19th Annual Red Parka Pub Luncheon
The staff of the Red Parka Pub volunteered its time to serve us a delicious lunch, followed by apple crisp.
Many Thanks to Terry O’Brien
“Go Green for Nutrition” Fundraiser

It’s that time of year again to open our hearts and participate in the “Go Green for Nutrition” Fundraiser.

Your generous response over the years has helped raise over $113,000 for the Meals on Wheels and Congregate Meals Programs, benefiting our senior recipients and friends. Let us continue to rise to the challenge of ensuring our seniors ongoing food security and independence at home. Together we can make a difference in the lives of our friends and neighbors, affecting the entire community. Donations for this cause must be received from March 1st to April 30th. The donations can be cash or checks. If you choose to write a check, make it out to the Gibson Nutrition Program and write on the memo line: “Go Green”. Please respond as soon as possible so all donations are received by Apr. 30. As usual Gibson will keep all monies.

We are serving approximately 85 Meals on Wheels a day, in addition to our daily Congregate meal. Call the Nutrition Office at the Gibson Center between 8AM and 3PM at 356-3231 for further information. We thank you for considering this appeal and for your past assistance and ongoing partnership in supporting the mission of the Gibson Center.

To assist with the fundraising this year we will hold two Teas with canned goods donations, March 17th at the Silver Lake Landing, with Irish music played by Mary Ellen, and a tea at the Gibson Center on April 28th (bring shelf food to participate). We will also hold a “Go Green” Dessert Auction before Easter, on Thursday, March 29th, from 5-6:30. We will have an Ice Cream Social at some time, yet to be determined, please bring shelf food to each party, tea, or dance. All are welcome! Shelf foods most needed are canned milk, hot chocolate, canned tuna or chicken, fruits, puddings, non -sugary cereals, low-salt soups, green vegetables.

Please remember, all checks must be dated between March 1-April 30, 2016.

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

Conway Historical Society: Second Tuesday. Home pickups. Potluck on even months.
Kohl’s, Lowe’s, Pet Co, and I HOP: Board Bus 10AM Wednesday February 3. $15 Bring your own lunch, or eat on your own at I HOP

Election Day: transportation to the Polls. Conway in the morning, Madison in the afternoon. Please sign up for home pick ups. Primary Feb 9, Madison Town Mar. 8, Conway Town 4/12

Portland POP’s Concerts: Portland In Love: Sunday, February 14, 2016, $73 includes ticket, handling fees, and transportation. Supper on own at Sebago Brewery.

Indian Head St. Patrick’s Party: wine and cheese welcome, buffet, and entertainment. Tues. March 15. $55

Portland POP’s Concerts: John Williams: Sunday, April 24, 2016, $73 includes ticket, handling fees, and transportation. Supper on own at Sebago Brewery.

Art In Bloom: Monday, May 2nd $60. Board the bus at 7 AM

Billy Elliot: An inspiring musical featuring music by Elton John. Saturday Matinee, June 4 $65

Lupine Trips: June 14 or 21, 9AM-5PM. Polly’s Pancakes, Sugar House, ice cream. $18

SeaDogs & Fireworks: Thursday, June 23. $30

Wrights Museum: Norman Rockwell: on the home front. Board bus after lunch. 6/28 $22
Gibson Globetrotters

**Inspiring Iceland:**
September 4-12, 2016. **Deposit now due**
9 days, 10 meals. $5099 ppdo **Passport needed**
Includes: Air, Land, Insurance, airport transfer
Reykjavik, Golden Circle, Blue Lagoon, Lava Field, Akureyri, Icelandic Horses, Puffin cruise, volcano cave hike, or whale watch...and MORE!

**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)

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

KUDOS

**Donations:**
- Shaw’s
- Bagels Plus
- NH Food Bank
- Dollar Tree
- Al Zaino, furniture repairs
- Old Village Bakery
- Wal-Mart & Bob King
- Abundant Blessings
- NH Food Bank
- Pine Tree K Kids
- Casual Interiors (cypress trees)
- Lindt Chocolate
- Vaughan Community Services

**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: FunDay: Laura Sorensen, Carol Saunders, Susan Proctor, Elaine & Dick Klement, Alice & Dick Vierus, Ruth Proctor, Linda Ulchak, Pauline Yeager, Greta Paulhus
- FunDay Music: Lois Wright,
- Handbags, totes, Santa Gifts, Gingerbread men, Cardinal Wall Hanging, stationary: Ellen Farrington
- Ballroom Dance time: Pat Davis
February 2016

Tuesday the 2nd: *Remember When* after lunch at Silver Lake

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

Friday the 5th: Welcome Mineral Springs

Monday the 8th: Chinese New Year, year of the Monkey

Tuesday the 9th: Mardi Gras: wear beads, wear masks, wear green, gold and purple. Costume parade with prizes

Tuesday the 9th: Fran’s Flick’s after lunch Silver Lake Landing

Thursday & Friday, the 11th & 12th: Valentine’s meals, wear red or pink. Suggested donation, $4. arrive early.

