

Gibson Times

2 Millionth Meal Celebration
with Dignitaries



Director Message

Thank you everyone for being here today. My name is David Smolen and I am the Executive Director of the Gibson Center.

Today we are celebrating a significant milestone in the history of the Gibson Center. Last week we served our two millionth meal since our founding as an independent organization in 1979. It took 27 years to get to one million and nineteen to get to two million.

How did we get to one million? How did we get to two million? How are we going to get to three million?

It was done through a combination of forces that brought together a strong mission and vision for the organization, a caring community of volunteers, donors, voters, and foundations, dedicated staff, and a Federal social safety net that created the framework for the organization to thrive.

The Older Americans Act of 1965 created the modern-day Meals on Wheels system.

The Economic Opportunity Act of 1964 created Community Action Programs (CAP) and prior to becoming independent in 1979 GCSS was a part of Tri County Cap.

This dining room was funded in part by the Community Development Block Grant, we receive support through the Nutrition Services Incentive Program, our bus service is supported in part by the US DOT, and our status as a non-profit organization is conferred upon us by the IRS.

It is this public-private partnership that makes us the organization we are today and has paved the way for two million meals.

I'll conclude by looking to the bible, where we can see our work goes back to the beginning.

The Book of James Chapter 2, Verses 14-18 tells us:

Faith Without Works Is Dead

14 What good is it, my brothers, if someone says he has faith but does not have works? Can that faith save him? 15 If a brother or sister is poorly clothed and lacking in daily food, 16 and one of you says to them, "Go in peace, be warmed and filled," without giving them the things needed for the body, what good is that? 17 So also faith by itself, if it does not have works, is dead.

18 But someone will say, "You have faith and I have works." Show me your faith apart from your works, and I will show you my faith by my works.

We are a place of works that "welcomes the stranger in our midst," which is how we have built a community over the last forty six years and that will take us to three million meals.

Thank you

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July Special Events

Gibson Walking Group meets Mondays at 8:30AM, check out the included article for locations.

North Conway Community Center Summer Camp Pen Pal Group. Every Monday, students from the summer camp write a generic letter to the Gibson people. We have two days to answer the letter. The summer campers visit before lunch, at 11AM on Thursday. They will visit with their pen pal of the week, and sing a song or two. Please arrive by 11AM to socialize with the summer campers.



Thursday, the 3rd, the kitchen will offer a special lunch to kick off Independence Day Weekend. Dick Vierus will lead a short patriotic sing-a-long just before lunch. Wear Red, White, and Blue.

Thursday, the 3rd, after lunch, Michael Callis will give a half hour presentation to discuss the minted 1776 NH Liberty Coin. He will reveal secrets behind the symbolism found on the coin. All are welcome, questions are encouraged.

Friday, the 4th, The Gibson Center is closed to celebrate July 4th.

Friday, the 4th, Saturday the 5th, and Sunday the 6th the Gibson Center Craft Fair will be on the front Lawn. Friday and Saturday 9-4, and Sunday 9-3.

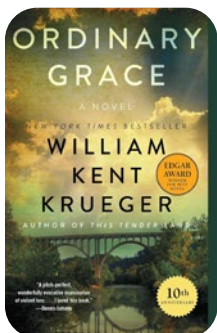
Thursday the 10th, Art with Elaine, we will paint a flower, using water colors.

Friday the 11th, the DellaValla Bluegrass Trio will visit at lunch time to brighten our day! Invite your friends to the fun event!

Monday and Wednesday the 14th & 16th, Upcycling Class, see related article. Preregistration required.

Tuesday the 15th, you will have an opportunity to experience the Virtual Dementia Tour after lunch. While this program was developed to offer a window into what a person with dementia experiences, it can also offer insight into what people with some sensory challenges may face. (do you know someone with hearing loss, or vision challenges, this will help you experience life as they do.) Please register for this experience, 603-356-3231

Tuesday the 15th, Gibson Night at the MWV Band Concert! Please join us at the gazebo for the 6:30PM concert. Bring your own lawn chair, and picnic lunch, or buy something at the Farmer's Market. The Guest Conductor tonight will speak about the Gibson Center. The bus is available for door to door rides.



