



Proudly Serving Senior Citizens Since 1979

Gibson Times

NCCC Summer Camp Visit on 8/1/24



Letter from the Director

September is National Senior Center Month. Did you know there are 11,000 senior centers across the Nation serving over 1 million people per day? The theme this year is "Powering Connections." The Gibson Center is all about building community and fostering connections.

Walking through the dining room in the morning I see people relaxing and connecting over a bottomless cup of coffee. There might be an exercise class taking place in the activity room. Someone might be receiving technology training or help enrolling in Medicare. The dining room fills up as we get closer to lunch. I hear laughter and feel the joyful energy of our friends and neighbors.

Lunch begins with the announcements delivered by Jill and Becky. Jill will run through the wide range of trips and programs that are coming up. Becky enlightens the audience with "this day in history," birthdays of famous people, and "national {insert food} days," which is never on the menu that day!

The announcements end with a hilarious joke and a prayer. Did you know older people love lewd jokes? Hearing our dining guests howl in laughter at one of Becky's jokes is one of the regular joys of working at the Gibson Center. The announcements end with a nonsectarian prayer, which has brought tears to my eyes more than once.

As Sharon Fournier takes some of our guests' home on the bus, others stay for an afternoon program. It could be a movie, a game, or perhaps a craft or painting. The Gibson Center is a place where friendships are made, and connections are built. Happy National Senior Center Month!

Sincerely,
David



Highlights

Page 2

Special Events happening throughout month of September

Page 3

Craft Fairs 2024
Ongoing Weekly Programs

Page 4 & 5

Day Trips
Thrift Shop Find
Overnight Trips

Page 6 & 7

Ongoing Services
Nutrition Tips

September Special Events

Make time to visit the **Labor Day Arts & Craft Fair** on the Gibson Center Lawn, on Saturday August 31st from 10AM-5PM, and Sunday September 1st from 9AM-4PM. Find amazing items, one of a kind crafts, and the people who created them. The Craft Fair supports the Gibson Center Meals on Wheels program.

The Gibson Center will be **Closed for Labor day** on Monday the 2nd.

September is National Senior Center month.

We will be hosting a raffle every Friday in the Dining Room. Raffle Donations are welcome. The proceeds of the raffle will purchase supplies for our non food essential pantry. Please join us to celebrate a theme each week, by wearing something special.

- Friday the 6th is the beginning of MudBowl's Golden Anniversary, wear Gold, or something that celebrates our own Home Town Hogs.
- Friday the 13th Let's consider this a Lucky Day! Wear good luck symbols, or black, or bring a photo of your black cat....
- Friday the 20th is Tradesman Day. We invite you all to wear your "Uniform" from your first job, or your favorite job. Bring a photo to share of you when you were working.
- Friday the 27th we are celebrating this as Grandparent weekend. Wear a "Grammy shirt" or bring a photo of your grandchildren or grandparents! This will help us get excited about the Story Time on Saturday.
- EVERY DAY A special raffle will happen through out National Senior Center Month. A generous donor has again donated 2 gift certificates to Stone Mountain Arts Center. We will keep track of every day that you eat lunch with us in the dining room. The more times you eat, the more chances you have of winning these tickets.

Other Special Events for September

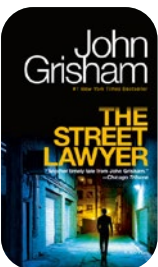
The **Summer Walking Group** had such a nice group turn up each week that it is continuing to meet on Wednesday mornings at 8:30 through October. See the article for the list of trails.

Summer Movie Series: Musicals Cats September 5th, Hamilton September 19th

On Tuesday the 10th, the Gibson Center will offer transportation to the **Primary Election Polls for Conway Residents**. Call to request a ride, we will head out after lunch. This will dovetail into the other special event of the day, the **Senior Day at the NoCo Farmer's Market**. The Gibson Center will offer transportation to the Farmer's Market.

Thursday, the 12th, **Elaine's Arts & Craft** class meets after lunch. \$5 supply fee. Preregistration required by **Monday the 9th**

After Lunch on the 23rd, Gibson, OLLI and the Hospital are hosting a Lunch N Learn. **Cooking for one or two**, using local ingredients.



Tuesday the 24th, The **Gibson Center Book Club** will review the book **The Street Lawyer** by John Grisham. Book Club members can pick up their copy of the book from Penny. All books are due back by the time the book club meets.

