

Gibson Times

St. Patrick's Day Lunch



Greetings from the Director

It's quite impressive watching our kitchen team work together and pump out so many meals daily. Food Service Director Dave Blodgett recently celebrated his 25-year anniversary with Gibson! Thank you for your years of dedicated service to the community.

The kitchen team works with Nutrition Director Becky Gargan to craft a nutritionally balanced and excellent tasting menu that contains a wide variety of items on a daily basis. As someone who eats lunch at Gibson most days, I can highly recommend it!



Kitchen Crew

As a participant in the NH Food Bank's Fresh Rescue Program, we save large amounts of meat and poultry from simply being thrown out. The food obtained through this program contributes to keeping our costs as low as possible. Food not used in our meals is then made available to the general public free of charge. There is almost always a tremendous amount of bread available, amongst other things. Thank you to the North Conway Walmart and Shaw's for working with us on this mutually beneficial program. Thank you to our volunteer who delivers the Walmart goods to us.

Our kitchen staff start the day at 5AM to get ready for our Meals on Wheels drivers who pick up their coolers at about 9AM. This well-oiled machine produces and packages at least 80 meals a day for distribution throughout the community. Our team then transitions to preparing the daily lunch service, which begins at 11:30 and is another 40-50 meals.

Thank you to Dave, Scott, Linda, Patty, and Barbara for everything you do!

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April Special Events

April First is April Fool's Day, beware of pranks and jokes. Not a joke, the Gibson Center **sprinkler maintenance** will be conducted during the first week of April. Please be aware that programs may change location, at any moment. We will post changes on FaceBook and emails will be sent to our "Friday Hellos," as soon as we know about changes.

Monday the 1st, there will be a presentation about the upcoming **eclipse**. Materials will be available to make your own lens for viewing the shadow of the eclipse. Safe viewing glasses will also be passed out for the first 30 attendees.

Tuesday the 2nd, the OLLI and Hospital are again joining forces for a **Lunch N Learn**. This time Renee` Wheaton will present each participant with a Grab N Go Next of Kin Bag, or Emergency Bag. This is a list of items one needs to grab in case of an emergency. (for instance people who were evacuated during the December flood, or in case of a house fire). The Hospital will also have a case worker on hand to answer Advance Directive questions. Completing this is one of the best gifts you can give your family, and even you!

First and Third Thursdays will be the **Spring Movie Series**, featuring 6 movies starring Katherine or Audrey Hepburn.

Wednesday the 10th, **doll dresser and maker, Jeanie Seig** will make a presentation about the dolls we might have, how to identify them, and how to pass them along. Bring your dolls to show!

Thursday the 11th, **Arts and Crafts with Elaine**. Please sign up for this class, as space is limited to 10 people. We are currently studying water color techniques.

Wednesday, the 17th we will offer the **Virtual Dementia Tour**. This is an opportunity to learn about life as perceived by people with sensory losses. Dementia can cause these losses, as well as other factors such as age related vision loss, or the side effects of a stroke. Learn what your peers may be experiencing. This is also a great training for people who want to volunteer in the Friendly Visitor Program, and also for people who interact with or care for people with sensory loss or dementia.

Art for Lunch, Earth Day Preview. **Aaron Risi**, who wrote Moose with a Uke, join us for lunch on Thursday, the 18th.



Monday Games: **Crossword Puzzle** on the 15th, **BINGO** on the 22nd and Word Search on the 29th..

The **Gibson Book Club** meets on Tuesday the 23rd. This month we will discuss the book Jack and Jill by James Patterson. Pick up your book, so you have time to read it for the meeting.

Donohue, Beasley & Ferber, will be on hand after lunch on the 30th, for a presentation about Estate Planning. (this is a Paid Sales Presentation)

Save these dates:

May 29th: AARP Driver Safety Class



Photo from Red Hats Visit - March 20th, 2024

2024 Gibson Center Crafts and Artisan Festivals



Summer and Fall holiday weekends are special at the Gibson Center because we have **New England Crafters at their best!** They offer fine jewelry, photography, art, pottery, stained glass, floral arrangements, candles, Skinny Towels, handmade bags, Kettle Corn, Maple Syrup products, items for your pets, soap, clothing, quilts, pillows, woodcrafts, wood signs and furniture.

