

# Gibson Times

Small Town Quilters  
7th Anniversary



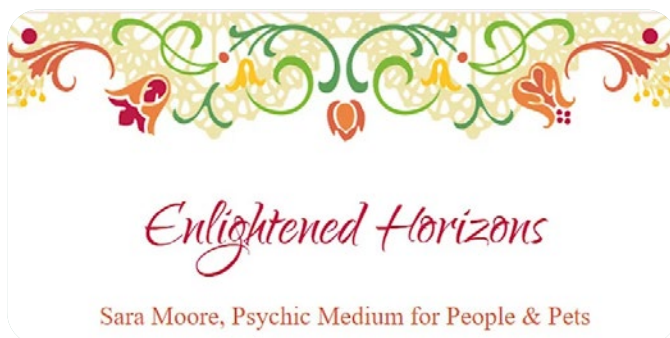
## Letter from the Director

There is always something interesting happening at the Gibson Center. Between our services and events, we never forget our mission and whom we serve. Some of our events serve as fundraisers although many are undertaken to serve the mission of the organization, which is offer programs that enable seniors in New Hampshire's Northern Carroll County to live independently and actively, with purpose and dignity.

On the fundraising side of things, join us for this unique event on October 8th, 7:00 PM, at the M and D Playhouse as psychic mediums Sara Moore and Kathleen Stone will take to the stage and relay messages from pets and loved ones with clarity, gentleness, and humor.

Sara and Kathleen are friends who have a wonderful rapport together on stage. A longtime resident of Conway, Sara Moore is a community treasure who has participated in numerous events in support of area nonprofits through the years. Kathleen is a Spiritual or Psychic Medium and an Intuitive Healer.

We thank Sara and Kathleen for making this joint appearance. Tickets are \$30 in advance and \$40 at the door. To buy tickets click on the link <https://www.eventbrite.com/e/an-evening-with-spirit-tickets-998477943407> to our Eventbrite page or use the Eventbrite app and search "Gibson Center" or "Enlightened Horizons."



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# October Special Events

Thursday the 3rd, join **Elaine's Arts & Crafts Class**. We will be making Patriotic items as gifts for the local nursing home veterans. Please preregister by Monday September 30th.



Tuesday the 8th join us for an **Evening with Spirit**, featuring **Sara Moore**, and **Kathleen Stone**. This event is being held at the **M&D Theater**, at 7PM [Reserve your tickets!](#)



Wednesday the 9th help us welcome back The **DellaValla Bluegrass Trio** for our **art for lunch**, invite your friends!

Autumn Movie Series: **Our favorite Western's**, through the decades! select Thursdays after lunch

- Thursday, October 10th: **Wind's of the Wasteland and Lucky Texan** Two Shorts from the 1930's starring John Wayne.
- Thursday, October 24th: **Paint Your Wagon** A 1969 musical starring Lee Marvin, Clint Eastwood, and Jean Seberg.
- Thursday, November 7th: **The Quick and the Dead**, a 1987 Louis L'amour movie starring Sam Elliott, Kate Capshaw, and Tom Conti.
- Thursday, November 21st: **Quigley Down Under**, a 1990 movie starring Tom Selleck.
- Wednesday, November 27th: The Legend of Zorro which came out in 2006.

Cowboy Hats and Boots encouraged, check your Spurs at the door!

Saturday the 12th & Sunday the 13th will be our final **Craft Fair** of the season. If you haven't purchased that special something for someone in your life, make sure you make it to the Craft Fair, from 10-5 on Saturday, and 9-4 on Sunday.

Monday the 14th the **Gibson Center** will be closed.

Wednesday the 16th you will have another 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](tel:603-356-3231)

Thursday the 17th, Meet the people who are on our ballot for the General Election. The **5 Minute Forum** allows candidates to share their platforms, or compare themselves with their opponent. Come and meet the candidates!

Monday the 21st we will play **BINGO** after lunch. Please bring a prize for the table.



Tuesday the 22nd, the **Gibson Book Club** will meet to discuss The **German Wife** by Kelly Rimmer.

Monday the 28th help us welcome back **Cameron Sutphin** from Nashville, for our art for lunch, invite your friends!



Wednesday the 30th please preregister for the next **AARP Driver Safety Class**. Some insurance companies offer a break on insurance with this class. All people are bound to learn tips to keep them driving safely, which may prevent insurance claims. As we head into winter, this is a great opportunity to review winter driving tips.

Thursday the 31st **Halloween**: the kitchen usually prepares a pumpkin themed treat. We will have a **parade of costumes** in the dining room between lunch and dessert.

