“Life’s most persistent and urgent question is, what are you doing for others?” — Martin Luther King, Jr.

That question is answered wholeheartedly by our volunteer of the year, and we are so appreciative of this dedicated and always good humored, smiling gentleman, who is faithful and flexible in driving his route, and often graciously substitutes for other routes and additional days when needed. He is also a great teacher to all our new Meals on Wheels volunteers. We are privileged to honor Bruce Kennedy.

MEMORIAL DAY LUNCH

A decided highlight from our Memorial Day Luncheon was the visit from Task Force Eagle, the Kennett High School Color Guard.

They presented the colors and gave the extremely moving “Remember” ceremony addressing the Missing Man, or Fallen Comrade table which was set up in front of the fireplace.

Our veterans’ group was well represented. From high school kids to our 90+ year old WWII vets and Homefront workers, we seem to have had it covered!

A big thank you to Becky for putting this all together!
Gibson Center is partnering with the Memorial Hospital to offer one Age Friendly walk in each of the 11 Age Friendly towns that make up our service area. Here is the list of the trail, and the date that we will be walking them. People should sign up, so that the people who carpool on the bus can meet people who drive themselves, and we can enjoy a group walk.

Join the Gibson Center as we improve our health by completing the 100 Day Challenge. One way to earn extra points for the challenge, is to walk one trail in each of the 11 towns that make up our Age Friendly Community.

The Gibson Center will offer transportation, and companionship after lunch, as we travel to the different trails. Join us!

Please sign up for these walks, let us know if you are riding the bus, or meeting us at the trail head. (we will start each trip at 12:30 at Gibson Center, if meeting at trail heads, plan for our travel time from Gibson Center)
Call us at 603-356-3231.

To view the list of trail visit our web site https://www.gibsoncenter.org/mwv-walkable-trails-by-town/

2019 100 DAY CHALLENGE TRAIL WALKS

Conway: Memorial Hospital Fitness Trail. Walk Date May 13
Tamworth: Waterfowl Havens Trail. Walk Date May 17
Fryeburg: Mountain Division Trail. Walk Date May 31
Albany: Bobcat Trail to Bear Tree Loop to Maple Leaf Trail. Walk Date June 13
Bartlett: Sugar Shack Trail. Walk Date June 21
Madison: Ossipee Pine Barrens: Walk Date June 28
Eaton: Sunset Beach Road. Walk Date July 5
Freedom: Pequawket Trail in the Freedom Town Forest. Walk Date July 10
Hart’s Location: Pond Loop and Sam Willey Trails. Walk Date July 19
Chatham: Leach Link. Walk Date August 9
Jackson: Bog Brook Trail. Walk Date August 16

Chef’s Bistro Gibson Fundraiser

Invite your family and friends to dinner on Wednesday, the 19th.
The Chef’s Bistro will donate a portion of the days sales to the Gibson Center.
2019 GIBSON CENTER
CRAFTS AND ARTISAN FESTIVALS

July 6th & 7th
August 31st & September 1st
October 12th & 13th

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.
Benefits the Gibson Center for Senior Services, Meals on Wheels Program.

FATHER’S DAY LUNCHEON:
Friday, the 14th.

Chef Rick will prepare a special meal.
Jim Giguere will provide the makings for ice cream sundaes for dessert.

THE LONGEST DAY
This is an annual event, that raises awareness about the plight of care givers, who experience Long Days every day, as well as a fundraiser for the National Alzheimer’s Association. There will be a raffle in the dining room, and a sing-a-long after lunch.
Join us on Thursday, the 20th.

AARP Safe Driving
WEDNESDAY
JUNE 26TH
9AM - 4 PM

PLEASE REGISTER EARLY, WE EXPECT THE CLASS TO FILL QUICKLY.
CALL: 603-356-3231
UPCOMING JUNE EVENTS

100 Day Challenge: Join us each week as we walk one trail in the list of Age-Friendly trails. Each week we will visit a different town. In June we will walk on the 13th, 19th, and 28th. Join us after lunch.

Agency Awards: Each year there are young people who volunteer hundreds of hours delivering Meals on Wheels and in the Thrift Shop. We will honor them at lunch on Thursday the 5th. Come and cheer on these faithful volunteers. Space is limited, so arrive early!

Father’s Day Luncheon: Friday, the 14th. Chef Rick will prepare a special meal. Jim Giguere will provide the makings for ice cream sundaes for dessert.

The Longest Day: This is an annual event, that raises awareness about the plight of care givers, who experience Long Days every day, as well as a fundraiser for the National Alzheimer’s Association. There will be a raffle in the dining room, and a sing-a-long after lunch. Join us on Thursday, the 20th.

AARP Driver Safety Course: Wednesday the 26th. Space is limited, so please sign up today. 356-3231

July Preview:
Tues the 2nd: 9:30AM film In The Parlor: The Final Goodbye presented by VNS & Hospice.
Tues. the 2nd: 12:30PM Collette presents 2020 Gibson trips

CARE FOR THE CAREGIVER
Meet on Thursdays
12:30PM - 2:00PM
Meet with other caregivers
Learn tips to care for you!
Programs available with FunDay, 10:30AM

MWV Age-Friendly Community
The Gibson Center is excited to be the convener of The MWV Age-Friendly Community initiative. Check on our website for the details of the Goals, https://www.gibsoncenter.org/mwv-age-friendly-community

VETERANS COFFEE
First & Third Wednesday 10AM
Meet fellow veterans, learn about services available
Snacks!
SILVER LAKE LANDING APARTMENTS
ARE YOU ON THE LIST?

