October 2019 Edition

CELEBRATING 40 YEARS OF GIBSON CENTER - OCT 10th

Come join us on October 10th for Tea and Cake on the Patio to celebrate Gibson Center’s 40th year of incorporation.

Some of our Major Milestones:

1979 - Gibson Center Incorporated
2000 - Our newly purchased building received a 2400 sq ft addition
2005 - Silver Lake Landing purchased
2006 - One Millionth Meal Served 4/7/2006
2010 - Gibson purchases the historic Kenison house on Grove St. A 1000 sq ft addition helps create our new Thrift Shop
2019 - MWV Age Friendly unveiled

2019 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

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.

The Black Cap Grille Fundraiser
Tue, Oct 22nd - 5:00-9PM

The Black Cap Grille will donate a portion of the evening sales to the Gibson Center.
MOUTH OFF - OCT 30TH
A Lip Sync Contest. Do you want to join the Gibson “Sync Team”? Come support our team. Wed. Oct. 30 transportation from your home.

BINGO NIGHT AT RED PARKA PUB
Tuesday, Oct 15th
6:00 - 8:00 PM
Proceeds from each $1 card and a portion of some food and beverages will go to The Gibson Center
Bring Friends and Family!!

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

For More Information:
Visit Us Online
www.memorialhospitalnh.org
adultdaycenter
Or Call Sue Ruka at
603-356-5461, x2194
THE FRYEBURG FAIR
(Sept 29th - Oct 6th)
Senior Day: Oct 1st
9:00 AM - 3:00 PM

POP’S BEATLES REVOLUTION,
A SYMPHONIC EXPERIENCE
Sunday, Oct 13th - 11:00 AM
$48 Pack a bag lunch for the ride over, we’ll stop for dinner on own.

PUMPKIN PEOPLE RIDE
After lunch, Oct 24th.
Stop at Cider Market for donuts (on your own)

VETERAN’S ROAD TRIP: VA HOME TOUR
October 16th
9:00 AM - 5:00 PM
Lunch on your own at the Tilt’N Diner

L. A. DREW, INC.
General Contractor
UPCOMING OCTOBER EVENTS

Veteran’s Pancake Breakfast: Wednesday, October 2nd, JC Penny will make pumpkin pancakes.

Queen Mary 2 Crossing Experience: trip preview, 12:30PM, October 3rd. Presented by Carl Lindblade, Edu - trip Host.

Sip N’ Paint: Tuesday, October 8, after lunch. Bring your painting.

Mountain Vale visit lunch: October 9th

Gibson’s 40th year of incorporation : October 10th Tea and Cake on the Patio

London Paris Slide Show: Friday, October 11th, after lunch. From our trip

Craft Fair: October 12th & 13th check out the vendors!

Gibson Closed: Monday, October 14th

BINGO at the Red Parka Pub: Tuesday, October 15 6-8PM. Proceeds from each $1 card and a portion of some food and beverages will go to The Gibson Center Bring Friends and Family!!

Senior Companions: Thursday, October 17th, a brief speech at lunch, then a short presentation at the Care-givers Peer Support Group.

Open Enrollment: October 30th, make an appointment today. Pickup an envelope from Penny, to be prepared for the meeting.

Alzheimer’s Presentation: After lunch October 22nd. Know the 10 Signs, Early Detection Matters. Please sign up

Black Cap Gibson Fundraiser: Invite your family and friends to dinner on Tuesday, the 22nd. The Black Cap Grille will donate a portion of the evening sales to the Gibson Center.

Pumpkin People & Cider Donuts: After lunch trip, October 24

Mouth Off contest: Evening trip, encourage the Gibson team! Time is running out to form our Gibson team. Please see Jill if you are interested in lip syncing to a fun song, and potentially win a prize!

Halloween: Chef Mark will create a special menu for October 31. We will have a Costume parade between the meal and dessert with prizes for some costumes. Afterwards bus trip to watch children’s parade
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

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
12:30 Friday Painters (Oct - May)

JOIN US FOR LUNCH MONDAY - FRIDAY 11:30 AM TO 12:15 PM
**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, JC Penny, Al Zaino
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
Sip N Paint: Elaine Klement
Joy Gagnon: Tasty Veggies
Go Orange Raffles: Karen C, Bev, Mary & Ellen
Balance Day: VNS, Lions, Hearing Assn, Memorial Hospital, Mineral Springs, RSVP, Extension, White Mt Oil, NH Falls Reduction Task Force
White Lake Naturalist: Matt

**GIBSON CENTER DAY TRIPS**

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

**Fryeburg Fair:** Senior Day at the Fair: 10/1 9AM - 3PM
**Two Lights State Park + Lobster Shack:** October 9th. $20

**POP’s Beatles Revolution, a Symphonic Experience:** Pack a bag lunch for the ride over, we’ll stop for dinner on own. 10/13 11AM $48

**Veteran’s Road Trip:** VA Home Tour October 16 9AM-5PM. Lunch on your own at the Tilt’ N Diner

**Pumpkin People Ride:** After lunch, October 24th. Stop at Cider Market for donuts (on your own)

**LeAnn Rimes: a LIVE Show:** Sunday October 27. $85

**Stinson Mt Museum:** A.C. Gilbert Heritage Society. Lunch on own at Georges Seafood. Tuesday, November 5th. 10AM-5PM $20

**Chutter’s & Littleton:** Nov. 13 10AM-5PM $18

**Zimmerman House & Currier Museum:** Nov. 20 8AM-6PM $66 The price includes sandwich lunch, Zimmerman tour, and the Currier, which will have 2 special displays Shakers, and The Four Freedoms (contemporary look at Rockwell)

**Magic of Christmas:** December 12th. $50 10AM-6PM

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

**Russian National Ballet, Sleeping Beauty:** March 18, 2020 $62
UPCOMING OVERNIGHT PROGRAMS
Please sign up for all programs: 603-356-3231.


