VOLUNTEERS OF THE YEAR AWARDS

Congregate: We are proud to honor today 2 gracious and dedicated volunteers who together total 26 years of volunteerism. One began as a Meals on Wheels driver, smoothly transitioned to the Dining Room and has committed 15 years of service to the Nutrition Program. We are privileged to honor Ruth Ward. The other has been volunteering for 11 years in the Dining Room, and is always cheerfully available, often, at last minute’s notice. She also has a reputation for stumping the judges and diners on Halloween with her creative and amazing costumes. We are pleased to honor Kay Frechette.

MOW DRIVER: We are so appreciative of the steady commitment of two special gentleman, one who has driven a long and sometimes challenging route for 11 years, and the other who has driven 12 years, first as a regular, then as a substitute, having learned more routes. We take pleasure in honoring Carl Rosen-thal who continues to travel the sometimes challenging roads of Madison and Silver Lake, and Ralph Bellorado who very precisely and gingerly changes routes wherever the need arises. We salute Carl and Ralph.
SPECIAL EVENTS

2016 GIBSON CENTER 
CRAFTS AND ARTISAN FESTIVALS
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, pillows,
woodcrafts, Adirondack chairs, wood signs and furniture.
Benefits the Gibson Center for Senior Services,
Meals on Wheels Program.

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

Conway Historical Society: Second Tuesday. Home pickups. Potluck on even months.
Billy Elliot: Saturday Matinee, June 4 $65 Stop at Hart’s Turkey Farm on the way home
Lupine Trips: June 15 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
Greek Festival: Saco Maine. Friday, July 8th. $18, music, dancing, Greek food!
OOB Concerts: Time at the Ocean too! Dinner on own in OOB
Army Band 7/4; $15
Hal MacIntyre Peggy Lee Tribute 7/12; $31.50
Beatle Mania 7/19 $31.50
Downeasters a 75 man Barbershop Concert 8/16 $26

Portland Science Center: The Titanic July 27th $31, with audio guide $36. D'Millo’s
Barnstormer’s Theater & Mt. View Station: Tuesday, August 2nd. Das Barbecue a musical
comedy featuring Country Music. $50, dinner on your own at the Mt. View Station
St Gaudens: August 10th. St. Gauden was a prolific sculpture a century ago. Many of his
works of art are featured on the grounds of his family home, now a National Park.
Portland Sunset Lighthouse Cruise: Wed., August 17th, watch the nearly full moon rise. $45
Celtic Thunder: August 27th at Merrill Auditorium. 3PM board the bus, cost $100.
Two Lights & Lobster Shack for lunch: Wednesday, September 7th. 9-5:30 $18
White Mt. Museum: 9/14. They Lead the Way...women hikers. $20
Fryeburg Fair: Senior day at the Fair, Tuesday, October 4th
Woodman Museum: October 19. $24, History of Dover, Collections featuring: Dolls, Tools,
Flora, Fauna, Rock & Mineral, as well as an historic walking tour.

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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)

**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 Society, 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

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**KUDOS**

**Donations:**
- Shaw’s
- NH Food Bank
- Al Zaino, furniture repairs
- Old Village Bakery
- Wal-Mart & Bob King
- NH Food Bank
- Pine Tree K Kids
- Lindt Chocolate
- Comfort Inn
- Abundant Blessings
- Beverly & Douglas Sarapin
- Conway Scenic Railroad
- North Conway Rite-Aid

**Program Volunteers:**
- Zero Balance Massage, Art & Game Day Program, Jim Cottrell
- George LeBlanc: Wii, & Game Day set up
- Jim Giguere: Game Day snacks
- Care for the Caregiver: Gardiner Perry; VNS & Dom,
- Fran Shore: Sharing her movies, “Fran’s Flicks”
- Book Cart: Barbara Rines
- Silver Lake Music: Mary Ellen Vana
- Belly Dance Instructor: Joanne Bailey
- Guest Speaker: Julia King
- Computer time: Deb from Rite Aide
- FunDay: Carol Saunders, Susan Proctor, Elaine & Dick Klement, Alice & Dick Vierus, Ruth Proctor, Greta Paulhus, Pat Neundorf,
- FunDay Music: Lois Wright,
- Dining Room Art: Ellen Farrington
- Ballroom Dance time: Pat Davis & Alice Clapp
- AARP Tax Volunteers: Art Micalf; Jim Fitzpatrick
- Go Green Raffle: Ron Gabaree, Ellen Farrington, Marti Gilman; Mary & Glenn Merrow; Ellen A; Karen Mills; Karen Cousins; Alice Clapp; Pauline Yeager; Stephanie Thuotte; Dom Crivello;

