

# GIBSON TIMES

The Gibson Center for Senior Services, North Conway, NH

[www.GibsonCenter.org](http://www.GibsonCenter.org)

[info@gibsoncenter.org](mailto:info@gibsoncenter.org)

603-356-3231

## HELP THE CAUSE

You can help safeguard the future of The Gibson Center by donating. Go to [GibsonCenter.org](http://GibsonCenter.org) for more details

## FUTURE FUND RAISERS

Flatbread - 7/31

Joseph's Spaghetti Shed - 9/24

Black Cap Grille - 10/23

**Join us for lunch Monday - Friday 11:30 am to 12:15 pm**

## FEATURED FUNDRAISER



### **Flatbread Gibson Center Fundraiser**

Tuesday, July 31 5-9 PM

The Eastern Slope Inn

2760 White Mountain Hwy,

North Conway, NH 03860

Bring family and friends!

## KUDOS - Donations

Shaw's, Wanda Wirling

NH Food Bank

Catholic Charities of NH

Walmart: Bob King,

John Sledzinski,

Phil Spinney

Dot Seybold/OVP- Settlers' Green

Old Village Bakery

K Kids: Pine Tree and Madison

Brownfield Food Pantry

Al Zaino: fix tables & food pantry

Chris Lydecker

Sherman Farms

# Ark Encounter

June 3-9, 2018  
Ohio and Kentucky



## UPCOMING JULY EVENTS

**Give time for Caring for the Caregiver** This session is 7/18-8/22 12:00 to 12:30PM

**ARK Slide Show:** Thursday the 26th, after lunch

**MWV Band Concert:** Tuesday, July 24th. At the Gazebo by the NC Community Center. Bring a picnic and a chair. 6:30 PM

**Frozen Treats:** healthy alternatives for summer treats. Presented by Brenda, the hospital Nutritionist, and Joy, from the Extension Service 12:30

**Flatbread Gibson Fundraiser:** Tuesday July 31st 5-9PM invite your friends & family!



Mount Washington Valley  
Adult Day Center

Opening June, 2019

For More Information:

Visit Us Online  
[www.memorialhospitalnh.org/  
adultdaycenter](http://www.memorialhospitalnh.org/adultdaycenter)

Or Call Sue Ruka at  
603-356-5461, x2194

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Remember Gibson Center  
in YOUR WILL

## **SILVER LAKE LANDING APARTMENTS AVAILABLE FOR RENT**

We have an immediate vacancy for a second floor, one bedroom apartment (\$670/month), and another vacancy on August 1, for a second floor, two bedroom apartment (\$695/month).

Rents include heat and hot water. MUST be filled by a tenant with very low income (less than \$28,550 annual for one person). References and a one month security deposit are required.

Great views, quiet lake living. Building has on-site coin-op laundry, sprinkler system, and fire alarm horn/strobe system. Second floor apartments are accessible by stairs only, no elevators. Non-smokers only and service animals only.

**Please call Ken at the Gibson Center,  
356-3231, ext. 112 for an application**

## **BEASLEY & FERBER, P.A.**

Estate Planning and Elder Law Wills, Trusts and Probate Avoidance Estate Administration and Guardianship Saving Assets from Nursing Home Stays

**CALL FOR A SCHEDULE OF FUTURE ESTATE PLANNING SEMINARS AT THE GIBSON CENTER**

Please call for information about future presentations **1-800-370-5010**.

## **PERSONAL CARE ASSISTANT**

Available for respite care, full-time, part time, days, nights and fill-in.

25+ Years Experience.