The Craft Fair benefits the Gibson Center for Senior Services, Meals on Wheels Program.

Crafters, find the new, revised 2024 application here: <https://www.gibsoncenter.org/craft-fair-rules-application/>

This year's Craft Fairs:

- Memorial Day Weekend – May 25th and 26th
- 4th of July – July 6th and 7th
- Labor Day Weekend – Aug 31st and Sept 1st
- Columbus/Indigenous Weekend – Oct. 12th and 13th

Fair Hours: Saturday, 10AM-5PM; Sunday, 9AM-4PM

Fun Programs, Classes, Trips, and Adventures

The Gibson Center has developed a huge menu of programs for seniors of all abilities and interest levels. Much of what we do has come directly from your suggestions, so keep them coming!



Ongoing Weekly Programs

Monday	Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance General 1:1 Computer Tutoring	10:30 AM 12:30 PM 4:00 PM By Appointment
Tuesday	Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd week Fabric Art Babes 4th Tuesday	10: 00 AM By Appointment 10:00 AM
Wednesday	Quilt 2nd & 4th weeks Gameday General 1:1 Computer Tutoring State of NH Veterans Service, 1st & 3rd week Call for your appointment 603-624-9230 X 301	10: 00 AM 12:30 PM By Appointment By Appointment
Thursday	Strength, Balance & Stretch Afternoon rides 2nd & 4th or Movie Series 1st & 3rd Tai Ji Quan, Moving for Better Balance	10:00 AM 12:30 PM 4:00 PM
Friday	Computer Classes with Andrea Libby. Call Penny 603-356-3231 Chair Exercise Class Friday Painters, bring your own supplies	By Appointment 10:30 AM 12:30 PM

Gibson Center

Upcoming Day Trips

For all bus trips, please sign up, and pay in advance. Call **603-356-3231**. Federal health precautions are followed on the bus. For Door to Door Transportation trips you will be called with your individual pick up time the day before the trip. Many venues will only hold tickets for so long. Please indicate your interest, so we can reserve tickets.

All trips this season have reduced rates due to the generosity of program sponsors.

Monthly trip to the **Humane Society, to socialize Cats**, first Wednesday each month, after lunch.

First Friday Concerts at the Majestic. Donations accepted for the performance.

- **Chamber Music Class April 5th.**
- **Music for viola, cello and flute, May 3rd.**

We will visit the **Brownfield Market** after lunch on Friday April 19th. They have amazing produce! Bring your own bags.

John Williams POP's Concert: 4/7/24 \$60. This program so many of the great movie scores! Dinner on your own at the Sebago Brewery. Leave Gibson at 10AM.



Total Solar Eclipse: on April 8th, there will be a total solar eclipse that covers Northern NH. While North Conway will be about 95%, the Gibson Bus will travel to Errol, where we will experience the total eclipse. Bring a lawn chair and warm clothes. Jill will provide paper lens so you can see the shadow. It is not recommended that one look directly at the sun, even though it will mostly be covered, the rays may still damage one's vision. The bus will leave at 10AM bring a bag lunch, or take one of our Grab N Go lunches. We will stop for supper on your own at the Road Hawg BBQ. \$10 for the bus ride, please sign up with Penny. Includes viewing glasses.



Conway Town Meeting Elections, board bus after lunch on April 9th. For a preview of the ballot, [click here](#). For the work sheet [click here](#). (This will allow you time to read the articles, and determine the best vote)

Kennett High Legendary Eagles! Dance and Choir showcase. Saturday April 13th. Home pickups, and a drop off at the front door of the school. Bus \$5, pay your own entrance to the show (\$10).

Free Cone Day at Ben & Jerry's, board bus after lunch April 16th. Bus Donation

Currier Museum: Stories of the Sea: Wednesday, April 24th. Featuring Vincent Van Gogh's first painting to depict the outdoors, and two seminal paintings by Andrew Wyeth. Also time to tour the rest of the museum. 9AM-5:30PM. \$40 includes admission and transportation. Lunch on your own in the Garden Cafe, or eat a brown bag lunch on the bus before we arrive.