Tuesday the 22nd; Gibson Book Club, meets after lunch to discuss Ordinary Grace by William Kent Krueger.

Thursday the 24th: AARP Speaker's Bureau, this month featuring "Vigilance against Cyber Crime". Invite your friends to this informative after lunch event.



Looking ahead to August:

Flatbread Community Bake, August 26th.

Walmart Awards \$1,500 Grant to Gibson Center

The North Conway Walmart has awarded a \$1,500 grant to the Gibson Center in support of our non-food essentials pantry in support of Meals on Wheels (MOW) recipients. The gift was awarded as a part of the “reopening” celebration for the store, which was recently remodeled. The non-food essentials pantry provides a variety of household items to MOW recipients. Items include hygiene and cleaning supplies as well as incontinence apparel. Executive Director David Smolen, “Thank you Walmart for your support of the Gibson Center and those we serve.”



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	Walking Group, see calendar for location Chair Exercise Tai Ji Quan, Moving for Better Balance New to Medicare; call for an appointment 1:1 Computer Lessons	8:30 AM 10:30 AM 4:00 PM By Appointment By Appointment
Tuesday	Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd Tuesday	10:00 AM By Appointment
Wednesday	Quilt 2nd & 4th weeks Gameday Ballroom Dance Class	10:00 AM 12:30 PM 3:30 PM
Thursday	State of NH Veterans Service 2nd & 4th Weeks, Call for your appointment 603-624-9230 X 301 Strength, Balance & Stretch Movie Series 1st & 3rd weeks Elaine's Art Classes 2nd week AARP Speakers Bureau 4th week Tai Ji Quan, Moving for Better Balance	By Appointment 10:00 AM 12:30 PM 12:30 PM 12:30 PM 4:00 PM
Friday	Computer Classes call for an appointment 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 meet and socialize cats**. First Wednesday each month, after lunch.

First Friday Concerts at the Majestic. Donations accepted for the performance. **No concert in July**

We will visit the **Brownfield Market** after lunch. They have amazing produce! Bring your own bags. July 25th.

Free Local Concerts: Tuesdays in July, pack a picnic supper, bring your lawn chair, the Gibson Bus offers door to door transportation. Food is also available at food trucks. Bus and concerts both by donation.

- July 8th: Bartlett Community Concert: Reed & Finn Van Rossum.
- July 15th: MWV Band: Gibson Night at the Gazebo.
- July 22nd: Bartlett Community Concert: Bear Mountain Band
- July 29th: MWV Band

SeaDogs & Fireworks: Friday, July 11th, we will travel to Hadlock Field for the SeaDogs game. The game and transportation are \$33. They do not allow outside food, so bring a bag lunch to eat on the bus, or plan to purchase your supper at the stadium. 4-midnight.



Barnstormer's Agatha Christie The Mouse Trap. Friday, August 8th. Door to Door transportation. Dinner on your own at Mountain View Station. Show and Transportation only \$50 due to generosity of our Trip Angel.

Casco Bay Mailboat Ride: August 15 \$45 includes the narrated tour, transportation, and parking. We will stop for lunch on your own.



Two Lights State Park & Lobster Shack Restaurant: Wednesday September 10th. Board bus at 9AM, Lunch (on your own) at the Lobster Shack Restaurant, with the waves crashing on the rocks just beside the picnic tables. Spend a couple hours at the historically significant Two Lights State Park, where you can wander trails, sit by the ocean, or read the historic information boards. Ice Cream stop on the way home. \$20, and entrance fee at the park (different by age and state of residence).

A Taste of Ireland: Performed by former World Irish dance champions, and featuring dancers from Lord of the Dance and Riverdance, 'A Taste of Ireland' transports the audience through the story of Ireland's tumultuous history delivered with a pint of Irish wit. Watch world-class performers blend melodic folk mash-ups, live jaw-dropping acapella tap battles and heartwarming story telling. Friday September 5th, board bus at 3PM. \$80 covers the transportation and tickets, dinner on your own at Sebago Brewery.



