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.

NH PLAN OF THE YEAR AWARD
Planning is everything!
The Gibson Center receives the NH Plan of the Year Award from the NH Planning Association at the Abenaqui Golf Club in Rye, NH.

The award was for the AARP/Gibson Age Friendly Work Plan authored by Gibson Board member, Marianne Jackson. Pictured L-R, Ben Frost of NH Housing, Todd Fahey, State Director of AARP, Dr. Marianne Jackson, Gibson Board President Charlie Macomber and Executive Director, George Cleveland.

FLATBREAD GIBSON CENTER FUNDRAISER
Tuesday, July 11 4:30-9 PM
The Eastern Slope Inn
2760 White Mountain Hwy,
North Conway, NH 03860
Bring family and friends!
**100 Day Health Challenge**

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

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 July we will walk on the 5th, 10th, and 19th. Join us after lunch.

**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**

### KUDOS - Chef’s Bistro Gibson Fundraiser

Josh Brault of Chef’s Bistro in North Conway presents George Cleveland with a check from their Gibson Benefit Dinner on June 19th.

Thanks to Josh and the staff and everyone who joined us!

JOIN US FOR LUNCH MONDAY - FRIDAY 11:30 AM TO 12:15 PM
NORTH CONWAY VILLAGE
WOW GARDEN FOR 2019

It’s a WOW Garden! The Mountain Garden Club chose The Gibson Center as their North Conway Village WOW Garden for 2019.

Lots of color after a busy day of planting. Watch us bloom this summer and a huge Thank You to the Club!!

HAPPY 4TH OF JULY

CAMP WAUKEELA DAYS
AT GIBSON CENTER
JULY 25TH & 26TH  9AM - 4 PM

PLEASE SIGN UP FOR THE EVENT
CALL: 603-356-3231

INDEPENDENCE DAY INDOOR PICNIC

Wednesday, the 3rd.

GIbson Center Guest Conductor
MWV Band

Join us on Thursday, the 16th at 6:30pm

join us for an evening of music!
Bring a picnic, bus available

Mount Washington Valley
Adult Day Center
Opening July 2019
UPCOMING JULY 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 July we will walk on the 5th, 10th, and 19th. Join us after lunch.

Veteran’s Programs in July: 10th, July 17th (JC Penny Pancakes)

Film In The Parlor - Tues the 2nd: 9:30AM: The Final Goodbye presented by VNS & Hospice.

Tues. the 2nd: 12:30PM Collette presents 2020 Gibson trips

Closed Thursday, Thursday, July 4

Artisan Craft Fair, Saturday & Sunday July 6 & 7

Flatbread fundraiser for Gibson, July 11 4:30-9PM Invite your family and friends

Crock Pot Cooking, made easy! Need inspiration to cook for one or two people? After lunch July 12. Please sign up.

Gibson Center Guest Conductor July 16 MWV Band 6:30PM, join us for an evening of music! Bring a picnic, bus available.

Canada Slide Show July 18, for all who went on the trip, and those who wish they had. If you have photos to share, please connect with Jill to down load them.

Community Health Fair: July 19 at the White Mountain Clinic

Camp Waukeela days at Gibson Center: July 25th & 26th, sign up for events

August Preview:

Tricia Mattox-Larson, from VNS will speak with care givers and recipients to improve communication. 8/27

VETERANS COFFEE

First & Third Wednesday 10AM

Meet fellow veterans, learn about services available Snacks!

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
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.

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.

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

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:
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

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: Krystal LeTourneau, Karen Umberger, Karen Cousins, JC Penny
Caregiver Peer Support: Dom, Jim & Charles
Service Link: Karen Santuccio
M & D Production: Theatre tickets
Sing-A-Long & BINGO: Dick Vierus
1:1 Computer: Quentin
Chair Exercise: Marshall, Sue & Anne
Arts In Motion: Dress Rehearsal Tx
Longest Day Raffle: Karen Cousins, Karen Gibson, Paula Callahan, Prudy

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

**Mount Washington Valley Band Concert:** home pick up. Bring a picnic supper. Out for ice cream after. Bus donation. July 16

**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 tasting, lunch, tax, tip, and transportation $45

**Veteran’s Road Trip:** VA Home Tour October 16 9AM-5PM

**River Dance:** January 14, 2020. $85

**Russian National Ballet, Sleeping Beauty:** March 18, 2020 $62
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

Cruise - Boston to Quebec: Sept 18-25, 2020, price based on cabin

KUDOS - Donations

UPCOMING OVERNIGHT PROGRAMS
Please sign up for all programs: 603-356-3231.

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.

North East 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 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 Mountain Oil and Propane (356-6386) The Saunders Family, oil and propane, major appliances.


Please remember the Gibson Center in your Will