Beautiful: the Carol King Musical. 5/5/24. \$61. Bring a bag lunch to eat before the show, and money for dinner at the Tilt'N Diner.

KHS Drama Club "Tuck Everything" Saturday May 11th. Home pickups, and a drop off at the front door of the school. Bus \$5, pay your own entrance to the show (\$10).

Mount Washington Valley Choral Society performs Hayden's Creation. Home pickups and drop off at the theater. Concert and bus by donation. Afternoon event.

Swing Band Dancing at Capitol Center for the Arts. June 1st. 3-11:30PM \$50.

Lupine and Polly's Pancakes, June 18th & 21st \$15

Barnstormers Camelot, July 2nd, \$50

Mid Summers Night Dream, Ballet, August 3rd, \$35

Mount Washington Band Concerts: July 9th & 30th, Aug 6th. Bring a lawn chair, and picnic supper. Bus and band by donation. Door to door home pickups.

SeaSide Pavilion Concerts, home pick ups, dinner on your own at Ken's

- **Rumors, Fleetwood Mac tribute:** July 16th \$52
- **Let's Hang On, Frankie Valli tribute:** July 19th \$50
- **Bee Gee's Gold Tribute:** August 9th \$50
- **Studio 2, Early Beatles Tribute:** August 13th \$40

News from MWV Age-Friendly Community

This is Marianne – now the Coordinator of the MWV Age-Friendly Community, under the umbrella of the Gibson Center.

The Working Groups have set out fabulous, new, ambitious goals for 2024-2025. Each working group of the 5 domains of Health, Housing, Outdoor Spaces, Transportation and Community Connections have created tasks that will seriously impact the livability of our Valley for people of all ages. What is helpful and wise for older adults benefits families and children as well.



Examples include, the 53 Most Walkable trails descriptions and maps will soon be accessible through an iPhone app for easy reference for grandparents with grandkids, caregivers with family members and recreational walkers. Our Health group is organizing multi-event demonstrations of Disaster Emergency Preparedness with great giveaways. The training in dementia sensitivity is spreading to front line staff across the Valley. The Carroll County Recycled bike coop is ready to receive, refurbish and distribute its next 100 bikes. Renee Wheaton and her group are working on helping replicate email exchanges in towns that want them, boosting the Senior Kiosks in our libraries, and distributing the revised Planning and Resource Guide.

These are just a sample. You can read about all the plans on the newly revised website <https://www.mwvagefriendly.org/>. We are very eager to have you join us in these efforts. Whether it is walking the trails and sending in photos, helping out at a bike donation event, supplying the libraries with pamphlets and brochures, or becoming involved in dementia training or caregiver support – there is a role for you.

I would love to hear from you if you have ideas or want to participate. My email is agefriendly@gibsoncenter.org

Gibson Globetrotters: Overnight Trips

Please sign up for all programs: **603-356-3231**. Collette has a fantastic insurance policy, one can cancel up to 24 hours before the trip

Collette Tours



Spotlight on South Dakota: September 13-19, 2024. Six nights in Rapid City with day tours to Mt. Rushmore, Crazy Horse, Bad Lands, Devils Tower, Wall, Deadwood, as well as a lot of wild life along the way. **Seat reduction was March 13, there may still be room, let us check.** [Link to the Flyer](#)

Next Year's Trip: Alaska by Land, Summer of 2025, details to follow

Diamond Bus Tours

Ottawa Tulip Festival, Montreal, Quebec: May 19-24, 2024. \$1165 ppdo. Visit the highlights of each city, including a cruise on the Saint Lawrence, and the Tulip Festival. 2 hotels, 10 meals. Passport needed. **Call to see if there is still room left on the trip.** [Link to the flyer](#)



The Ark Encounter & Creation Museum: October 20-26, 2024. \$965ppdo. Spend a day touring the life size recreation of Noah's Ark, built to the specifications in the Bible! Also visit the Creation Museum, and the Cincinnati Museum in Ohio. [Link to the flyer](#)

2025 Bus Trip: Boston, for the 250th anniversary of the Shot Heard Round the World.

Ongoing Services From the Gibson Center

Senior Resource Navigator – Renee Wheaton helps with troubles like how to apply for government assistance, renew a driver’s license, access care or arrange for home services, find durable medical equipment, or the like. Reach her directly at **603-205-0909** or by calling the Gibson Center



Computer Tablet and Chromebook access – We can offer free Tablets and Chromebooks thanks to generous grants from Spectrum, Charter Communications Digital Education Grant – while supplies last.