We have prizes for the prettiest, scariest, best mask, best sweater, and most original costume. After lunch we will head to the **Tricks N Treats**, for a chance to see what people are using for decorations, and to buy some ice cream. Then we will head to watch the **children's Halloween Parade**.



# 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 Fair:

- 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

<b>Monday</b>	Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance New to Medicare; Open Enrollment; call for an appointment General 1:1 Computer Tutoring	10:30 AM 12:30 PM 4:00 PM By Appointment  By Appointment
<b>Tuesday</b>	Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd Tuesday	10: 00 AM By Appointment
<b>Wednesday</b>	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
<b>Thursday</b>	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
<b>Friday</b>	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, October 4th, 1 PM** A multi-media performance of original music featuring Bruce Berquist's World Tribal Jazz Rock Ensemble. **Sorry, this is a drive yourself event for October.**

We will visit the **Brownfield Market** after lunch on Wednesday October 23rd. They have amazing produce! Bring your own bags.

**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 8:30AM and return about 5PM. Bring money for the food, and crafts.

**Transportation to Tuckerman Brewery Trivia Night:** Thursday October 3rd, Please sign up for home pick ups. Trivia and food on your own, bus by donation.

**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.

**Transportation to An Evening with Spirit:** Tuesday October 8th, Please sign up for home pick ups. Tickets on your own, bus by donation.

**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.

**NH 39th Army Band Veteran's Weekend Concert.** Saturday, November 9th. An early dinner on your own at the Village Kitchen (Saturday night specials, Prime Rib or Seafood Casserole). Price \$26, or \$20 for Veterans. 2:30-11:30PM

**Maine Mariners Military Appreciation Night.** Saturday, November 16th. Transportation and tickets, \$45. Purchase your own food at the Arena. 2:30-11PM. Tickets must be ordered by October 15th.

**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.

**POP's Classical Mystery Tour:** Sunday, March 16th. 10AM-6PM. The Portland POP's play the music of the Beatles, early years though their single careers. Tickets and Transportation, \$70. Tickets are only being held until November, so sign up today. Early lunch on your own at the Sebago Brewery.



## Look What I Found at the Gibson Thrift Shop!

### Brand New Prada and Ralph Lauren fragrance sets!

Many of our donations are brand new or never used items. We greatly appreciate new goods since all of our proceeds from each sale goes right into The Gibson Center. We sell these new items to our community at very reduced prices and everyone wins! So next time you have something you really never use or receive a gift you can't use, pass it on to The Gibson Center Thrift Shop and we will turn your items into Meals!

The Thrift Shop is open Monday through Saturday 10am-2pm and accept donations from 10am – 1pm on Monday through Friday.

Thank You!  
Ingrid Kellas



## 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](#)



**Alaska America's Last Frontier:** July 17-25, 2025. 9 Days, 14 meals. Fairbanks, gold panning, Sled Dogs, including Susan Butcher's Kennel, Riverboat tour, Dome Car to Denali, Tundra Wilderness Tour, Talkeetna, Anchorage, Matanuska Valley, Local Culture, Prince Williams Sound Glacier Cruise. [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! ~

October is Vegetarian Awareness Month which encourages you to explore meatless meals, make conscious food choices, and consider how vegetarianism can contribute to sustainability. Whether you're trying vegetarianism for the first time or seeking to deepen your understanding, it's a chance to reflect on how dietary habits can promote well-being for both people and the planet. Vegetarian meals should prioritize nutrient density, ease of preparation, and digestive comfort while being rich in fiber, protein, vitamins, and minerals. Here are some great vegetarian meal choices for beginners:



