Lest we forget…. it’s time for our Year End Appeal. Donations from members and our friends are what enables us to keep our high level of service, so please be as generous as you can. Annual Appeal Letters will magically appear in your mailbox November 1

Hannah’s Heart-Full Car Wash

Seven years ago, young Hannah was visiting the city with her family. She saw a senior citizen eating food out of the dumpster. When she asked why, she was told that not all people have enough money for food. When she came home, she decided that she would ask her friends for donations to the Gibson Center rather than birthday presents. Now 12 years old, she holds events and asks her friends to help fundraise for the Gibson Center’s MOW program. Thank you Hannah!
National Evaluation of the Nutrition Services Program

The Gibson Center is taking part in an important research project for the United States Department of Health and Human Services, Administration for Community Living, which helps support meal programs like ours. The purpose of this study is to better understand how nutrition services for older Americans help the people who receive them. Mathematica Policy Research, an independent research company, is conducting the study.

On **Monday, November 9** an interviewer from Mathematica will visit the Gibson Center. This person will ask a small number of people at the center as well as a small number of home-delivered meal recipients to schedule an in-person interview for later during that week. The interview will include questions about what you eat and drink, and about your participation in meal programs. Your experiences will represent thousands of others who could not be included in the study. Your participation in the study will not affect the services you receive from our meal program or any other program.

Please take part in this important study if the interviewer approaches you or calls you!

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**Gibson Day Trips**

**Please sign up for all trips:** 356-3231

- **Fryeburg Fair:**
  - **Set Up:** Friday, Oct. 2 after lunch.
  - **Senior Day:** October 6th 9-3, giving you 4 hours at the fair. Envelope donation

- **T&C Luncheon & Marlene:** Thursday, October 15.
  - board the bus at 10AM. $41

- **Pumpkin People Tour:** Wednesday, October 21st,
  - board the bus at 12:30. Envelope donation
  - Bring money for a stop at the Cider Donut Shop.

- **Dracula, the Ballet:** Saturday, October 24th. Board bus 2PM. $35. Dinner on own in Dover

- **Magic of Christmas:** Friday, December 11 $55.

**Portland POP’s Concerts:**

- **Tribute to John Denver:** Sunday, October 25th
- **Beach Boy’s Pet Sounds:** Sat., January 9, 2016
- **Portland In Love:** Sunday, February 14, 2016
- **Best of John Williams:** Sunday, April 24th, 2016

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**Thanksgiving Dinner**

**Tuesday, Wednesday & Thursday**

**November 17, 18, & 19, at 11:30 AM**

Suggested Donation $4.00

Roast Tom Turkey, Cranberry Sauce,
Sausage Cornbread Stuffing,
Mashed Potatoes & Giblet Gravy
Butternut Squash
Garden Peas with Pearl Onions
Homemade Indian Pudding

**Sponsored by**

**Shaun and Linda Bergeron**

**In Memory of**

**Mr. & Mrs. Harvey Bergeron**

**and Dana Haley, Sr.**
Gibson Globetrotters

**America’s Music Cities: A Music Lovers Dream**
April 17-24, 2016 12 Meals $2849 ppdo

**Includes:** Air, Land, Insurance, airport transfer
- **New Orleans:** French Quarter, Swamp Tour
- **Memphis:** Graceland, Beale Street
- **Nashville:** Grand Ole Opry, RCA Studio B
- **Sign up by October 6th for discount**

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, 2016, 9 meals, $615ppdo

**Includes:** 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, 2 meals, $105 ppdo

**Includes:** Bus, 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
- Weston’s Farm
- Old Village Bakery
- Wal-Mart & Bob King
- Al Zaino, furniture repairs

**National Waffle Day:**
- Comfort Inn
- Flatbread of North Conway
- Joseph’s Spaghetti Shed
- North Conway Country Club

**Veggie Volunteers:**
- Miles Waltz, Julia King, Alice Proctor
- Sherman’s Farm
- Hannah and her Heart-Full Carwash Friends
- Rozzie May Animal Alliance
- Abundant Blessings

**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
- Chair Exercise Volunteer: Connie Smith
- Guest Speaker: Will from the Mount Washington Observatory; Matt from Collette
- FunDay: Laura Sorensen, Carol Saunders, Susan Proctor, Elaine & Dick Klement, Alice & Dick Vierus. Ruth Proctor, Julie Lanoie, Ellen Farrington
- Handbags, totes, and stationary: Ellen Farrington
- Tai Ji Quan for Better Balance:
- Classes start October 21
- Mon & Wed 9-10AM
- Call 356-5461 X 2187
October 2015

