dec. 29th. Board bus 2:30PM $15, dinner on your own.

Stonehurst: January 5, 2016 3 course meal tip, tax, and transportation from your home $33

Maxfield Parish Exhibit at the Currier: Fri. Jan 8th. Board bus at 9 AM. $33

Town & Country Overnight: Friday January 29-Saturday, January 30. Board bus after lunch, home before lunch on Saturday. $105ppdo covers room, dinner off menu, skiers buffet breakfast, entertainment, and amenities, including a place to play cards just for us! +$25 for single


Boston Flower Show: Friday, March 18th $60. Board the bus at 7 AM
(If there is interest, i.e. 10 people, we could do an overnight, $193ppdo, meals on own)
Gibson Globetrotters

**America’s Music Cities:**
*A Music Lovers Dream*
April 10-17, 2016 12 Meals
$2849 ppdo

In**cludes:** Air, Land, Insurance, airport transfer
- Nashville: Grand Ole Opry, RCA Studio B
- Memphis: Graceland, Beale Street
- New Orleans: French Quarter, Swamp Tour

**Niagara Falls & Toronto:**
June 5-11, 2016, 10 meals, $675ppdo

In**cludes:** Bus, Tours, Insurance, 3 hotels
Passport needed
- Guided tours of Niagara Falls & Toronto
- “Hornblower Niagara Cruise”
- Fallsview Casino
- Niagara-on-the-Lake
- Queen Victoria Park
- Casa Loma
- Eire Canal Museum

**Lancaster Show Trip:**
November, 2016, 9 meals, $615ppdo

In**cludes:** Bus, Shows, Insurance, hotel
- Unique Shopping
- Landis Valley
- American Music Theaters Christmas Festival Show
- Sight & Sound Theater “Sampson”
- Guided tours of Amish Country
- “Spirit of Philadelphia” Cruise

**Overnight at the Town &Country:**
January 29-30, 2016, $105 ppdo

In**cludes:** Bus, 2 meals, hotel & amenities,
- Swimming Pool
- Evening Entertainment
- Order off the menu for dinner
- Hearty Skiers Breakfast Buffet
- Single Supplement, $25

**Donations:**
- Shaw’s
- Bagels Plus
- NH Food Bank
- Dollar Tree
- Al Zaino, furniture repairs
- North Conway Country Club
- Cub Scouts & Sonja Porter
- Weston’s Farm
- Old Village Bakery
- Wal-Mart & Bob King
- Abundant Blessings
- Shawn & Linda Bergeron
- NH Food Bank

**Turkeys:**
- NH Electric Co-op
- Karl Behr
- Jerry Sanderson

**Program Volunteers:**
- Miles Waltz: Medicare Counseling
- George LeBlanc: Wii, & Game Day set up
- Care for the Caregiver: Gardiner Perry; VNS & Dom,
- Zero Balance Massage: Julie Sargent
- Fran Shore: Sharing her movies, “Fran’s Flicks”
- Book Cart: Barbara Rines
- Silver Lake Music: Mary Ellen Vana
- Belly Dance Instructor: Joanne Bailey
- Tai Ji Quan Instructors: Kevin, Julie, Jill
- Chair Exercise Volunteer: Connie Smith
- Guest Speakers: Dwight Smith, Joan Marcoux, Dr.Jackson,
- FunDay: Laura Sorensen, Carol Saunders, Susan Proctor, Elaine & Dick Klement, Alice & Dick Vierus, Ruth Proctor.
- FunDay Music: Lois Wright, Sonya Saunders
- Handbags, totes, and stationary: Ellen Farrington
- Ballroom Dance time: Pat Davis

**Ballroom Dance Hostess:**
Alice Clapp

**Mouli Pal:**
Arts Alliance of Northern New Hampshire and the Gibson Center Belly Dance Class
December 2015

Fran’s Flicks:

Fran’s favorite Christmas movie 8th: @Silver Lake

Tuesday the 1st: Wreath Making with Carol. They are easy to make, and quite beautiful. Please sign up, 356-3231. $3 supplies the greens, frame, and some wire. You will want to bring your own wreath decorations, if you have wire, or wire cutters bring them

Thursday the 3rd: BINGO is after lunch with player supplied prizes.

Monday the 7th is the day after Saint Nicholas Day. There will be tasty gifts for all, and a holiday raffle. We will sing Christmas Carols.

Monday the 14th: FunDay Cinnamon Ornaments

Tues., Wed., & Thurs., the 15th-17th: Chef Rick will prepare tasty Christmas Dinners. Sponsored by White Mountain Oil & Propane. Suggested donation $4. (Meals on Wheels participants only receive the Christmas Dinner on the 15th, other meals are provided on subsequent days).

Monday the 21st: Santa gift exchange. Bring a $3 gift, mark it as a gift for a man, woman, or either. Gifts and carols at 11AM.

Friday, the 25th: Gibson Center closed for Christmas Thursday, the 31st, a special New Years Eve dinner.

Ongoing weekly programs

Mon: 9:00 Tai Ji Quan Better Balance
10:30 Chair Exercise
12:30 FunDay Afternoon

Tues: 10:00 Strength Balance & Stretch
12:00 Silver Lake Lunch
Fran’s Flicks,
2nd week @ Silver Lake
Music @ SLL 4th Tuesday

Wed: 9:00 Tai Ji Quan Better Balance
10:30– 1:30 Wii
12:30 Game Day
12:30 Care for the Caregiver

Thurs: 9:00 Belly Dancing
10:30 Chair Exercise
12:00 Medicare Counseling
12:30 BINGO (first Thurs.)
12:30 FunDay Afternoon

Fri: 10:00 Strength Balance & Stretch
12:30 Friday Painters, Jan & Feb
5-7Ballroom Dancing

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.

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 $700 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.
Red Parka Pub
January 12th
Noon at the Parka
$5 Steak or Fish meal
To sign up please call 356-3231
(seating is limited)

Gibson Thrift
Shop Hours
Monday –Friday
10:2:30
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

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 & Wednesday 9-10
• 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.

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endorsement by the Gibson Center.


**Two Old Railroaders**

**2008**

**Aging Issues**

**Photo Contest Winner!**

Dwight Smith took this photo of himself and his old friend steam locomotive #7470 which he purchased in 1968. By August, 1974 both #7470 and Dwight started working at Conway Scenic Railroad. #7470 was built in 1921, served as the fledgling railroad's first steam locomotive, and Dwight served as CSRR's Founder and President.

On October 20, 2007, Dwight got into his old uniform and volunteered as a car host for a special excursion train run to Crawford Notch.

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### 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.


**Polarity Therapy** is a very gentle system of energy based bodywork that has shown amazing benefits to the senior community. Increased mental focus and clarity as well as physical vitality, and a decrease in overall pain levels have been reported by those who have experienced this work. Eric Balas CPP (603-356-4114 ext 8)

**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


**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.

Halloween
Red Parka Pub
January 12th
Noon at the Parka
$5 Steak or Fish
To sign up please call 356-3231
Limited seating
The Gibson Dining Room and
Silver Lake Landing will be closed

Please remember the Gibson Center in your Will