Computer Training – Andrea Libby of Libby Computer: Fridays 9:00 AM - 12:00 PM and our volunteer experts Mondays - all offer 1-1 training for beginners or more advanced users. Skills training can include setting up email, Zoom, searches, learning how to access medical practice portals for appointments, labs and questions, how to make and participate in Telehealth appointments, online job applications, how to prevent scams and fraud, and smartphones, cameras, photos and games. Call **603-356-3231** to sign up for tutoring.

Advanced Care Planning – Joan Lanoie. Understand and get help with writing down your options for end-of-life care and making your wishes known. Joan Lanoie can help explain the nuances and implications while also providing helpful advice for family members. Appointment made by calling **603-356-3231**.



Veterans’ Administration Benefits Counseling – Counselors come the 1st and 3rd Wednesday of each month from 9:00 AM to 3:00 PM by appointment to provide consultation regarding Veteran’s Benefits. Call **603-624-9230, ext. 301**, or email **Jay.Davis@va.gov** to request an appointment directly.

Finding Reliable Health Information – Dr. Charles Felton is a retired pulmonologist who can help you find reliable healthcare websites and research. He can help interpret medical information and misinformation. He will not be acting as a medical provider but be your advocate and guide. Fridays 1:00 PM -3:00 PM by appointment by **603-356-3231**



Stay Warm, Safe and Dry - Home Modification: Valley homeowners who need a reliable, licensed contractor to help with small modification projects to improve the safety, warmth or tightness of their homes can call Renee Wheaton, who will coordinate with our contractor, Adam Balodis. Sample projects include replacing or repairing porch steps or railings, installing grab bars, improving lighting, changing out air filters, installing smoke or CO alarms, installing ramps, or other repairs that increase health and safety. This is

not an emergency service but one that will be available by request and subject to scheduling. Renee can be reached by calling the Gibson Center at **603-356-3231** or email **staywarm@gibsoncenter.org**

Next of Kin Documents

OLLI Lunch N Learn, next event, Tuesday, April 2nd. This program is a gift you will give yourself and your family. Senior Resource Navigator Renee Wheaton has created a “Next of Kin Documents” kit. In her presentation, Renee reviews the various materials one might want to have easily available to them in the event of an emergency. Renee tells you what you need for your document “go bag.” One would not want to have to compile all of this data under duress so get started today. If you can not attend the event, you can obtain a copy of Renee’s presentation by emailing her at **staywarm@gibsoncenter.org**.

Seasonings from Becky in Nutrition

~Greetings from the Nutrition Office! ~

Welcome to April and National Brunch Month! Brunch, that delightful amalgamation of breakfast and lunch that offers a relaxed atmosphere where friends and family gather to indulge in a diverse spread of culinary delights. From fluffy pancakes dripping with syrup to savory egg dishes and bottomless mimosas, brunch caters to a wide range of palates and preferences. It's a time to savor good food, share stories, and linger over steaming cups of coffee, creating lasting memories and fostering connections that transcend the simple act of eating. Healthy brunch options can be both delicious and nutritious, offering a balance of flavors and nutrients to start your day on the right foot.

Here are some ideas:

Avocado Toast: Top whole-grain toast with mashed avocado, sliced tomatoes, and a sprinkle of salt and pepper. Add a poached egg for extra protein.

Greek Yogurt Parfait: Layer Greek yogurt with fresh berries, granola, and a drizzle of honey for a satisfying and protein-rich brunch option.

Veggie Omelette: Whip up an omelette using egg whites or whole eggs mixed with chopped vegetables like spinach, bell peppers, onions, and mushrooms. Serve with a side of whole-grain toast.