Scottish Highland Games, 50th Anniversary! Friday, September 19th. Board bus at 9:30AM, home about 5PM. Admission and transportation \$60. Bring money for Scottish Food at the event, as well as souvenirs.

Senior Day at the Fryeburg Fair: a free day for seniors, a couple hours to spend as you wish, listening to music, looking at exhibits and farm animals, or eating! Bus by donation, food on your own (and entrance if you are under age). Board the bus at 9AM on September 30th.

Pumpkin People, and Apple Cider Donuts: Friday, October 10th, board the bus after lunch for a ride around Jackson and lower Bartlett, to view the Pumpkin People. Bus by donation, food on your own.

Halloween Parade: After Lunch board the bus to watch the school children in their Halloween Parade. Bus by donation. Ice Cream on your own. Friday, October 31st.

Magic of Christmas: Fridays December 13. \$60 covers transportation and tickets, lunch on your own at Sebago Brewery.

Craft Fair Spotlight

Our summer Craft Fairs are full of great items and yummy treats. You will see jewelry artists that work with gemstones, sterling silver, and beads. Crafters that create wooden puzzle boxes, floral décor for your home, funky crocheted animals, kitty toys with catnip, mosaic planters, cutting boards and benches. Have a kettle corn and enjoy a fresh squeezed lemonade. If you bring the kiddos, they can get their face painted and buy a pair of butterfly wings to wear too.



Crafters, find the new, revised 2025 application here: <https://www.gibsoncenter.org/craft-fair-rules-application/>

This year's Craft Fairs:

- 4th of July – July 4th, 5th and 6th
- Labor Day Weekend – Aug 30th and 31st
- Columbus/Indigenous Weekend – Oct. 11th and 12th

Fair Hours: Friday, Saturday, 9AM-4PM; Sunday, 9AM-3PM

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

Discover American's Music Cities: April 12-19, 2026 Visit New Orleans, Memphis, Nashville, Graceland. French Quarter, Jazz Revue, Grammy Museum, Graceland, Civil Rights Tour, Barbecue Lunch, Ryman Auditorium, Grand Ole Opry Show, Historic RCA Studio B, Country Music Hall of Fame. [Link to the Flyer](#)



Canyon Country: April 10-17, 2026 Visit the Grand Canyon, Zion, Bryce, Lake Powell, Sedona.



Diamond Bus Tours: 2025 Bus Trips:

Myrtle Beach, Spotlight on Shows! 5 different shows, the Myrtle Beach Boardwalk, Living History Farm, National Harbor, Airborne and Special Operations Museum, October 18-26, 2025, \$1230, 8 nights, 14 meals. **Final Payment due July 18.** [Link to tour information](#)



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 Training – David Smolen: Fridays 9:00 AM - 12:00 PM and our volunteer experts Mark and John on 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.

Personalized Medicare Counseling: If you are turning 65, you need to sign up for a Medicare Plan. To make the best choice for your health situation, meet with an unbiased, and unaffiliated counselor who explains the differences between Original Medicare and Advantage Plans, financial assistance programs, late enrollment penalties, and deferring enrollment. Please call **603-356-3231** to schedule your personal appointment.

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 second and fourth Thursdays of each month from 9AM to 3PM 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.

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



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Henney Historical Fund Awards Grant to GCSS

The Gibson Center was recently awarded a \$644 grant from the Henney Historical Fund for the purpose of purchasing podcasting and recording equipment. Gibson will create an oral history project that will serve as a history of the organization. Executive Director David Smolen said, "Thank you to the Henney Historical Committee for awarding us this grant. We are excited about documenting the history of the organization in this manner." Smolen also added that the Gibson Center will donate the equipment to the Pope Memorial Library upon completion of the project. The gear will be added to their "Library of Things" and be available for use by the public.