**Call Jan Bennett 207-807-1011**

## **Mineral Springs of North Conway Care & Rehabilitation Center**

Offering quality nursing care and an assisted living environment to the North Conway area.(03860)

1251 White Mtn. Hwy N. Conway, NH

**Call 603-356-7294**

## **ONGOING WEEKLY PROGRAMS**

### **Monday:**

10:00 Tai Ji Quan Silver Lake Landing  
10:30 Chair Exercise  
12:30 FunDay Afternoon  
3:30 Tai Ji Quan Better Balance

### **Tuesday:**

10:00 Strength Balance &Stretch  
12:00 Silver Lake Lunch  
12:30 Yoga with Dixi

### **Wednesday:**

10:30- 1:30 Wii  
12:30 Game Day  
12:30 Care for the Caregiver

### **Thursday:**

9:00 Belly Dancing  
10:00 TJQ Silver Lake Landing  
10:30 Chair Exercise  
12:30 BINGO (first Thurs.)  
12:30 FunDay Afternoon  
3:30 Tai Ji Quan Better Balance

### **Friday:**

10:00 Strength Balance &Stretch

**Join us for lunch  
Gibson Center,  
Mon-Fri. 11:30am -12:15pm**

## 2018 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

Benefits the Gibson Center Meals On Wheels program.

Show hours 10 AM - 5 PM  
Saturday & Sunday  
September 1st & 2nd  
October 6th & 7th

New England Crafters at their best! We have fine jewelry, photography, art, pottery, gourmet specialty foods, stained glass, doll clothes, kettle corn, clothing, quilts, pillows, woodcraft's, Adirondack chairs, wood signs and furniture.

### PROGRAM VOLUNTEERS

Wii, & Game Day set up: **George LeBlanc**

Book Cart: **Barbara Rines**

Belly Dance Instructor: **Joanne Bailey**

Tai Ji Quan & Knitting Club: **Sandy Perry**

FunDay Music: **Lois Wright**

Downsizing: **Robin Felch**

Crafts: **Elaine Klement**

Care for Caregiver: **Heather, VNS & Dom**

Service Link: **Karen Santuccio**

M & D Production: **Theatre tickets**

Sing-A-Long & BINGO: **Dick Vierus**

Chair Exercise: **Marshall Allen, Susan Bygrave**

Father's Day Ice Cream: **Jim Giguere**

### Flatbread

Gibson Center  
Fundraiser

Tuesday, July 31  
5-9 PM

2760 White Mountain Hwy,  
North Conway  
Invite your family and  
friends

**GOLD'S OVER \$1850/OZ**  
**"WE BUY ALL GOLD & SILVER"**

Platinum, Diamonds, Coins &  
Jewelry

Free Estimates

North Country Fair Jewelers  
"43rd year"

2448 White Mtn. HWY, No.  
Conway 356-5819

FREE ESTIMATES

2448 Main St., No. Conway  
603-356-5819

Remember Gibson  
Center in **YOUR WILL**

### **ONLINE DONATIONS:**

You can help our cause  
by donating at  
[www.gibsoncenter.org/](http://www.gibsoncenter.org/)  
and click on **Donate  
Now** button

## GIBSON CENTER DAY TRIPS

Please sign up for all programs: 603-356-3231.

**MWV Band Concert:** 7/24 at North Conway pavilion. Bring a picnic dinner and a lawn chair. Concert at 6:30PM Call for bus

**Gundalow & Wentworth Coolidge Historic Site:** 7/25 \$47

**Let's Hang On:** Tuesday August 14 2:30 PM \$ dinner on own.

**Hansel & Gretel Ballet:** Fri August 17. \$44. dinner on own Foreside Tavern. The music is the Humperdinck

**Sophie C Mailboat:** Tues Aug 21. \$45. early lunch, bus 11:45AM

**SeaDogs vs. NH Fisher Cats.** Theme for the day: **Women in Sports :** Monday Aug.27 \$25. bus 4:15PM bring money for food.