Fryeburg Fair is early this year, starting in September. We will set up our display on the 27th. Please let Jill know what you plan to offer for this year's display. All items should have been made this year, by the person submitting the items. Items will be accepted starting on the 25th.

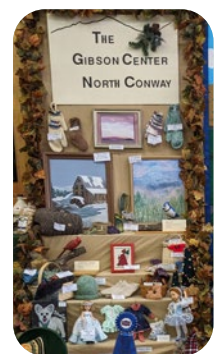
Saturday, the 28th at 10AM, is our **Grandparents Day Read!** Grandparents, and the children for whom they care, are invited to the Gibson Center for a special story time. Light refreshments will be served.

Looking Ahead!

Tuesday, October 8th at 7PM meet Pet Psychic Sarah Moore, at M&D Theater to benefit the Gibson Center. Tickets are \$30 and available at <https://www.eventbrite.com/e/998477943407>

Cameron Sutphin will return for an encore lunch performance, October 28th.

October 30th is the next AARP Safe Driver Class. Some people qualify for a discounted insurance when they take the full 6 hour class. All people learn tips to keep them driving safely. Preregister by calling 603-356-3231.



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 remaining Craft Fairs:

- 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 New to Medicare; call for an appointment General 1:1 Computer Tutoring	10:30 AM 12:30 PM 4:00 PM By Appointment By Appointment
Tuesday	Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd Tuesday Fabric Art Babes 4th Tuesday	10:00 AM By Appointment 10:00 AM
Wednesday	Walking Club, see calendar for location Quilt 2nd & 4th weeks Gameday Ballroom Dance Class	8:30 AM 10:00 AM 12:30 PM 4:00 PM
Thursday	State of NH Veterans Service, 1st & 3rd week Call for your appointment 603-624-9230 X 301 Strength, Balance & Stretch Movie Series 1st & 3rd, Arts & Crafts with Elaine 2nd Tai Ji Quan, Moving for Better Balance	By Appointment 10:00 AM 12:30 PM 4:00 PM
Friday	Computer Classes call for an appointment 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.

- **First Friday, September 6th** A listening party with John Howell – the music of **Leonard Cohen**.

We will visit the **Brownfield Market** after lunch on Wednesday September 18th. They have amazing produce! Bring your own bags.



Two Light's State Park, and lunch on your own at the Lobster Shack. Wednesday, August 28th, and if there is interest, a later date in September. \$17 includes transportation and admission to the park.

Bedrock Gardens, September 3rd. Pick up a picnic lunch, and eat it in the beautiful Bedrock Gardens. Spend the afternoon wandering the midsummer gardens. Board the bus at 10, return home about 5:30. \$45 includes admission, transportation, and lunch.

Primary Election Day: Tuesday, September 10th, transportation to the polls after lunch for Conway voters.

Senior Day at the Farmer's Market, Tuesday September 10th. Bus by donation will offer transportation, no need to worry about parking!

Senior Day at the Fryeburg Fair: Tuesday October 1st, the fair is free for all over 65. The bus is by donation, we leave Gibson at 9AM and return about 3PM. Bring money for the food, and crafts.



Lunch and a Show at the Town & Country. Join us for your choice of Prime Rib or Atlantic Salmon, and a show featuring **Cecile Bilodeau**, who sings the music of Connie Francis and Brenda Lee. Show, Meal, Tax, Tip, and transportation for only \$50. Please state your meal preference when signing up. Tuesday, October 8th. Traveling through the notch we should see beautiful foliage.



Pumpkin People and Cider Donuts: Friday, October 18th. Bus by donation, bring money for purchases at the White Mountain Cider Company Market. Some years we still see some Fall Foliage.

Children's Halloween Parade: Thursday, October 31st. Board the bus after lunch, stop for a tour of the Halloween Shop (which happens to have delicious ice cream if you wish to purchase some). We will leave in time to park by the school so that we can watch their Halloween Parade. Bus by donation.

General Election: Conway voters, after lunch November 5th.

The Magic of Christmas, Cirque Style. December 13th, join us for this very popular event. We will stop for lunch on your own at the Sebago Brewery. The show and transportation are only \$55.



Look What I Found at the Gibson Thrift Shop!

This is just one of the many items of clothing you will find in our new Athletic and Outdoors room at the thrift shop. We have converted the upstairs into all things you need to wear for the outdoors.

This new addition will be open before Labor Day weekend. Come in and check out what we are featuring right now. We have women's and men's workout wear, athletic tops for hot or cold days, ski jackets and vest, snow pants, and a great selection of hats, gloves and scarves.

