

GIBSON TIMES

The Gibson Center for Senior Services, North Conway, NH

www.GibsonCenter.org

info@gibsoncenter.org

603-356-3231

August-September 2018 Edition

HELP THE CAUSE

You can help safeguard the future of The Gibson Center by donating. Go to GibsonCenter.org for more details

FUTURE FUND RAISERS

Gibson Raffle for August - a month of wins!

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



Joseph's Spaghetti Shed Fundraiser

Monday, Sept 24, 4:30-8 PM

357 US-302,

Glen, NH 03838

Bring family and friends!

KUDOS - Donations

Shaw's, Wanda Wirling

NH Food Bank

Catholic Charities of NH

Walmart: Bob King,

John Sledzinski,

Old Village Bakery

Brownfield Food Pantry

Al Zaino: fix tables & food pantry

NH Mushroom Co.

Sherman Farms & Veggie Volunteers

Timberland Home Care

**Please remember the
Gibson Center in your Will**

UPCOMING AUGUST EVENTS

Thursday, August 2nd: The Conway Police have had several reports of Scams in our area. On Thursday August 2ND, 2018 at 12:30 PM, Sunny Mulligan Shea from the Elder Abuse and Exploitation Unit at the NH Attorney General's office is going to be holding a presentation for senior citizens and the public on the following topics: - Scam Calls - IRS and others - Finances and Family - Mandatory Reporting - Signs a friend may be a victim of exploitation - General Questions & Answers This presentation will be held at the Gibson Center in North Conway and is open to all who are interested and wish to attend.

Tuesday the 7th: Welcome Mineral Springs

Wednesday the 15th: 5 Minute Forum, meet candidates on the Democrat Primary ballot for Northern Carroll County.

Wednesday the 22nd: 5 Minute Forum, meet candidates on the Republican Primary ballot for Northern Carroll County.

Tuesday, the 28th: Crafts with Elaine, please sign up, 356-3231

The right bank makes a real difference

Click: northwaybank.com
Call: 800-442-6666

Northway
BANK

Member FDIC



TIM DI PIETRO

Master Electrician
Free Estimates

NO JOB TOO SMALL
603-356-2248

Remember Gibson Center
in YOUR WILL



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

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

JOSEPH'S SPAGHETTI SHED

**Gibson Center
Fundraiser
Monday, Sept 24
4:30-8 PM
Invite your family
and friends**

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 in Sept

Wednesday:

10:30- 1:30 Wii
12:30 Game Day
12:30 Caregiver Peer Support

Thursday:

9:00 Belly Dancing in Sept
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**

Crafts: **Elaine Klement**

Caregiver Peer Support: **Dom**

Service Link: **Karen Santuccio**

M & D Production: **Theatre tickets**

Sing-A-Long & BINGO: **Paul Winkler, Dick Vieras, Campers**

Chair Exercise: **Susan Bygrave**

Computer: **Davis Fitch**

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/
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.

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

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

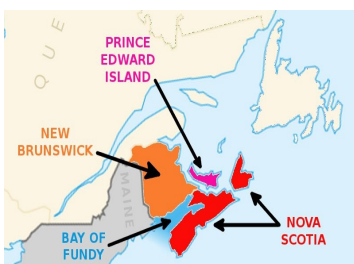
UPCOMING OVERNIGHT PROGRAMS

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 ppdo



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.

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 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; e-mail is: 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

AUGUST LUNCH MENU & HOURS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
Heart Healthy Lunch Curried Chickpea and Vegetable Stew Brown Rice Pilaf Lemon Garlic Broccoli Dilled Carrots Yogurt Melon Parfait	Open Face Reuben Sandwiches Tater Tots Pickle Spear Tossed Garden Salad Lemon Pound Cake with Mixed Berry Sauce	Ravioli Lasagna Cut green beans Garlic Bread Spinach Salad Wacky Cake with Frosting	Sausage and Cheese Strata Carrots and Celery Butternut Squash Chocolate Chip Cookies	Open Face Reuben Sandwich Tater Tots Pickle Spear Tossed Garden Salad Red Jello with Whipped Cream
6	7	8	9	10
Roast Pork Eisenhower Mashed Potatoes Succotash French Bread Chocolate Mousse	Chicken Cacciatore Penne Pasta Green Peas Garlic Bread Caesar Salad Gingerbread with Caramel Sauce	Smoked Pork and Bean Stew Lemon Garlic Broccoli Butternut Squash Dinner Roll Lemon Sugar Cookies	Blue Plate Meatloaf Mashed Potatoes & Gravy Italian Green Beans Whole Wheat Bread Raspberry Peach Cobbler	Baked Black Oak Ham Raisin Sauce Gratin Potatoes Veg du Jour French Bread Dave's Choice
13	14	15	16	17
Zucchini Lasagna Mixed Vegetables Garlic Bread Tossed Garden Salad Almond Pudding	Curried Chicken w/ Fruit Steamed White Rice Garlic Spinach Tomato Gratin Strawberry Bavarian	Pulled Pork w/ Parmesan Polenta Zucchini Saute Southern Coleslaw Pear Helene	Bierock Pie Mashed Potatoes w/ Gravy Sugar Snap Peas Assorted Bread Berry,Berry Crisp	Kim's Chicken Casserole Rice Pilaf Green Peas Tomato Provencal Rick's Choice
20	21	22	23	24
Ham & Cheese Strata Brussels Sprouts Butternut Squash Fruit Ambrosia	Frank & Beans Mixed Vegetables Homemade Cornbread Southern Coleslaw Lemon Pudding	Beef Burgundy Stew Egg Noodles Lemon Garlic Broccoli Insalata Mista French Bread Almond Sugar Cookies	Chicken Stir-fry w/ Orange Ginger Sauce Steamed White Rice Garlic Spinach Broiled Tomato Half Citrus Jello	Salmon Pie Homemade Tartare Sauce Green Beans Glazed Carrots Kevin's choice
27	28	29	30	31
American Chop Suey Corn Kernels Spinach Salad Dinner Roll Pineapple Kuchen	Salisbury Steak Mashed Potatoes w/ Gravy Lima Beans Creole Whole Wheat Bread Brownie Pudding	Macaroni & Cheese Stewed Tomatoes Vegetable Medley Dinner Roll Oatmeal Raisin Cookies	Chicken Croquettes Cranberry Sauce Mashed Potatoes & Gravy Carrots & Celery Bread du Jour Lemon Pound cake with Berry Sauce	LABOR DAY INDOOR PICNIC Hamburgers & Hot Dogs Baked Turbo Beans Sugar Snap Peas Spinach Salad Brownies