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

Cruise - Liners and Legends, Queen Mary 2 Crossing to England: 4/24-5/5.

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

JOIN US FOR LUNCH MONDAY - FRIDAY 11:30 AM TO 12:15 PM

PHOTOS FROM JOSEPHS SPAGHETTI SHED FUNDRAISER, GO ORANGE DAY & NATURE WALK
<table>
<thead>
<tr>
<th><strong>Business Support Newsletter Listings</strong></th>
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<tbody>
<tr>
<td><strong>Abundant Blessings Homecare, Inc</strong> (603-473-2510, fax 603-522-9211) provides living assistance services for the aging in the comfort of your home. Services include: personal care, meal preparation, 24 hour care and more. Call to schedule a free home assessment. Visit us at <a href="http://www.abundantblessingshomecare.com">www.abundantblessingshomecare.com</a>.</td>
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<tr>
<td><strong>Assisted Living</strong> Locators 603-393-6452 Free Referral and placement services matching seniors with the best living solutions for them statewide.</td>
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<td><strong>Beasley &amp; Ferber, P.A.</strong> (1-800-370-5010) David Ferber, estate planning including avoiding probate, protecting assets from nursing homes, avoiding state taxes, and elder law.</td>
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<td><strong>Chalmers Insurance</strong> (356-6926) Steve Cote, full line of personal and business insurance, including Long term care, life and annuities.</td>
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<tr>
<td><strong>Coleman Alvin J. &amp; Son</strong> (447-5936) 9 NH Route 113, Conway. General Contractor</td>
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<tr>
<td><strong>First Allied Securities</strong> (356-9371) 3277 White Mt. Hwy. Investments including Stocks, Bonds, Annuities, Retirement, College Planning</td>
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<tr>
<td><strong>Gamwell, Caputo &amp; Co., PLLC</strong> (447-3356 or fax 447-6563) Dave Caputo, certified public accountants providing tax, accounting, and financial statement services for businesses, individuals, trusts and estates.</td>
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<tr>
<td><strong>Granite State Independent Living (GSIL)</strong> (800-826-3700) <a href="http://www.gsil.org">www.gsil.org</a> Donna Potter, Non-profit whose mission is to promote life with independence for Seniors &amp; 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.</td>
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<td><strong>Hill’s Florist and Nursery</strong> (356-5750) Brian Hill, Rt. 16, Intervale. Flowers for all occasions, trees, shrubs, perennials, annuals, balloons and gifts. FTD. 10% discount for Gibson members.</td>
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<td><strong>H.R. Hoyt Construction Inc.</strong> (447-2612) Conway, NH. Poured Concrete</td>
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<td><strong>Maine Senior Insurance, LLC</strong> (800-430-1302) helping Carroll County seniors with Medicare insurance products since 2010. Please call for your no-obligation appointment. (800) 430-1302</td>
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<tr>
<td><strong>Memorial Hospital</strong> (356-5461) The community hospital of Mt. Washington Valley. Your partner in good health.</td>
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<td><strong>Modern Woodmen of America</strong> 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.</td>
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<td><strong>MWV Concierge</strong> Grocery shopping, house/condo cleaning, show shoveling/plowing, errand running. 603-730-5255 or <a href="mailto:mwvconcierge@yahoo.com">mwvconcierge@yahoo.com</a></td>
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<tr>
<td><strong>North Country Fair Jewelers</strong> (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.</td>
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<td><strong>NorthEast Auto Body</strong> (356-5808) David Smith, 530 Eastman Road, North Conway, N.H.</td>
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<td><strong>Notchland Inn</strong> (374-6131) Harts Location, NH Romantic dining and lodging.</td>
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<td><strong>Settlers Green Outlet Village</strong> (356-7031) over 60 stores. Every Tuesday is Senior discount day at participating stores.</td>
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<td><strong>Timberland Home Care Inc.</strong> (603-447-3998) is a non-medical home care service provider to families in the Mt. Washington Valley and surrounding are as are. As experienced home care providers we can provide short, long term &amp; 24/7 multi-shift basis quality home care. Web site: timberlandhomecare.com; e-mail is: <a href="mailto:timberlandhomecare@live.com">timberlandhomecare@live.com</a></td>
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<td><strong>White Mountain Hotel</strong> (356-7100) Gary Sullivan Wonderful place to go for lunch or dinner.</td>
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<td><strong>White Mountain Oil and Propane</strong> (356-6386) The Saunders Family, oil and propane, major appliances.</td>
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**Please remember the Gibson Center in your Will**