**Two Lights & Lobster Shack:** Wed Aug 29 Tues Sept 18. \$18

**Patsy Cline:** Wednesday, Sept. 12. Lunch and the show \$50 board bus at 10

**Celtic Thunder:** Thurs. Sept 27 \$70. must order tickets soon

**Elton John Tribute:** Thurs. Oct 4 \$85. dinner on own at Athens

**Sinatra POPs:** Sunday Nov. 4th. Bring bag lunch, bus 11:30AM

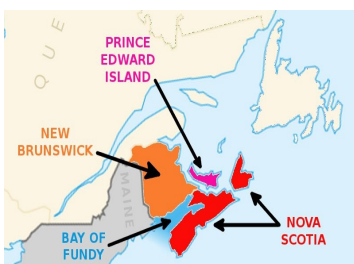
## UPCOMING OVERNIGHT PROGRAMS

Please sign up for all programs: 603-356-3231.



**Tropical Costa Rica:** March 30-April 7, 2019 San Jose, Coffee Plantation, Guanacstem Monteverde Cloud Forests, Arenal Volcano, Larke Arenal Cruise, Cano Negro Refuge, Zarcero...and MORE! Passport needed. 9 Days, 13 Meals, \$3349 ppdo Deposit due Sept 22, 2018

**Explore Tuscany:** October 12-20, 2019 Highlights: Montecatini Terme, Florence, Lucca, Gothic Line, Pisa, San Gimignano, Siena, Cooking Class, Choic of a Winery Tour or a Cheese Farm. Passport needed. 9 days \$3299 ppdoS



### **BUS TOUR Nova Scotia, PEI, New Brunswick & Maine:**

June 2-10, 2019, 14 meals, \$ 1168ppdo. Hopewell Rocks, Kings Landing. Peggy's Cove, Halifax, Lunenburg. Charlottetown, Saint John. Acadia National Park, Mt Desert. Includes: Bus, Insurance, Hotels, 14 meals

## Business Support Newsletter Listings

**Abundant Blessings Homecare, Inc** (603-473-2510, fax 603-522-9211) provides living assistance services for the aging in the comfort of your home. Services include: personal care, meal preparation, 24 hour care and more. Call to schedule a free home assessment. Visit us at [www.abundantblessingshomecare.com](http://www.abundantblessingshomecare.com).

**Adult & Pediatric Dermatology** (978-610-3701) Glen Smith, is pleased to announce its opening at Huggins Hospital in Wolfeboro, NH! For an appointment, please call 603-569-3376.

**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

**Conway Eye Care** (356-3000) 1319 White Mt. Highway Dr. Gary Cole & Associates, eye exams, surgical and medical eye evaluations, complete optical service with "on-site" laboratory.

**First Allied Securities** (356-9371) 3277 White Mt. Hwy. Investments including Stocks, Bonds, Annuities, Retirement, College Planning

**Gamwell, Caputo & Co., PLLC** (447-3356 or fax 447-6563) Dave Caputo, certified public accountants providing tax, accounting, and financial statement services for businesses, individuals, trusts and estates.

**Granite State Independent Living (GSIL)** (800-826-3700) [www.gsil.org](http://www.gsil.org) Donna Potter, Non-profit whose mission is to promote life with independence for Seniors & the disabled, to live as independently as they choose in their own homes. GSIL offers services including; info. and referral, personal care, helping with funding, transportation, counseling, respite for caregivers, etc.

**Hill's Florist and Nursery** (356-5750) Brian Hill, Rt. 16, Intervale. Flowers for all occasions, trees, shrubs, perennials, annuals, balloons and gifts. FTD. 10% discount for Gibson members.

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

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

**Mount Washington Auto Road** (466-3988) Howie Wemyss. Toll road to summit of the highest mountain in the North East.

**North Country Fair Jewelers** (356-5819) Brian Smith, Main St, N Conway. Diamonds, gold and silver jewelry, coins, pearls, watches, clocks and antiques. Repairs, appraisals, buy, sell and trade.

**NorthEast Auto Body** (356-5808) David Smith, 530 Eastman Road, North Conway, N.H.

**Notchland Inn** (374-6131) Harts Location, NH Romantic dining and lodging.

**Peking Sunrise Restaurant & Lounge** (356-6976) Lounge (356-3888) Jct. Routes 302 & 16 N Conway.

**Settlers Green Outlet Village** (356-7031) over 60 stores. Every Tuesday is Senior discount day at participating stores.