We are open Monday through Saturday 10am-2pm. 603-356-3231

Yes we are taking donations and here are a few requests: umbrellas, neck gators, ski and snow apparel, hiking shoes and pants, layering pieces. We always have visitors that find themselves unprepared for the White Mountain weather changes while they are out having fun.

Additionally, we are seeking these items in home décor: framed art in good condition, kitchen cook and bakeware, serving pieces, unusual or vintage serving pieces. We have lots of young shoppers who are just starting out and look to decorate their first apartment or home.

We ask that you donate in small drop offs during the week from 10am-1pm. Ask to see Ingrid when dropping off your items. Thank you!



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



Mackinac Island, Tulip Festival: May 1-9, 2025. 9 days, 13 meals. Chicago, Millenium Park, Holland's Tulip Time Festival, Mackinac Island, including two nights in the Grand Hotel, Frankenmuth, Henry Ford Museum & Greenfield Village. [Link to the Flyer](#)

Explore Northern Italy: October 23-31, 2025. 9 days, 12 meals. Unpack once. Visit Treviso, Tiramisu-making demonstration, Verona, Murano Glass-Blowing demonstration, Venice, Asolo, Prosecco Winery Tour, The Dolomites, Bassano del Grappa, Venetian Villa Visit. [Link to the Flyer](#)



Diamond Bus Tours

2025 Bus Trips:



Spring in Boston, for the 250th anniversary of the Shot Heard Round the World. Boston, Lexington, Concord, Salem. May 30-June 2, 2025. \$577 pp/do 3 nights, 6 meals. [Link to the flyer](#)

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

Computer Training – David Smolen: 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.

Personalized Medicare Counseling: If you are turning 65, you need to sign up for a Medicare. 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. **If your birthday is October-December, you might want to sign up now, as our counselor is very busy with Med D Open Enrollment during those months.**

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 Thursday 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**

Seasonings from Becky in Nutrition

~Greetings from the Nutrition Office! ~

September is Better Breakfast Month, a perfect time to refocus on starting your day with a nutritious and energizing meal. A healthy breakfast can set the tone for the rest of your day, providing essential nutrients and boosting your energy levels. When it comes to curating a morning meal, there are many easy breakfast recipes. But, not all breakfast options are created equal. When deciding on breakfast, you ultimately want to choose high-quality, whole foods. In general, the fewer ingredients a food item has, the better.



Here are some recommended foods for planning a healthy, hearty breakfast:

- Opt for whole grains. Foods like bagels, toast, waffles, oatmeal, cereals or English muffins all have whole-grain varieties. Whole grains are also good sources of fiber, which supports senior nutrition in many ways.
- Look for lean protein. Eggs, yogurt and nuts or seeds are great sources of protein.
- Add vegetables. Greens may not be your go to breakfast option, but there are many ways to incorporate veggies into this meal. Try scrambled eggs with spinach and mushrooms or an omelet with bell peppers and onions. Don't prefer the taste? Incorporate greens into a smoothie with fruits as a way to avoid the taste while still reaping the benefits.
- Choose fruits. Fruit is a key part of an overall balanced diet and a versatile ingredient when it comes to breakfast. Berries are often one of the best fruit choices, as they are lower in natural sugar, and provide heaps of needed vitamins and antioxidants.

Easy Guacamole and Red Pepper Omelet: Serves: 1

Ingredients:

- 1/4 medium avocado
- 1 teaspoon chopped cilantro
- 1 teaspoon fresh lime juice
- 1 teaspoon minced jalapeno
- Pinch black pepper
- Pinch sea salt
- 2 organic eggs
- 1/2 tablespoon extra virgin olive oil
- 1 red bell pepper, minced
- 1/4 cup minced yellow onion

Directions:

- Mash avocado, and stir in cilantro, lime juice, jalapeno, black pepper, and sea salt to make fresh guacamole. Chill in refrigerator.
- In a small bowl, whisk eggs, and set aside.
- Add olive oil to small sauté pan. Sauté bell pepper and onion over low heat until tender. Remove veggies from pan, and set aside.
- Add whisked eggs to same pan, allow eggs to set for a minute, and then carefully flip one side over. Remove eggs from pan, and top with veggies and guacamole.

Bon Appetite! –Becky

Board Member Spotlight: Caleb Gilbert

Currently comprised of 12 members, the Board of Directors is the governing authority of the Gibson Center. With backgrounds in accounting, banking, law, public health, social work, medicine and business, the Board works with the staff to develop policies and plans to ensure the mission of the Gibson Center is carried out.