- **Lentil Soup:** Rich in protein and fiber, lentil soup is easy to digest and can be flavored with herbs and spices for added taste. It's also a great source of iron and folate.
- **Vegetable Stir-Fry with Tofu:** A simple stir-fry using soft vegetables like bell peppers, broccoli, carrots, and tofu provides protein, vitamins, and antioxidants. Use olive oil for heart-healthy fats.
- **Oatmeal with Nuts and Berries:** Oats are a great source of soluble fiber, which can help reduce cholesterol. Topped with almonds, walnuts, and antioxidant-rich berries, this makes a wholesome breakfast or snack.
- **Quinoa Salad:** Quinoa is a complete protein, and when mixed with fresh vegetables, olive oil, and a lemon vinaigrette, it becomes a light yet nutrient-rich dish. Add avocado for healthy fats.
- **Chickpea Stew:** Chickpeas are packed with protein and fiber. A hearty stew with tomatoes, spinach, and spices like cumin and garlic can be flavorful and easy on digestion.
- **Stuffed Sweet Potatoes:** Baked sweet potatoes stuffed with black beans, corn, and spinach provide fiber, protein, and a range of vitamins. Top with a little yogurt or tahini for creaminess.
- **Spinach and Cheese Frittata:** Eggs provide high-quality protein, and spinach adds essential vitamins and minerals. A frittata can be a versatile, soft-textured meal for seniors.
- **Smoothies:** A green smoothie with spinach, almond milk, bananas, and chia seeds offers a nutrient-dense option that is easy to prepare and consume.
- **Vegetable Lasagna:** Layers of vegetables like zucchini, mushrooms, and spinach paired with ricotta or cottage cheese make a delicious, soft, and comforting meal.
- **Mushroom and Barley Risotto:** Barley provides fiber, while mushrooms add savory flavor and essential nutrients. This warm dish is hearty and filling.

These meals offer a good balance of nutrients and are easy to customize based on your specific dietary needs or preferences.

**Bon Appetite! –Becky**

## Dine-to-Donate/Gibson Benefit: Tuckerman Brewery!

Thursday, October 3rd, invite your family and friends to join us for a Dine to Donate at Tuckerman Brewery, 66 Hobbs Street, Conway, NH 03818. A percentage of the cost of all meals ordered between 5:30 and 8PM will be donated to the Gibson Center. But the fun doesn't stop there! Thursday is Trivia Night, so put together a team and join the fun, the contest starts at 6PM. Sharon will offer home pickups for people who do not drive after dark, call to arrange a ride.



## Board Member Spotlight: Leslie Leonard

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.

Leslie Leonard is a partner at the law firm of Cooper, Cargill, Chant located in North Conway. She has served on the Gibson Center Board since 2015. Leslie is a 2006 graduate of the UNH School of Law. Her legal expertise has been quite helpful to the Gibson Center on numerous occasions through the years.

Asked why she joined the Board, Leslie responded, "I joined the Gibson board because we live in an aging community and I believe it is very important to have an organization that provides services and activities for our citizens. Being able to contribute what I can to such an organization feels like the best way I can do my part to help our local community and give to a community that has given me so much."

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



## 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.**





# Arts for Lunch

The Gibson Center is open for different groups and individuals to share a short performance during our lunch time. We have had numerous musicians, authors, and an interpretive book read. This month repeat performers are coming to visit.



On Wednesday, the 9th, **The DellaValla Bluegrass Trio** will play during lunch. These local students are going to make it BIG, and you will be able to say you knew them when!

On Monday, the 28th, **Cameron Sutphin** will play a few tunes during lunch. He will be up visiting from Nashville and is happy to return. Invite your friends, as the Arts for Lunch is always entertaining.



## Our Business Supporters



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# 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](http://unh.edu/OLLI)
- Call OLLI: 603-255-3553
- Email OLLI: [olli.office@unh.edu](mailto:olli.office@unh.edu)

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

- **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.



Two Lights State Park Trip: Ice Cream at Beal's

# MWV Age-Friendly Community 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](http://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](#).

## Our walks continued...

- 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](mailto: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.



Walking Group at Madison Boulder

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**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.

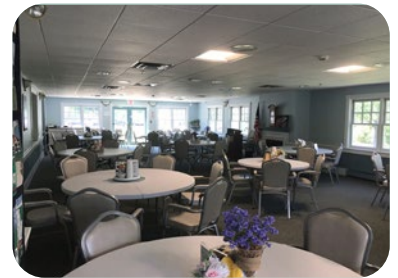
**Caregiver Peer Support:** There are caregivers who have probably experienced your challenges and can offer a non-judgmental ear. Currently caregivers prefer phone calls so they can keep their loved ones safe.

**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](mailto: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



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[info@northcountryfairjewelers.com](mailto:info@northcountryfairjewelers.com)

# Photos from recent Trips & Events

**Trips:** Senior Day at the Farmer's Market, Brownfield Market, Two Lights State Park, South Dakota Tour

**Events:** Elaine's Arts & Craft Class; 5 Minute Forums; Dance Social; Small Town Quilters 7th Anniversary; National Senior Center Month, David reading proclamation; Tie Dye Dan Day



# Kudos - Donations

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

Farm Fresh Veggies: Sherman Farms; Davis Natural Produce

Lickety Splits: ice cream donation

Movies: Conway Public Library

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 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.



Altrusa



# 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/>

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