**The Hearing Aid Shop** (603-356-0172) 1529 White Mountain HWY. Hearing Tests, Repairs, Cleaning & Batteries. Call for an appointment to hear how new technology can make your life sound amazing. Ask about our in-home demo program!

**Timberland Home Care Inc.** (603-447-3998) is a non-medical home care service provider to families in the Mt. Washington Valley and surrounding areas. As experienced home care providers we can provide short, long term & 24/7 multi-shift basis quality home care. Web site: [timberlandhomecare.com](http://timberlandhomecare.com); e-mail is: [timberlandhomecare@live.com](mailto:timberlandhomecare@live.com)

**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 Hotel** (356-7100) Gary Sullivan Wonderful place to go for lunch or dinner.

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

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

# Please remember the Gibson Center in your Will

# JULY LUNCH MENU & HOURS

Mon - Fri 11:30am to 12:15pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Blue Plate Meatloaf Mashed Potatoes & Gravy Cut Green Beans Dinner Roll Almond Pudding	3 <b>4th of July Indoor Picnic</b> Cheeseburgers and Hot Dogs New England Baked Beans Potato Salad Caesar Salad Walnut Brownies	4 	5 Al's Baked Chicken Rice Pilaf Green Peas Butternut and Turnip Puree Birthday cake with Frosting	6 Ravioli Lasagna Vegetable Medley Garlic Bread Greek Salad Red Jello with Fruit
9 Ham & Cheese Strata Garlic Spinach Creamed Corn Assorted Bread Berry Crisp	10 <b>Welcome Mineral Springs</b> Pork Espagnole Egg Noodles Green Beans Root Vegetable Gratin French Bread Lemon Flake Cake	11 Macaroni & Cheese Stewed Tomatoes Mixed Vegetables Dinner Roll Indian Pudding	12 Bierock Pie Mashed Potatoes/Gravy Asparagus & Carrots Whole Wheat Bread Citrus Jello with Whipped Cream	13 Bratwurst & Sauerkraut Parsley Boiled Potato Zucchini Saute French Bread Jim's Choice
16 Thai Curried Chicken Steamed White Rice Sugar Snap Peas Tomato Provencal Oatmeal Raisin Cookies	17 Blue Plate Meatloaf Mashed Potatoes/Gravy Brussels Sprouts Assorted Bread Gingerbread with Whiskey Sauce	18 Pasta Bolognese Farfalle Pasta Italian Green Beans Garlic Bread Spinach Salad Fruit Ambrosia	19 Chicken ala King Steamed White Rice Lemon Garlic Broccoli Tomato Gratin Chocolate Chip Cookies	20 Franks and New England Baked Beans Homemade Cornbread Carrots & Celery Jim's Famous Coleslaw Kevin's Choice
23 Italian Vegetable Stew Creamy Polenta Garlic Spinach Italian Bread Mocha Pudding	24 Baked Black Oak Ham Raisin Sauce Gratin Potatoes Creole Cabbage Parker House Roll Wacky Cake with Frosting	25 Hamburger Stroganoff Steamed White Rice Lima Beans Creole Style Tomato Provencal Peach Walnut Cobbler	26 Buffet Day! Seafood Chowder Cold Cuts and Cheeses American Potato Salad Black Bean, Corn and Tomato Salad Rice Pudding	27 Chicken Saltimbocca White Wine Beurre Blanc Sauce Penne Pasta Green Peas Tomato Provencal Rick's Choice
30 <b>Heart Healthy Lunch</b> Curried Chickpea and Vegetable Stew Brown Rice Pilaf Lemon Garlic Broccoli Dilled Carrots Yogurt Melon Parfait	31 Open Face Reuben Sandwiches Tater Tots Pickle Spear Tossed Garden Salad Lemon Pound Cake with Mixed Berry Sauce	1	2	3