Welcome Jen and Diane to the Kitchen Staff

Welcome Jen and Diane, the newest members of our kitchen team. Jen is a native of Lynn, Massachusetts, and has lived in the MWV for the last eight years. She has five kids and six grandkids. Diane is a native of Gorham, NH, has two kids and two grand kids. They both bring restaurant experience to their new positions. Please welcome Jen and Diane to our staff. We are happy they are here!



Upcoming Fundraisers

FlatBread Community Bake, Tuesday, August 26th.

Plan now, save the date!



Ballroom Dance Classes

Ballroom Basics is a six-week session where we focus on two ballroom dances (the new session, **Fox Trot and Bachata**). By the end the goal is for you to feel comfortable dancing a full song in each dance. This is designed for absolute beginners who want to give ballroom dance a try as well as returning dancers who are brushing up on your basics. To reach that goal, along with in-class instruction, you will get handouts of the steps covered and a weekly email with Youtube links to that week's steps. You will also be learning to lead or follow and starting to work on proper body movement and technique. No partner or previous dance experience is necessary, just a willingness to learn!

Join Dance Instructor Elizabeth Converse on Wednesday afternoons from 3:30-4:30PM, the new class starts July 9th. Classes are fun, and one learns a lot! Six classes are only \$90 per person. Please register for this class, Please register for this class, **603-356-3231**.



Seasonings from Becky in Nutrition

~ Happy July ~

Celebrate the joys of summer with delicious, nutritious meals perfect for grilling and picnics—ideal for older adults looking to enjoy fresh air, social connection, and healthy eating. July is National Grilling and National Picnic Month, and it's the perfect opportunity to savor seasonal fruits, lean proteins, and colorful veggies that support heart health, hydration, and overall well-being. Whether it's a backyard barbecue or a simple picnic in the park, preparing balanced, easy-to-chew, and nutrient-rich meals can make outdoor dining both enjoyable and nourishing. Let's make healthy food part of the summer fun!

Here is a great veggie kebab recipe to get you started:

Easy Grilled Veggie Kebabs

Servings: 4

Prep Time: 15 minutes

Cook Time: 10–12 minute



Ingredients:

- 1 zucchini, sliced into ½-inch rounds
- 1 red bell pepper, cut into 1-inch pieces
- 1 yellow squash, sliced into ½-inch rounds
- 1 red onion, cut into wedges
- 8 cherry tomatoes
- 2 tablespoons olive oil
- 1 teaspoon dried Italian herbs (or fresh chopped basil and oregano)
- ½ teaspoon garlic powder (optional)
- Salt and pepper to taste
- Wooden or metal skewers (if using wood, soak in water for 30 minutes first)

Instructions:

1. **Preheat the grill** to medium heat (about 375–400°F).
2. **In a large bowl**, toss all chopped vegetables with olive oil, herbs, garlic powder (if using), salt, and pepper.
3. **Thread vegetables** onto skewers, alternating for color and flavor variety.
4. **Place kebabs on the grill** and cook for 10–12 minutes, turning every few min
5. **Remove and serve warm**, either alone or over a bed of brown rice or quinoa.

Extra Nutrition Tips:

- Swap cherry tomatoes with cooked mushroom caps for a softer bite if needed.
- Add small cubes of marinated tofu or soft grilled halloumi for added protein.
- Serve with a yogurt-based dip for extra calcium and taste.

Heart-Healthy Grilled Lemon Herb Chicken

Servings: 4

Prep Time: 10 minutes (plus 30 min marinating)

Cook Time: 12–15 minutes.



Seasonings Continued...

Ingredients:

- 4 boneless, skinless chicken breasts (4–5 oz each)
- 3 tablespoons olive oil
- Juice and zest of 1 lemon
- 2 cloves garlic, minced (or ½ tsp garlic powder)
- 1 teaspoon dried oregano or Italian herbs
- ¼ teaspoon black pepper
- 1 tablespoon fresh parsley, chopped (optional)
- **No added salt** – flavor comes from herbs and lemon!