Caleb Gilbert is the Public Health Advisory Council Coordinator for the Carroll County Coalition for Public Health and has been with Granite United Way since September 2018. Caleb has worked in the public health field since 2014, working for state government and local nonprofit programs. He grew up in neighboring Maine, enjoying the outdoors, and is excited to serve in the Granite State. Caleb holds a Master's degree in Social Work from the University of Southern Maine School of Social Work in 2015, focusing on community social work and systems level approaches to problems facing communities. He is excited to use the experience he already has in the field and gain invaluable new experiences working in Carroll County.



"I joined the Gibson Center board because of the great services and connections this agency gives to older adults in the Mount Washington Valley. The Gibson Center is a pillar of the community and I wanted to be part of the team steering its course into the future."

For more information about the Gibson Center Board of Directors contact David Smolen.

Santuccio Passes Bus Driver Test

Congratulations to Kristen Santuccio on passing her driving test! Gibson now has three bus drivers, which is going to be very helpful.



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. **If you have a birthday in October, November, or December, you might want to sign up now, as Ele is very busy with Med D Open Enrollment in October-December.**



Ballroom Dance Classes

Ballroom Basics is a six-week session where we focus on two ballroom dances (this session, Waltz and the Cha-Cha). 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 4-5PM, started August 28th, it is not too late to join this class.



We will host a Social Dance on October 16th, so you can practice your moves! Classes are fun, and one learns a lot! six classes are only \$90 per person. Please register for this class, **603-356-3231**.

Once Upon a Story Hour! Meet Mary Poppins

September 28th at 10AM

Grandparents and caregivers are invited to bring their little ones to meet Mary Poppins, who will be here to present a story time in honor of Grandparents Day! [Grandparents day was September 8th but we did not want to compete with Mud Bowl!] After story time, stick around to create a "work together" painting. Light refreshments will be served.



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 Autumn Semester registration may still have openings. 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):

- **Paint a Barn**, Wednesdays, September 4th and 18th
- **Basket Weaving**, Thursdays, September 19th and 26th
- **Henri Matisse Class**, Wednesday, September 25th
- **Reuse Art Class**, Friday, September 27th
- **Fox Pastel**, Monday, October 7th
- **Create a Gnome**, Tuesdays, October 8th, 15th, 22nd
- **Felting Class**, Tuesdays, November 12th and 19th

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



Bocce at Christmas Mountain Club

Last Chance to Request Window Dressers Inserts

MWV Age-Friendly Community Housing and the Tin Mountain Conservation Center invite you to apply NOW to have your windows insulated this winter and for years to come. The pine frame/double plastic lined inserts can cut heating fuel bills by 30% in some homes. You must request inserts immediately by emailing nbeem@tinmountain.org so you can be scheduled for measurements. Precise measurements are completed by mid September so the frames can be manufactured in time for the Community Build being held October 20-24. We will be calling for volunteers to help with the Community Build as the time approaches. We have heard wonderful reviews from past homeowners and we have benefited from several being used at the Gibson Center itself. Churches, town buildings, and other sites are eligible.



The inserts are free for those who cannot afford to pay, and low cost for middle and high income households through the non-profit model of local Community Builds.

Stone Mountain Arts Center: Free Tickets

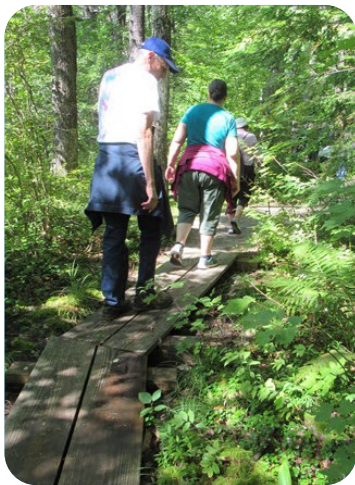
To help us celebrate National Senior Center Month, whose theme this year is "Powering Connections", 2 \$250 gift certificates to Stone Mountain Arts Center have been generously donated!

Come enjoy lunch at the Gibson Center weekdays, serving from 11:30 to 12:15 in the lovely Sprague dining room.

Each day you eat with us, another free ticket is placed in the jar for drawing on Monday the 30th. There is no charge. The more often you come to eat, the more ticket chances you have. Bring friends who might win and take YOU to the Stone Mountain Arts Center for the performance of your choice.



