WELCOME MARK
OUR NEW EXECUTIVE CHEF

A huge welcome to Mark Tapper, Gibson’s new Executive Chef! Mark brings a ton of experience to our kitchen. He started out early in his hometown of Wolfeboro.

Some excellent mentoring helped him land a job at Boston’s Ritz-Carlton, and he was off and running. He says he is looking forward to working in a way that gives back more to the community. And as time goes by, expect to see some innovations in our menu. Stay tuned! Mark lives in Madison with his wife & daughter who just finished at UNH.

2019 GIBSON CENTER
CRAFTS AND ARTISAN FESTIVALS

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.

Joseph’s Spaghetti Shed
Fundraiser - Mon, Sept 23rd
4:30-9PM

Home pick ups are available, call 356-3231 to request a ride.
**September is Go Orange HAM (Hunger Action Month)**

Go Orange Day Tuesday the 10th, everyone is encouraged to wear orange, the kitchen serves orange colored or flavored food, and we raffle off orange colored or flavored items.

All month we have food drives to collect food for the winter storm packs, (protein, veggies, soups, powdered milk, cocoa made with milk, fruit).

There will be weekly Go Orange raffles on Wednesdays, as well, to raise money for the needed supplies that are not donated.

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**FALLS PREVENTION DAY FRIDAY SEPT 20TH**

Learn how vision and hearing effect your balance, have your balance tested, learn how diet and exercise decrease your risk of falls and breaks, Learn what you can do in your own home to make it safer, learn which medications may effect you balance, so you can discuss it with your doctor.

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**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
MOUTH OFF
A LIP SYNC CONTEST
DO YOU WANT TO JOIN THE GIBSON “SYNC TEAM”? COME SUPPORT OUR TEAM
WED. OCT. 30
ABENAKI TRAIL RESTAURANT & PUB TRANSPORTATION FROM YOUR HOME

VETERAN’S PROGRAMS

Wednesday, the 18th
Presentation by Sue Ruka on the new Adult Day Center

GILMANTON WINERY & VINEYARD

Date to be determined.
Price includes a wine tasting, lunch, tax, tip, and transportation $45
Contact Jill for interest in the trip

SET UP FOR THE FRYEBURG FAIR

Friday, September 27th, after lunch
Please let Jill know what items you will display. Items need to be made by you, in this year.
Please label all items.
Senior Day: Oct 1st

L. A. DREW, INC.
GENERAL CONTRACTOR
UPCOMING SEPTEMBER EVENTS

**Craft Fair**, August 31-Sept 1 10AM-5PM, Gibson Front Lawn  
**Gibson Center Closed for Labor Day**, September 2  
**Labor Day Luncheon at Gibson Center**: Tuesday the 3rd  
**Strength, Balance, & Stretch** resumes September 3rd, Tuesday and Friday mornings from 10-11AM. $75 for 12 weeks of classes.  

**September is Go Orange HAM (Hunger Action Month)**  
Go Orange Day Tuesday the 10th, everyone is encouraged to wear orange, the kitchen serves orange colored or flavored food, and we raffle off orange colored or flavored items. All month we have food drives to collect food for the winter storm packs, (protein, veggies, soups, powdered milk, cocoa made with milk, fruit). There will be weekly Go Orange raffles on Wednesdays, as well, to raise money for the needed supplies that are not donated.  
**Veteran’s Programs: September 18th.** Presentation by Sue Ruka on the new Adult Day Center  
**MWV Recovery Coalition:** Wed the 11th 10:30AM, How to recognize addiction.  
**Falls Prevention Day Friday the 20th** Learn how vision and hearing effect your balance, have your balance tested, learn how diet and exercise decrease your risk of falls and breaks, Learn what you can do in your own home to make it safer, learn which medications may effect you balance, so you can discuss it with your doctor.  
**Joseph’s Spaghetti Shed fundraiser,** Monday September 23 4:30-9PM Home pick ups are available, call 356-3231 to request a ride.  
**Joy Gagnon from the Extension Service** will discuss, and prepare vegetables that we might find in our free boxes. She will include interesting recipes, and cooking tips. 12:30PM (After lunch ) on the 24th. Please sign up for this event.  
**Set up for the Fryeburg Fair,** Friday, September 27th, after lunch. Please let Jill know what items you will display. Items need to be made by you, in this year. Please label all items.  

**OCTOBER - SNEAK PEEK**  
**JC PENNEY Pumpkin Pancakes:** Veteran’s Coffee Oct 2nd  
**Craft Fair,** the 12th & 13th  
**Black Cap Fundraiser**, Tuesday the 22nd, 5-9PM  
**Alzheimer’s Association presentation:** Oct 22nd  
**Mouth Off Lip Sync Contest:** Abenaki Trail Restaurant & Pub October 30th  

**VETERANS COFFEE**  
First & Third  
Wednesday 10AM  
Meet fellow veterans, learn about services available  
Snacks!  
Join us for lunch  
Gibson Center,  
Mon-Fri.  
11:30am -12:15pm
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 MONDAY - FRIDAY 11:30 AM TO 12:15 PM
PROGRAM VOLUNTEERS
Wii, & Game Day set up: George LeBlanc
Book Cart: Barbara Rines, Believe in Books
Belly Dance Instructor: Joanne Bailey
Tai Ji Quan & Knitting Club: Sandy Perry
Veteran Group: Karen Umberger, 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: Anne
Camp Lunch: The Camp Waukeela Girls

GOLD’S OVER $1850/OZ
“WE BUY ALL GOLD & SILVER”
Platinum, Diamonds, Coins & Jewelry
Free Estimates
North Country Fair Jewelers
“50th year”
FREE ESTIMATES
2448 Main St., No. Conway
603-356-5819

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

Two Lights State Park + Lobster Shack: August 28. $20
White Mountain Museum: Grand Hotels September 6. $20
NH Edibles Nature Walk: @White Lake, 9/12 board bus at 12:30
Gilmanton Winery & Vineyard: Date to be determined. Price includes a wine tasting, lunch, tax, tip, and transportation $45
Shadow Dance: Thurs. Sept. 19. $35. door to door bus service
T&C Prime Rib Luncheon: Wed. Sept 25, Transportation & Lunch only. $40
Fryeburg Fair: Set up, 9/27 Senior Day at the Fair: 10/1
Two Lights State Park + Lobster Shack: October 9th. $20
POP’s Beatles Revolution, a Symphonic Experience.: See the amazing play list on the bulletin board. 10/13 11AM $48
Veteran’s Road Trip: VA Home Tour October 16 9AM-5PM
Pumpkin People Ride: After lunch, October 24th.
LeAnn Rimes: a LIVE Show: Sunday October 27. $85
Chutter’s & Littleton: Nov. 13 10AM-5PM $18
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

PHOTOS FROM OUR TRIP TO CAMP WAUKEELA

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. 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