Instructions:

1. **In a small bowl**, whisk together olive oil, lemon juice and zest, garlic, herbs, and black pepper.
2. **Place chicken breasts** in a resealable bag or shallow dish. Pour marinade over them, cover, and refrigerate for at least 30 minutes (up to 4 hours for more flavor).
3. **Preheat grill** to medium heat (about 375°F).
4. **Grill chicken** for 6–7 minutes per side or until internal temperature reaches 165°F and juices run clear.
5. **Remove from grill**, let rest 5 minutes, and sprinkle with fresh parsley before serving.

Extra Nutrition Tips:

- Serve with grilled vegetables or a side of quinoa for fiber and balanced nutrition.
- Avoid store-bought marinades high in sodium or sugar—this fresh version is heart-smart and flavorful.
- Slice thinly for easier chewing, or dice for use in salads or wraps.

And finally finish it all off with:

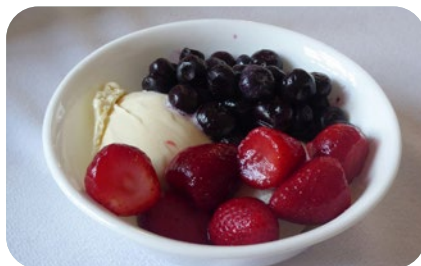
Mixed Berry Yogurt Parfaits

Servings: 4

Prep Time: 10 minutes

Ingredients:

- 2 cups mixed fresh berries (strawberries, blueberries, raspberries, or blackberries)
- 2 cups plain Greek yogurt (or low-fat vanilla yogurt)
- 2 tablespoons honey or maple syrup (optional, for sweetness)
- 1/2 cup granola (preferably low-sugar)
- Fresh mint leaves for garnish (optional)



Instructions:

1. **Layer the parfaits:** In clear cups or bowls, start with a spoonful of Greek yogurt at the bottom.
2. **Add a layer of berries:** Spoon in a mix of your fresh berries.
3. **Top with yogurt:** Add another layer of yogurt, followed by more berries.
4. **Finish with granola:** Sprinkle granola on top for a nice crunch, and drizzle with honey or maple syrup if you want extra sweetness.
5. **Garnish** with a fresh mint leaf for color (optional), and serve chilled.

Extra Nutrition Tips:

Low-sugar option: Use plain yogurt and skip the honey or maple syrup for a naturally sweet dessert.

Texture variety: If granola is too crunchy, try using crushed graham crackers or lightly toasted oats for a softer bite.

Add protein: Mix in some chia seeds or flaxseeds for extra fiber and omega-3s, which are great for heart health!

Bon Appetite! – Becky

Look what I found at Gibson Thrift Shop!

We all love those perfect days when the breeze is just right, the sun is shining, and the mosquitos and black flies have been eaten by the dragonflies.

It's time to be outdoors! Take a look at the colorful serving pieces and glasses that we have to entertain with. I love the watermelon bowl and the clear blue bubble glasses for lemonade or a crisp Riesling on the porch. Come in and shop our home section for inspiration and ideas for summertime gatherings.



Brought to you by,
Ingrid Kellas

New Class starts. Tai Ji Quan, Moving for Better Balance

There is a **new class** of Tai Ji Quan, Moving for Better Balance being offered at the Gibson Center at 4PM on Mondays and Thursday and starting July 31st. Call Jill at the Gibson Center for more information, **603-356-3231**.

Tai Ji Quan: Moving for Better Balance (TJQMBB), was developed by Dr Fuzhong Li, PhD, a senior research scientist at the Oregon Research Institute. This nationally recognized evidence based fall prevention program for people with balance challenges is an enhancement of traditional Tai Chi, transforming movements into therapeutic training for balance and mobility.

- Learn 8 simple movements
- Improve balance by training your body to listen to internal stimuli and respond to external stimuli
- Through repetition and mini therapeutic exercises, help your reactions become automatic.