While there are currently no vacancies, we are happy to accept your name on our waitlist for our beautiful apartments on the shore of Silver Lake in Madison.

Please call Ken at the Gibson Center, 356-3231, ext. 112 for an application.

BEASLEY & FERBER, P.A.
Estate Planning and Elder Law Wills, Trusts and Probate Avoidance
Estate Administration and Guardianship
Saving Assets from Nursing Home Stays

CALL FOR A SCHEDULE OF FUTURE ESTATE PLANNING SEMINARS AT THE GIBSON CENTER
Please call for information about future presentations 1-800-370-5010.

Mineral Springs of North Conway
Care & Rehabilitation Center
Offering quality nursing care and an assisted living environment to the North Conway area.
1251 White Mtn. Hwy
North Conway, NH 03860
Call 603-356-7294

Remember Gibson Center in YOUR WILL

ONLINE DONATIONS:
You can help our cause by donating at www.gibsoncenter.org/and click on Donate Now button

ONGOING WEEKLY PROGRAMS

**Monday:**
10:30 Tai Ji Quan Silver Lake Landing
10:30 Chair Exercise
12:30 FunDay Afternoon
3:30 Tai Ji Quan Better Balance

**Tuesday:**
10:00 Strength Balance & Stretch
12:00 Silver Lake Lunch
12:30 Knitting Club at SLL

**Wednesday:**
10:00 Veterans Coffee (1st & 3rd weeks)
10:00 Quilt Club (2nd & 4th weeks)
10:30 - 1:30 Wii
Service Link, make appointment
12:30 Game Day

**Thursday:**
9:00 Belly Dancing
10:30 Chair Exercise
11:30 TJQ Silver Lake Landing
12:30 FunDay
12:30 BINGO (first Thurs.)
12:30 Caregiver Peer Support
3:30 Tai Ji Quan Better Balance

**Friday:**
10:00 Strength Balance & Stretch

Join us for lunch
Gibson Center,
Mon-Fri. 11:30am -12:15pm
PROGRAM VOLUNTEERS
Wii, & Game Day set up: George LeBlanc
Book Cart: Barbara Rines
Belly Dance Instructor: Joanne Bailey
Tai Ji Quan & Knitting Club: Sandy Perry
Veteran Group: Karen Umberger, Karen Cousins
Caregiver Peer Support: Dom, Jim & Charles
Service Link: Karen Santuccio
M & D Production: Theatre tickets
Sing-A-Long & BINGO: Dick Vierus
Blood Pressure: North Conway Ambulance
Crafts: Elaine Klement
1:1 Computer: Quentin
Chair Exercise: Marshall, Sue & Anne

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
FREE ESTIMATES
2448 Main St., No. Conway
603-356-5819

GIBSON CENTER DAY TRIPS
Please sign up for all programs: 603-356-3231.

Polly’s Pancakes & Lupine Trip: Tuesday, June 18th: 9am-5:30pm. $18. Harmons Cheese Shop, Sampler
Josh Groban Bridges Tour: June 24 $65. Dinner on your own
Titanic, the musical: July 17th. $40
OOB Concerts: Carpenters 6/25; Beatles 7/9; Diamond 8/6; Simon & Garfunkel 8/13 $32 each show. Dinner on own at Rising Tide
Cirque Du Soleil Crystal: August 7th $68 A breakthrough Ice experience blending circus arts and the world of ice skating. Dinner on your own.
The Moving Wall, after lunch, Thursday, August 8th.
Elvis Day at the SeaDogs + fireworks, August 22 $25 3PM
Two Lights State Park + Lobster Shack: August 28. $20
White Mountain Museum: Grand Hotels September 6. $20
Gilmanton Winery & Vineyard: Friday September 13. Price includes a wine tast- ing, lunch, tax, tip, and transportation $45

JOIN US FOR LUNCH MONDAY - FRIDAY 11:30 AM TO 12:15 PM
UPCOMING OVERNIGHT PROGRAMS
Please sign up for all programs: 603-356-3231.

Explore Tuscany: October 12-20, 2019 Highlights: Montecatini Terme, Florence, Lucca, Gothic Line, Pisa, San Gimignano, Siena, Cooking Class, Choice of a Winery Tour or a Cheese Farm. Passport needed. 9 days $3299 ppdo.


Bus Tour - Cape Cod, Martha’s Vineyard, Rhododendron Garden: 400th Anniversary of Mayflower Landing May 4-8 2020. $550

Mount Washington Valley Adult Day Center
Opening July 2019

For More Information:
Visit Us Online
www.memorialhospitalnh.org/adultdaycenter
Or Call Sue Ruka at 603-356-5461, x2194

Assisted Living Locators (603-393-6452) Free Referral and placement services matching seniors with the best living solutions for them statewide.

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

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

Maine Senior Insurance, LLC (800-430-1302) helping Carroll County seniors with Medicare insurance products since 2010. Please call for your no-obligation appointment. (800) 430-1302


Modern Woodmen of America is a member-owned fraternal financial services organization offering life insurance and annuities. Together with our more than 750,000 members, we’ve been touching lives and securing futures since 1883. Lauren O’Reilly, Financial Representative 603-733-6526.

Mount Washington Auto Road (466-3988) Howie Wemyss. Toll road to summit of the highest mountain in the North East.

MWV Concierge Grocery shopping, house/condo cleaning, show shoveling/plowing, errand running. 603-730-5255 or mwvconcierge@yahoo.com

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 Mt. Washington Valley and surrounding area. 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 Mountain Oil and Propane (356-6386) The Saunders Family, oil and propane, major appliances.


Please remember the Gibson Center in your Will