Quinoa Bowl: Cook quinoa and top it with sautéed vegetables, avocado slices, a poached egg, and a dollop of salsa or Greek yogurt for a hearty and protein-packed brunch.

Smoothie Bowl: Blend together your favorite fruits, such as berries, banana, and spinach, with Greek yogurt and a splash of almond milk. Pour into a bowl and top with nuts, seeds, and granola for added texture and nutrition.

Smoked Salmon Platter: Arrange smoked salmon slices on whole-grain bread or crackers, and serve with sliced cucumbers, cherry tomatoes, and a dollop of Greek yogurt or cream cheese.

Breakfast Burrito: Fill a whole-grain tortilla with scrambled eggs, black beans, diced peppers, onions, and salsa. Roll it up and enjoy with a side of fresh fruit.

These healthy brunch ideas are not only delicious but also provide a good balance of protein, fiber, vitamins, and minerals to keep you feeling satisfied and energized throughout the day.

Bon Appetite! -Becky



Friendly Visitor Program

We are offering the Friendly Visitor Program. Many people on our Meals on Wheels program say the only person they see all day is the Meals on Wheels Driver. As many of us learned during Covid, our social interactions are key to our well being, cognitive health, and mood. The Gibson Center is matching home-bound people, or people who live alone, with people who are willing to meet with them once or twice a month for common ground visits (playing cards, writing letters, going for a walk, baking cookies, painting, reading aloud, or a good old-fashioned chit chat). People who want visitors will fill out an interest survey, and agree to let one trained individual visit on a regular basis (determined by both participants).

People who are willing to be visitors will be subject to background checks, training in confidentiality, and visitor protocol. If you would like a visitor, or would like to be matched up with a person to visit, please call Jill, 603-356-3231. The Friendly Visitor Program is funded in part thru Administration on Community Living grant #90ADPI0060.



Red Parka Pub Luncheon, February 28, 2024

For over 30 years, Terry O'Brien and the crew at the Red Parka Pub have invited the Gibson Center for a midwinter lunch. They feature steak or fish, dessert, and friendly staff. Many thanks!



Photos by
Lisa DuFault,
Valley Promotions

Silver Lake Landing Apartments

Located on the shore of Silver Lake in Madison, NH. Vacancies occur occasionally, call Ken to inquire or to be put on the waiting list

Contact Ken: 603-356-3231, Ext 112



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Virtual Performances being shown at Gibson Center

The Mighty Kotschmar Organ! After lunch May 14th.

Prepare for a thrilling exploration of the organ's significance across musical genres.

The journey begins with a lush slice of music from Franz Schmidt's opera Notre Dame, followed by Franck's rollicking tone poem "The Accursed Huntsman," featuring an imposing brass section.

Next, submerge yourself in the energy of Bach/Stokowski's Toccata and Fugue in D Minor, fueled by its legendary presence in Disney's Fantasia, Twenty Thousand Leagues Under the Sea, and beyond.

Culminating the program is Saint-Saëns' sprawling third symphony, promising a grand finale to this musical odyssey.

The Gibson Center is offering these showings of a variety of concerts in our seven speaker activity room with a large screen for projection. These are live performances of the Portland Symphony. Programs must be ordered in advance, so please sign up at least one week before the event.



Our Business Supporters

Locally Owned / Caring Pharmacist
3631 White Mt Highway, North Conway
603-730-5432

Nancy M. Cavalieri, CFE
Landline (603) 323-7557
Cellphone (603) 986-3836
nancymcavalieri.cfe@gmail.com

Elder and Probate Accounting
Organize financial documents
Pay bills, make deposits, reconcile accounts,
Sort records for year-end tax preparation
Verify medical insurance documents and claims
Help with paperwork for agencies, associations,
medical or benefit groups

Certified Fraud Examiner
Fraud Detection, prevention, investigation and
Litigation support

Is the premiere commercial & custom home builder in Mount Washington Valley. Excavation, pre engineered structures, road clearing & more!