Brought to you by the Community Health Council, NH Falls Prevention Task Force, and the Arthritis Association.

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Care Givers

There are four options for caregivers who would like some added support. REACH, a Zoom meeting, Friendly Visitors, 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.

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 Evening 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.

Friendly Visitors: Trained volunteers interact with people. Caregivers and the person they care for can both benefit from socializing with another person. Caregivers can find an hour of respite when they do not have to be on high alert, and the person who is cared for meets a new person to do fun things with, such as puzzles, walks, photo albums, or just chatting. Please contact Jill for more information, jill@gibsoncenter.org.

Cyanotype Workshop Clothing Upcycling

Learn to give your clothing, fabric, or just create artwork in this fun, hands-on class. On **Day One** we will dive into the history of cyanotype and learn how to create prints using natural materials (flora and fauna). You will be guided through the proper techniques for setting up, exposing, and processing your prints.

On **Day Two** we will expand on these skills by experimenting with printing on different surfaces, including fabrics. You will also learn how to repurpose thrifted items into wearable and functional cyanotype art. By the end of the workshop, you'll leave with a collection of unique prints on both paper and fabric – plus your own custom designed tote bag.

Cyanotypes (or sun prints) are one of the oldest photographic printing processes using chemicals and sunlight (UV light). The distinctive feature of the print is the Prussian blue. The process was invented in 1842 by Sir John F. W. Herschel (1792-1871), who intended it for reproducing mathematical tables. It was also used for reproducing technical drawings known as blueprints.

Join us for this amazing class! Gibson Center is offering a very special rate to attend. Register with Penny, and \$25, bring your own clothing to dye, or use ours for the Thrift Shop.

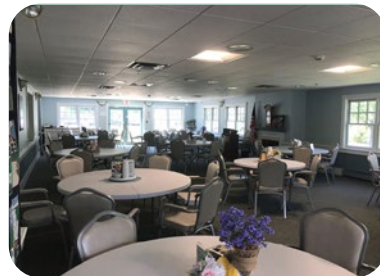
Sun Date (we NEED the sun for this class) August 4 & 6.



Reserve the Sprague Dining Room for your meetings – Online

The beautiful Sprague Dining room and the Glenna Mori Activity room can be reserved for members of the Valley to use for meetings and activities. 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/>

SPRAGUE DINING ROOM: The 65-seat dining room (without kitchen) is available from 8:00-10:00 am weekday mornings and again from 1:00-4:00 in the afternoon and some evenings or weekends by special arrangement. Our calendar of available times and room policies are posted on the website under Book a Room. There is a nominal fee of \$35 for the Dining room that may be waived for non-profits. We hope you will come enjoy the central Valley location, parking, and congenial facilities for your organization meetings, presentations, family gatherings or club events.



GLENNA MORI ROOM: The Activity Room is a 70-person seating capacity program room with projector and 7 high-quality stereo surround-sound speakers or can be used by up to 20 people for exercise and dance. Our fee is \$25 and may be waived for non-profits. The Activity Room can be requested by completing an inquiry form with a response time of 3 business days as we check for availability of this much used space. Online go to <https://www.gibsoncenter.org/glenna-mori-activity-room/>

New to Medicare - Individual Counseling

New to Medicare. Anyone turning 65 has to make informed decisions about Medicare enrollment. It can be a daunting experience. Let Ele Border introduce you to your options in an unbiased, unaffiliated and pleasantly educational manner. She is meeting with individuals or couples for counseling sessions. All people turning 65 have 6 months to sign up for Medicare (3 months before and the three months after one turns 65) without a penalty in the future. She can explain your options and how to understand the differences between Medicare Advantage Plans and traditional Medicare. Please call **603-356-3231** to schedule your personal appointment with Ele.



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Age Friendly Walks

Age Friendly Walking Club

The Mount Washington Valley Age Friendly Community set a new standard for inclusive outdoor recreation with its Age-Friendly Walking Trails initiative. Spanning 11 towns in New Hampshire and one in Maine, the project provides opportunities for residents and visitors of all ages and abilities to enjoy the region's natural beauty.

