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.**

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**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 afternoon. 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
**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  
Wreath Making: Carol Saunders  
Dining Room Art: Ellen Farrington;  
Santa: Jeff & Joanne Bailey
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 a Mardi Gras Luncheon, wear the Mardi Gras colors, gold, green, and purple. Rick will prepare Creole Chicken with Ham, carrot cake for dessert.

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**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.*

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**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](http://www.gibsoncenter.org)
**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.

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**Mount Washington Valley Arts Association**

**Friday Painters**

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

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**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

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**Save the Date**

**18th Annual Gibson Center Auction**

Sunday, May 7, 2017
5:30-9:00 PM

At the North Conway Community Center

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**Gibson Thrift Shop Hours**

Monday – Friday
10-2:15
Saturday
9-1:00

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**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

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**Personal Care Assistant**

Respite care, full-time, part time, days, nights and fill-in.
25 Years Experience.
Call Jan Bennett 207-807-1011

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**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

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**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.
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 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


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.


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.


Annual Stonehurst Dinner January 11th
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.

A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS
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