**Fran’s Flicks:** *The Age of Adeline* 13th: @Silver Lake, 27th: @Gibson Center
Sat & Sun the 10th & 11th: Craft Fair Front Lawn
Monday the 12th: Gibson Center closed, Columbus Day
Wednesday the 14th: We will celebrate Oktoberfest. Rick will cook up some tasty Bavarian specials and Sally Swenson and her musical friends will sing some traditional German music. Wear your Dirndl or Lederhosen.

Wednesday the 14th: **Zero Balance Massage** for the Caregiver

Tuesday the 20th: As part of Conway’s 250th, Dwight Smith will present a program on the influence of the railroad on Conway’s history.

Wednesday 21st: Tai Ji Quan Moving for Better Balance 9-10

Tuesday the 27th: Joan Marcoux will present The Newest Technology for Individuals with Hearing Loss after lunch
Friday the 30th: Halloween Luncheon. Prizes for the most original, prettiest, funniest, & scariest costumes. Parade at dessert.

**Matter of Balance** Have you stopped doing something you love because you are afraid of falling? Do you “furniture walk”? Have you fallen recently? Are you afraid to tell your doctor or family that you have fallen? Sign up for Matter of Balance, an 8 week falls prevention class call 356-5461 X2187 for more information.

Next class starts October 20

**Neighbor to Neighbor**
October 24th. looking for volunteers, and people who need to schedule an appointment to do yard work, winterization, and/or small handy man jobs. Free while funds last. call 603 356-7827

**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.
November 2015

Fran’s Flicks:  *Black or White*  10th: @Silver Lake, 24th: @ Gibson
Thurs the 5th  _BINGO_ is after lunch with player supplied prizes.
Friday the 6th  *Nutrition Council Meeting*  at 9AM

Friday the 6th  *Welcome Mineral Springs*
The week of Monday, November 9, is the *National Evaluation of the Nutrition Services Program*, if you are called, please participate.
Tuesday the 10th, the we will  _recognize Veteran’s_  before lunch.
Tuesday the 10th,  *Dr. Jackson will present the program*  _Respecting Choices_.  Please attend if you want to learn about options for end of life issues, or if you want to make an Advanced Directive, please bring phone numbers and addresses for people you might consider designating as decision makers.
Wednesday the 11th,  *Gibson Center closed*,  for _Veteran’s Day_
Wednesday the 18th, *AARP Smart Driver Class*  8:30-4.  call 356-3231 to sign up.
Tuesday-Thursday the 17th-19th  _Thanksgiving Dinners_.  There are no reservations so first come, first served. This is our most popular meal of the year, so arrive early!  *Sponsored by Shawn and Linda Bergeron In Memory of Mr. and Mrs. Harvey Bergeron & Dana Haley, Sr.*

Tuesday the 17th  *Gibson Center Annual Meeting*.  Meet the board, offer ideas, ask questions, hear the annual reports.  1PM
Friday the 20th:  _Cape Cod Slide Show_.  Bring in your photos by November 10th to include them in the slide show.

**Thanksgiving Dinner**
*Tuesday, Wednesday & Thursday November 17, 18, & 19, at 11:30 AM Suggested Donation $4.00*
Roast Tom Turkey, Cranberry Sauce, Sausage Cornbread Stuffing, Mashed Potatoes & Giblet Gravy, Butternut Squash, Garden Peas with Pearl Onions, Homemade Indian Pudding
_Sponsored by Shawn and Linda Bergeron In Memory of Mr. & Mrs. Harvey Bergeron and Dana Haley, Sr._

_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 & Wednesday 9-10
- Call 356-5461 X 2187 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


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


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.

Cape Cod Trip, August 24-28, 2015

Provincetown, Sandwich Glass Museum, Eastham Windmill, Hyannis Harbor Cruise, Heritage Museum & Gardens, CC National Seashore, Cape Cod Canal Visitor Center...
Joseph's Spaghetti Shed Dine to Donate

Our Dine to Donate Hostess
Beth Carta-Dolan
with MOW Fran Lampidis

Please remember
the Gibson Center
in your Will