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June 2016

Thursday the 2nd: *Agency Volunteer Lunch*, limited seating.
Thursday the 2nd: *BINGO* with player supplied prizes.
Tuesday the 7th: Join us for a summer session of beginners Tai Ji Quan, Moving for Better Balance. An evidence based program proven to reduce your risk of falls. Falls are the number one non health related reason seniors end up in the emergency room and admitted to nursing homes. Give your future self the gift of health, join a Gibson Exercise Program today!
Thursday the 9th: *Karen Guest Bartender at Tuckerman’s, Gibson Center Fundraiser*. Tuckerman’s will donate 100% of profit, as well as 50/50 raffle, and silent auction. Karen will be tending bar with her daughter, Lauren. Invite your family and friends!
Thursday the 9th: Gibson night at M&D. Sign up by 6/2 The show is a musical *Company*.
Monday the 13th: we will build Fairy Houses for the Children’s Museum Fairy Festival. We will attend the festival on Friday, June 17th, boarding the bus after lunch.
Friday the 17th: Join us to recognize Fathers everywhere. Chef Rick will prepare a special meal.
Monday the 20th: We will celebrate Summer with a special meal. We will also celebrate *The Longest Day* sponsored by the Alzheimer’s Association. We will bake cookies, and sell them to raise money and awareness for the Alzheimer’s Association, and to raise awareness of the plight of care givers who experience every day as *The Longest Day*. FMI see Jill

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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 Tai Ji Quan Better Balance  
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 Tai Ji Quan Better Balance  
5-7 Ballroom Dancing  

**Strength Balance & Stretch: Sept-May**  
[www.gibsoncenter.org](http://www.gibsoncenter.org)  

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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 $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.
July 2016

Caring for the Caregiver  This session is June 1–July 6.
Friday, the 1st: Independence Day Indoor Picnic at Gibson. Chef Rick will prepare a special meal for lunch. We might sing a few patriotic songs as well.

GIBSON CENTER
CRAFTS AND ARTISAN FESTIVAL
Sat & Sun  July 2nd & 3rd, 10-5
Monday the 4th 10-2
Monday, the 4th: Gibson will be closed for Independence Day
Thursday the 7th: BINGO with player supplied prizes.
Friday the 22nd: Welcome Mineral Springs.

Caring for the Caregiver  These sessions are June 1–July 6, and July 27-August 31. "Care for the Caregiver Support Group" This is a theory guided and leader facilitated support group for caregivers that will meet at the Gibson Center on Wednesday's from 12:30 to 2:30 pm, six weeks on, two weeks off.  "The best time to join this group, is before you think you need it."

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 everyones favorite, CASH

See Penny, or Karen to purchase a calendar.

They make great gifts

Save the Date
Flatbread Fundraiser
Tuesday, August 9, 2016
4-9:00 PM
At
Flatbread Restaurant
at the Eastern Slope Inn

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

Tai Ji Quan: Moving for Better Balance

- Improves balance by training your body to listen internal stimuli
- Responds to external stimuli
- Reactions become automatic
- Monday & Thursday 4-5 PM advanced
- Or Tuesday & Friday 10-11 AM beginner
- 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.
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.

Save the Date
Tuesday August 9th
Flatbread Fundraiser
Eat in or Take Out
4-9 PM

Celebrity Bartender!
Karen will join her daughter Lauren At Tuckerman’s (New England Inn)
50/50 Raffle, Silent Auction & Profits
This is a fundraiser for MOW
Invite your friends & family
Thursday, June 9th

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) 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. FTB. 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.

Volunteer Appreciation May 12, 2016

Silver Lake Landing Volunteers

Nutrition: 197 volunteers, 9600 hours.  90,000 miles.  Thrift Shop, Mailings, Programs, Board: 100 Volunteers over 4000 hrs.
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Please remember the Gibson Center in your Will