MWV Age-Friendly Community: Summer Walks



We have an informal, drop in walking (not hiking) group walking weekly through October – Using the MWV Age-Friendly Most Walkable Trails listed on mwvagefriendly.org

Meet at the trailhead on Wednesdays at 8:30 AM. Most walks will last about an hour though several could be extended further if any participant chooses to continue on. Rain or Shine. No RSVP required, simply arrive. Friends and neighbors are welcome, but sorry, no dogs. We have recently completed some trails with more incline, or rocks or roots, and recommend that people use walking poles. No one need finish any trail, you walk at your own rate.

Towns included are Conway (Intervale, North Conway and Conway), Albany, Bartlett, Jackson, Fryeburg, and Madison.

The links to the trails can be [found here](#). The Dahl trail link is [here](#).

Summer walks continued...

- August 28th, Middle section of MWV Rec Path, meet at Thompson Road in North Conway.
- September 4th, Madison Boulder, Boulder Road in Madison.
- September 11th, Morrell Family Community Trail, Morrell Family Community Complex in Bartlett.
- September 18th, Smith Eastman/ Conway Rec path, meet at the Meeting House Road (behind CPD), in Conway.
- September 25th, Moat Mineral Trail, meet on High Street in Albany.
- October 2nd, Thorne Pond, meet on 302 in Bartlett.
- October 9th, 10th Mountain Division Trail, meet at the Maine State Visitor Center, Route 302, Fryeburg.
- October 16th, Jackson Village Loop, meet at Covered Bridge Parking, in Jackson.
- October 23rd, Dahl Wildlife Sanctuary, park in Sanctuary Lot, next to LLBean, North Conway.

Leader – Marianne Jackson, MD phone [603-340-3564](tel:603-340-3564) email: agefriendlycommunity@gmail.com

Please consider your having sunscreen, bug spray, tick protection, shading hat, hiking pole if you are more comfortable, camera, binoculars if you are a birder, water bottle and sunglasses. Your comfort and safety are always important.

Our Business Supporters

The right
bank makes
a real
difference

Click: northwaybank.com

Call: **800-442-6666**

Northway
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 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.

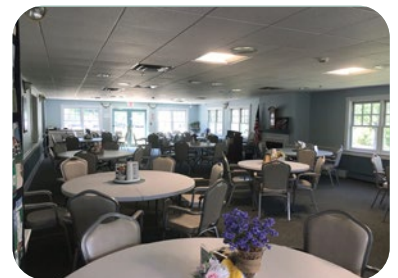
Caregiver Peer Support: There are caregivers who have probably experienced your challenges and can offer a non-judgmental ear. Currently caregivers prefer phone calls so they can keep their loved ones safe.

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

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/>

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: Old Orchard Beach, BeeGee's Concert, Cat visits at the Humane Society, The Mount Washington Valley Band Concerts (David Smollen directed on Gibson Night), Bocce at Christmas Mountain Club, Art's Jubilee DellaValla Bluegrass Trio, New Legacy Swing Band Concerts.

Events: NCCC Summer Camp visits, Elaine's Arts & Craft Class



Kudos - Donations

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

FlatBread: Dine to donate

Tony Simone & Christmas Mountain Club: Bocce Ball demo

Farm Fresh Veggies: Sherman Farms; Davis Natural Produce

Movies: Conway Public Library

Rozie May & Alyce for helping to fill our non-food essential pantry.

Age Friendly Weekly Walks: Marianne Jackson

Altrusa: 2nd Tuesday volunteers

Conway Area Humane Society

The Gibson Center Trip Angels

Majestic Theater/Mountain Top Music 15% off

M&D Theater

Little Angels 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.



Tony Simone



Little Angels Service Dog: Eleanor

New Hampshire
FOOD BANK
A Program of Catholic Charities NH

shaws
ENTRANCE

CATHOLIC CHARITIES
NEW HAMPSHIRE
Powerful Past. Promising Future.

Walmart
Save money. Live better.

OLD VILLAGE BAKERY

Conway Area Humane Society

Little Angels Service Dogs

WM
WHITE MOUNTAIN OIL & PROPANE

Vaughan Community Services

M&D at the Historic Eastern Slope Inn **PLAYHOUSE**

CONWAY PUBLIC LIBRARY
CONWAY, NEW HAMPSHIRE

ALTRUSA International | Leading to a Better Community®
District One

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 Ferreira, 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.