We work hand in hand with you to bring your vision to life

BUILT BEST.... BY DESIGN
Design/Build consultations in house.
Free estimates on your design plans.
(603) 356-6351

OLLI and the Gibson Center

The Gibson Center partners with OLLI to make access to their programming easier for anyone. There are three kinds of programs: Lunch and Learn programs are free and open to the public. Special Interest Groups require an OLLI membership but have no tuition for the series of events. Lastly, OLLI offers classes listed in their catalogue and have tuition and membership required. We have plenty of catalogues.



The Gibson Center is purchasing twenty \$40 annual memberships that will be offered free to those who request this assistance from Jill who will provide instructions for signing up and notify OLLI of who is on the list.

OLLI is an independent organization, and you must register through them, for all programs. The Spring Semester registration starts February 5th. Log in early, as some of the classes fill up quickly. The OLLI Administrative Team is available to assist you:

- Visit OLLI's website: unh.edu/OLLI
- Call OLLI: 603-255-3553
- Email OLLI: olli.office@unh.edu

This semester's OLLI programs being offered at Gibson Center (register with OLLI):

- **Collage**, Monday, 5/13
- **Wales Walking Tour PowerPoint**, Tuesday, 5/29

These wonderful events will be hosted at the Gibson Center. Walk-Ins are not permitted, one must register for classes with OLLI.



Photo from Cupcake Contest

Our Business Supporters

The right bank makes a real difference

Click: northwaybank.com

Call: 800-442-6666

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BANK

Member FDIC

BEASLEY & FERBER

The Elder and Disability Law Firm

Estate Planning and Elder Law Wills,
Trusts and Probate Avoidance
Estate Administration & Guardianships
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

Care Givers

There are now three options for caregivers who would like some added support. REACH, a Zoom meeting, and 1:1 Peer Support. Call Jill if you are interested.

REACH: stands for Resources for Enhancing Alzheimer's Caregiver Health in the Community. Caregivers will meet with trained coaches and learn to solve common caregiver challenges. Meeting options are currently in-person, one-on-one coaching, phone, or ZOOM. REACH is funded in part thru Administration on Community Living grant #90ADPI0060.

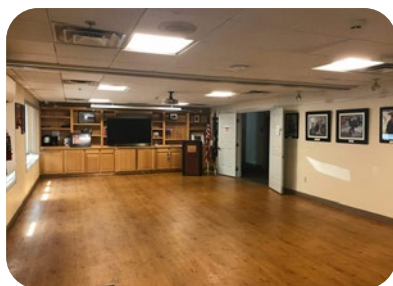
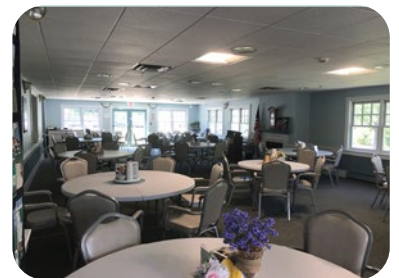
Caregiver Peer Support: There are caregivers who have probably experienced your challenges and can offer a non-judgmental ear. Currently caregivers prefer phone calls so they can keep their loved ones safe.

Late Night Zoom Meeting: We realize that many caregivers do not have the luxury of attending a meeting during the day. We are looking to host a later in the evening meeting via zoom for those caregivers who cannot leave their homes for meetings. Please contact Jill for more information, jill@gibsoncenter.org.

Reserve the Sprague Dining Room for your meetings – Online

Do you need a space to hold a meeting or an event? Gibson has two excellent meeting spaces that will meet a variety of needs.

SPRAGUE DINING ROOM: The cheerful Sprague Dining Room is a 1550 square foot room seating 80 at tables for 4 or 6 persons. Audio equipment for sound amplification is available with podium and projection screen if needed. Price \$35 Room available 8:00AM-10:00 AM and 1:00-4:00 PM weekdays Monday-Friday. This reservation is for the dining room only and does not include the kitchen facility except by special arrangement. You are welcome to bring food and beverages of your own. Reservations for the Dining room can be easily made for available times by going to our website, <https://www.gibsoncenter.org/product/sprague-dining-room/>



GLENNA MORI ROOM: Glenna Mori Activity Room is a 70-person seating capacity program room with projector and 8 speaker media or for use by up to 20 people for exercise and dance. Price: \$25.00. Contact Gibson today to reserve these excellent spaces.