The MWV Age-Friendly Community identified 53 of the most walkable trails based on minimal elevation changes, limited root and rock hazards, and widths accommodating side-by-side walking. Several trails are ADA accessible, promoting inclusivity and encouraging physical activity among older adults and individuals with mobility challenges.

Trail details and maps are available at mwvagefriendly.org.

Last year, the Outdoor Spaces Group of the MWV Age-Friendly Community launched the MWV AF Trails app. This user-friendly application provides detailed information on trails from Ossipee to Hart's Location, including trail maps, photos and ADA accessibility indicators. Users can track their progress, record personal experiences, and access offline maps. A recent update introduced driving directions via Apple Maps, making it easier to reach trailheads. The app is available on the App Store and at apps.apple.com/pw/app/mwv-af-trails/id6465685211.

To bring the community together and promote regular outdoor activity, the MWV Age Friendly Outdoor Spaces Group is organizing weekly informal group walks every Monday at 8:30 a.m. These guided walks offer a fun, social, and low-stress way to explore the region's trails:

Upcoming Monday Walks (8:30 a.m. start):

- June 30 – Jackson: Jackson River Loop (1.45 miles) + Jackson River Walk (0.5 miles) – Easy
- July 7 – Eaton: Hoyt Audubon Sanctuary Esker trail (0.5 miles) – Easy.
- July 14 – Tamworth: Binsack trail at Remick Museum (0.06 miles) – Easy
- July 21 – Fryeburg: Fryeburg Town Forest trail (1.1 miles) – Easy
- July 28 – Freedom: Trout Pond trail (3 miles) – Easy
- Aug. 4 – Madison: Cooks Pond Forest trail (1.4 miles) – Easy
- Aug. 11 – Bartlett: Thorne Pond trail (1–2 miles) – Easy
- Aug. 18 – North Conway: MWV Rec Path – Cranmore end – Easy

For questions or to join a walk, contact John Gallagher at jlg0501@aol.com or (978) 968-7163. To learn more about the Mount Washington Valley Age Friendly initiative and activities, go to mwvagefriendly.org.

The links to the trails can be [found here](#).



Whittaker Woods



Rec Path

Volunteer Appreciation 2025

The Gibson Center runs through the power of our volunteers. Many thanks to ALL who give their time, talents, and energy to make every day a special day for those we serve.

- **Program department** - 1222 hours
- **Thrift Store** - 1276 hours
- **Dining room** - 3100 hours
- **Meals on Wheels** - 3285 hours
- **Total Hours this year** - 8883 hours

We would also like to give a special thank you to our agency partners- Northern Human Services- 284 and North Country Independent Living- 333 hours!



Kudos - Donations

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

DellaValla Bluegrass Trio

Dine to Donate: Black Cap Grille

Volunteer Appreciation Sponsor: Settlers Green

2,000,000th meal sponsor: Valley Originals, and the Dignitaries who made the day special.

Baked Goods Auction, bakers and buyers, and auctioneer!

Movies: Conway Public Library

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 Dog, Eleanor!

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

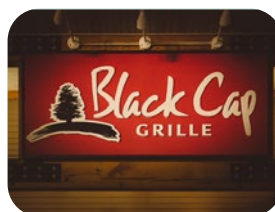
Old Village Bakery

Local Radio Stations:

Easy 95.3 WBNC,

93.5 WMWV,

104.5 WVMJ - Magic.



Black Cap Grille



Settlers Green



Valley Originals



Eleanor the dog



Photos from recent Trips & Events

Trips: Boston, Black Cap Grille, Walking Group

Events: 2 Millionth Meal, Father's Day, Spirit Week, Elaine's Art Class



Our Business Supporters Newsletter Listings

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

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.

Sapphire Wealth Management (356-9371) 3277 White Mt. Hwy. Investments including Stocks, Bonds, Annuities, Retirement, College Planning

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.

