

GIBSON TIMES



The Gibson Center for Senior Services, North Conway, NH

www.gibsoncenter.org February & March 2017 Edition



20th Annual Red Parka Pub Luncheon

The staff of the Red Parka Pub volunteered its time to serve us a delicious lunch, followed by brownie sundaes! Thank You!



Trips

“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 \$115,300 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 16th at the Silver Lake Landing, with Irish music, and a tea at the Gibson Center on April 25th (bring shelf food to participate). We will also hold a “Go Green” Pie Auction on Tuesday, March 14th (Pi Day), and a Dessert Auction before Easter, on Wednesday, April 12th. If you would like to bake for the auctions, or join us for the Teas, please sign up. We will have an Ice Cream Social at some time, yet to be determined, please bring shelf food to each party, tea, or dance. **We will hold raffles in the North Conway dining room on Fridays at Lunch.** 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, 2017.



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

New trip policy: when you sign up, you will be placed on the waiting list. When you pay for the trip, your name will be moved to the going list.

- ◆ **Conway Historical Society:** Second Tuesday. Home pickups. Potluck on even months.
- ◆ **NH Historical Society:** Bill of Rights Pop Up display, and guided tour of the museum. Wednesday, February 22. 9AM-5PM. \$24 Lunch on own at Tandy's.
- ◆ **Election Day:** transportation to the Polls. Conway in the morning, Madison in the after noon. Please sign up for home pick ups. **Madison Town Mar. 7, Conway Town 4/11**
- ◆ **Indian Head St. Patrick's Party:** wine and cheese welcome, buffet, and entertainment. Wed. March 15. \$55
- ◆ **Town & Country:** Marlene Wednesday, March 22. \$41 includes, cheese platter, your choice of Prime Rib or Boston Haddock, coffee, tax, tip, entertainment, and transportation.
- ◆ **Maine State Ballet:** Swan Lake Saturday, April 8, \$44 includes ticket, handling fees, and transportation. Lunch on own.
- ◆ **Kohl's, Lowe's, Pet Co, and I HOP:** Board Bus 10AM Wednesday April 19. \$15 Bring your own lunch, or eat on your own at I HOP
- ◆ **Michael W. Smith:** a Christian Singer. Friday, May 5th. \$52. Dinner on your own
- ◆ **Corvette Doo Wop:** music from the 50's. Saturday, May 13th. \$41 dinner on your own
- ◆ **Million Dollar Quartet:** The music of Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis. Saturday Matinee, June 3 \$65
- ◆ **Lupine Trips:** June 14 or 20, 9AM-5PM. Polly's Pancakes, Sugar House, ice cream. \$18
- ◆ **SeaDogs vs NH Fisher Cats:** Thursday, June 29. \$30

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, Calgary 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,
- A night on a castle grounds!
- Whiskey tasting,
- 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

- Tour of Newport and mansion
- Tour Mystic Village and Mystic SeaPort
- Groton Submarine Museum
- Stay @ Two Trees = free time at Foxwoods
- Some meals are buffets at the casino



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,
- ◆ David Lloyd,
- ◆ Ellen Farrington
- ◆ Dutch Bloom & Winkel
- ◆ American Legion, Post 95, John Pandora
- ◆ Ralph W, Shirley, Post 46, John Cooke
- ◆ Rev Norma Brettell
- ◆ John Fuller 6th Grade
- ◆ Delectables by Danette
- ◆ Red Parka Pub, Terry O'Brien and Staff

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,
- ◆ **Computer time:** Deb from Rite Aide
- ◆ **FunDay:** Carol Saunders, Susan Proctor, Elaine & Dick Klement, Alice & Dick Vierus, Ruth Proctor, Greta Paulhus, Pat Neundorf, Stephani Papetti, Jeanne Seige
- ◆ **FunDay Music:** Lois Wright,
- ◆ **Dance Hostess:** Alice Clapp
- ◆ **Dining Room Art:** Ellen Farrington;
- ◆ **Santa:** Jeff & Joanne Bailey
- ◆ **Wreath Making:** Carol Saunders

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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-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.

February 2017

Caring for the Caregiver This session is Jan. 11-Feb. 15.
Thursday the 2nd: BINGO after lunch , player supplied prizes.

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



Monday February 13, and Tuesday February 14th
Valentines' Lunches at the Gibson Center, . Lunch is served at 11:30AM Monday -Friday at the Gibson Center, and at noon on Tuesdays at Silver Lake Landing. All are welcome. Braised Pork with apple demiglace, Herb roasted potato, Strawberry Shortcake

Thursday, February 16th, there will be a side show, and reunion for those who went on the Lancaster Show Trip. Meet after lunch at the Gibson Center. Please bring in photos by February 10th



Monday, February 20th Gibson Center closed .

Wednesday, February 22nd, Washington's Birthday, we will travel to the New Hampshire Historical Society to view a display commemorating the 225th anniversary of the signing of the US Bill of Rights. Please call the Gibson Center to sign up, 356-3231

Tuesday, February 28th, the Gibson Center will have **Mardi Gras Luncheon**, wear the Mardi Gras colors, gold, green, and purple. Rick will prepare Creole Chicken with Ham, carrot cake for dessert.



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

Save the Date
18th Annual
Gibson Center Auction
 Sunday, May 7, 2017
 5:30-9:00 PM
 At the
 North Conway
 Community Center

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

March 2017

Go Green Gibson, weekly raffles on Friday during lunch.

Caring for the Caregiver This session is March 8-April 12

Thursday the 2nd: BINGO is after lunch with player supplied prizes.

Tuesday, the 14th also written 3.14 is Pi Day, we will have a PIE Auction for Go Green Gibson. Bakers and bidders welcome

Wednesday, Thursday, and Friday, the 15th-17th, will be our annual St Patrick's Dinners, sponsored this year by Shaun and Linda Bergeron in memory of Dana Haley Sr. and Mr. & Mrs. Harvey Bergeron. No reservations, suggested donation \$4



Thursday, the 16th we will go to Silver Lake Landing for Irish music and a Go Green Gibson Tea. Please sign up, Please bring a canned good, especially needed is protein, meats, milk.

Mount Washington Valley Arts Association
Friday Painters

After Lunch on Fridays, 12:30-3:30PM
 January—April

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

Wednesday, Thursday, and Friday, the 15th-17th, will be our annual St Patrick's Dinners, sponsored this year by Shaun and Linda Bergeron in memory of Dana Haley Sr. and Mr. & Mrs. Harvey Bergeron. No reservations, suggested donation \$4



Corned Beef & Cabbage
 Boiled Potatoes & Carrots
 French Bread
 Pistachio Pudding with Whipped Cream

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 winter hours
- 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 Ferrera, Jct. Route 16 & 25 in West Ossipee. Real open pit barbecue.

**Annual
Stonehurst
Dinner
January 11th**





Philadelphia Spirit Cruise

Liberty Bell Constitution Hall



American Music Theater Christmas Review



Sampson At the Sight and Sound Theater

Lancaster Show Trip: November 28– December 2, 2017



Matter of Balance

- Have you stopped doing something you love because you are afraid of falling?
- Do you “furniture walk”?
- Have you fallen recently?
- Do you have a fear of falling?
- Are you afraid that your family or doctor will find out you have fallen?
- Would you like to make your home safer, and your body stronger?

If you answered yes to any of these questions, please call 356-3231 to find out about Matter of Balance. There will be a new class starting in Madison, at Silver Lake Landing, on Tuesdays from 9:30-11:30AM in February and March.

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

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 korn, clothing, quilts, pillows, woodcrafts, Adirondack chairs, wood signs and furniture.

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