Monday the 15th, Gibson Center Closed

Tuesday the 16th: Celebrate Valentine’s Day at SLL, music.

Monday the 22nd: real Washington Birthday, think cherries!

Monday the 29th: Sadie Hawkins Day...stay tuned for a ‘Lil Abner Dance!  *We will use this to kick off Go-Green-4-Gibson*

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**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 Belly Dancing  
      10:00 Mahjong  
      10:30– 1:30 Wii  
      12:30 Game Day  
      12:30 Care for the Caregiver

Thurs: 9:00 Tai Ji Quan  Better Balance  
       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 –Mar.  
      5-7 Ballroom Dancing  resumes in April

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**Mount Washington Valley Arts Association**

**Friday Painters**

*After Lunch on Fridays, 12:30-3:30PM February and March*

- Peer Instruction  
- The Arts Association will set up still lifes  
- Bring your own supplies

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**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.
Top 5 Star Rating!
Memorial Hospital
Merriman House
A MaineHealth Member
603-356-5461

Use of Gibson Center facilities or advertising by outside groups or businesses does not constitute an endorsement by the Gibson Center.

March 2016

“Go Green for Gibson”

Fran’s Flicks: Fran’s Pick 8th: @Silver Lake,
Thursday the 3rd  BINGO is after lunch with player supplied prizes.

Friday the 4th: Nutrition Council Meeting
Tuesday, Wednesday, & Thursday, the 15th-17th: Saint Patrick’s Day meals. Wear Green. Chef Rick will prepare a special lunch of corned beef, cabbage, and all the trimmings. Suggested donation, $4 “Sponsored by Shawn and Linda Bergeron, in Memory of Mr. and Mrs. Harvey Bergeron and Dana Haley, Sr.”

Thursday the 17th: Irish Music at Silver Lake Landing. North Conway Congregate diners will board a bus after lunch at the Gibson Center, and Mary Ellen will play Irish music on the piano at SLL. Please bring a can or dried milk for Go Green for Gibson. The sing along starts about 1 PM. Tea and scones will be served.

Monday the 21st: First Day of Spring lunch at the Gibson Center.

Wednesday & Thursday, the 23rd & 24th: Chef Rick will prepare some thing tasty for the Easter lunches

Thursday the 24th: Go Green for Gibson Dessert Auction at lunch time at the Gibson Center. If you like to bake, please bake...if you like to eat, please bid!

Special Dinners
11:30 AM at Gibson Center, Tuesdays at Silver Lake Landing, Noon
Suggested Donation $4.00

Chinese New Year: Monday, February 8th
Mardi Gras: Tuesday, February 9th
Valentines Dinners: February 11th & 12th
Sadie Hawkins Day: Monday, February 29th
Saint Patrick’s Dinners: Tues, Wed, Thurs. March 15th-17th
First Day of Spring: Monday March 21st
Easter Dinners: Wednesday & Thursday, March 23rd & 24th
Go Green Easter Dessert Auction: Thursday, March 24th

Save the Date
17th Annual
Gibson Center Auction
Sunday, May 1, 2016
5:30-9:00 PM
At the
North Conway
Community Center

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

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 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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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.

Business Support Newsletter Listings


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 in cluding: 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


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.


PolarityTherapy 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.


Dinner at the Stonehurst
Ice Carving Luncheon
At the Wentworth
In Jackson

Currier Museum
2016 GIBSON CENTER
CRAFTS AND ARTISAN FESTIVALS

May 28th & 29th Sat & Sun
July 2nd, 3rd & 4th Sat, Sun & Mon
September 3rd & 4th Sat & Sun
October 8th & 9th Sat & Sun

SHOW HOURS: Sat & Sun 10 AM - 5 PM
Mon 10AM-2PM

New England Crafters at their best!
We have fine jewelry, photography, art, pottery, gourmet specialty
foods, stained glass, doll clothes, kettle korn, clothing, quilts, pil-
lows, 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