TIM DI PIETRO



- Residential Electrician
- Electrical Repairs
- Electrical Upgrades
- Commercial Electrician

NO JOB TOO SMALL

603-356-2248

Our Business Supporters



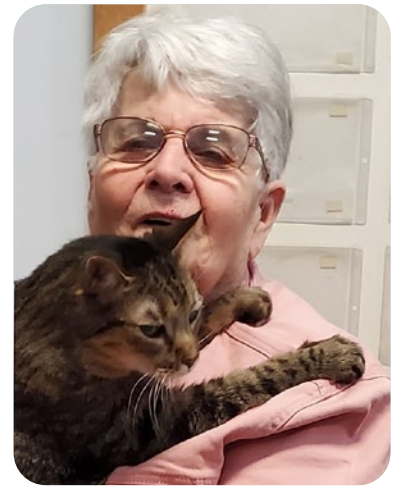
2448 Main Street
North Conway, NH 03860
603.356.5819

info@northcountryfairjewelers.com

Photos from recent Trips & Events

Trips: Johnny Cash show, Tuckerman Brewery, Red Parka Pub Luncheon, Humane Society

Events: Saint Patrick's Day, Pi Auction, Arts & Craft Class, OLLI basket weaving class, Thom Perkins Art for Lunch.



Kudos - Donations

The many people who have called us and offered help! This is such a wonderful community!

Tuckerman Brewery

Pie Bakers: Debbie, Alyce, Fran, Dick, Alice & Dick, Glenna, Pat, Greta, Sharon, Gwen, Marshall, Becky, Vi, Karen, Barbara

Pie Auctioneer and Easter Bunny: Marshall Allan

Saint Patrick's Day Lunches: Bergeron Technical; Shawn, Linda, Kate

Easter Lunch: White Mountain Oil and Propane.

Saint Patrick's Cards: Pine Tree K Kids

Altrusa: 2nd Tuesday volunteers

Conway Area Humane Society

The Gibson Center Trip Angels

Majestic Theater/Mountain Top Music 15% off

M&D Theater

Little Angel Service Dogs

Book Club: Pamela Memmolo, Conway Public Library,

The Dining Room volunteers, for making us feel special

Vaughn Community Services Food Pantry & Jennifer

Shaws, Wanda Wirling

NH Food Bank

Catholic Charities of NH

Wal-Mart; Phil Spinney

Old Village Bakery

Local Radio Stations:

Easy 95.3 WBNC, 93.5 WMWV, 104.5 WVMJ - Magic.



Pie Bakers



Marshall Allan



Altrusa: 2nd Tuesday volunteers



K Kids Cards



Our Business Supporters Newsletter Listings

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.

H.R. Hoyt Construction Inc. (447-2612) Conway, NH. Poured Concrete

LA. Drew Inc (356-6351) has been a leading contractor in the Mount Washington Valley since 1969. Working with homeowners and architects, we can help you build your dream home from the ground up.

Memorial Hospital (356-5461) The community hospital of Mt. Washington Valley. Your partner in good health.

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.

Northeast Delta Dental delivers quality dental insurance products and services to individuals and families, and groups of all sizes. We work hard to make dental care more affordable and available to the public.

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.

Varsity Beverage Conway (447-5445) Distributor of Pepsi Cola, Schweppes, Dole Juices, Lipton Tea, Gatorade, Aquafina Water, Mountain Dew, Mug Root Beer, Frappuccino, and Hawaiian Punch.

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

Yankee Smokehouse Restaurant (539-7427) Joseph Ferriera, Jct. Route 16 & 25 in West Ossipee. Real open pit barbecue.

Donate to The Gibson Center

Ways to Give

1. Make it VIBRANT: One time or monthly recurring donation
2. Make it ABUNDANT: Honor or memorial gift, abundance guild
3. Make it LAST: Legacy honor society member, planned giving, charitable bequests, IRA charitable rollover, give appreciated stock, name a charity as the beneficiary of your retirement account

Donation Link

<https://www.gibsoncenter.org/donations-ways-to-give/>

Gibson Center is a 501(c) (3) and donations are tax deductible & our EIN is 02-0351152.

