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
Flatbread - 7/31
Joseph’s Spaghetti Shed - 9/24
Black Cap Grille - 10/23

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

**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 Mt. HWY, No. Conway 356-5819
FREE ESTIMATES
2448 Main St., No. Conway 603-356-5819

New England Crafters at their best! We have fine jewelry, photography, art, pottery, gourmet specialty foods, stained glass, doll clothes, kettle korn, 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

**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
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 Forens, 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

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.


**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.


**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 are. 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


**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.


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**Please remember the Gibson Center in your Will**
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Plate Meatloaf</td>
<td>4th of July Indoor Picnic</td>
<td>Cheeseburgers and Hot Dogs</td>
<td>At's Baked Chicken</td>
<td>Ravioli Lasagna</td>
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<tr>
<td>Mashed Potatoes &amp; Gravy</td>
<td></td>
<td>New England Baked Beans</td>
<td>Rice Pilaf</td>
<td>Vegetable Medley</td>
</tr>
<tr>
<td>Cut Green Beans</td>
<td>Cheeseburgers and Hot Dogs</td>
<td>Potato Salad</td>
<td>Green Peas</td>
<td>Garlic Bread</td>
</tr>
<tr>
<td>Dinner Roll</td>
<td></td>
<td>Caesar Salad</td>
<td>Butternut and Turnip Puree</td>
<td>Greek Bread</td>
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<tr>
<td>Almond Pudding</td>
<td></td>
<td>Walnut Brownies</td>
<td>Birthday cake with Frosting</td>
<td>Red Jello with Fruit</td>
</tr>
<tr>
<td>Ham &amp; Cheese Strata</td>
<td>Welcome Mineral Springs</td>
<td>Pork Espagnole</td>
<td>Bierock Pie</td>
<td>Bratwurst &amp; Sauerkraut</td>
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<tr>
<td>Garlic Spinach</td>
<td></td>
<td>Egg Noodles</td>
<td>Mashed Potatoes/Gravy</td>
<td>Parsley Boiled Potato</td>
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<tr>
<td>Creamed Corn</td>
<td>Welcome Mineral Springs</td>
<td>Green Beans</td>
<td>Asparagus &amp; Carrots</td>
<td>Zucchini Saute</td>
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<tr>
<td>Assorted Bread</td>
<td></td>
<td>Root Vegetable Gratin</td>
<td>Whole Wheat Bread</td>
<td>French Bread</td>
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<tr>
<td>Berry Crisp</td>
<td>Welcome Mineral Springs</td>
<td>French Bread</td>
<td>Citrus Jello with Whipped Cream</td>
<td>Jim's Choice</td>
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<tr>
<td></td>
<td></td>
<td>Lemon Flax Cake</td>
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<tr>
<td>Thai Curried Chicken</td>
<td>Blue Plate Meatloaf</td>
<td>Pasta Bolognese</td>
<td>Chicken a la King</td>
<td>Franks and New England</td>
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<tr>
<td>Steamed White Rice</td>
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<td>Farfalle Pasta</td>
<td>Steamed White Rice</td>
<td>Baked Beans</td>
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<tr>
<td>Sugar Snap Peas</td>
<td>Blue Plate Meatloaf</td>
<td>Italian Green Beans</td>
<td>Lemon Garlic Broccoli</td>
<td>Homemade Cornbread</td>
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<tr>
<td>Tomato Provençal</td>
<td></td>
<td>Garlic Bread</td>
<td>Tomato Gratin</td>
<td>Carrots &amp; Celery</td>
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<tr>
<td>Oatmeal Raisin Cookies</td>
<td>Blue Plate Meatloaf</td>
<td>Spinach Salad</td>
<td>Chocolate Chip Cookies</td>
<td>Jim's Famous Coleslaw</td>
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<td></td>
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<td>Fruit Ambrosia</td>
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<td>Kevin's Choice</td>
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<tr>
<td>Italian Vegetable Stew</td>
<td>Baked Black Oak Ham</td>
<td>Hamburger Stroganoff</td>
<td>Buffet Day!</td>
<td>Chicken Saltimbocca</td>
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<tr>
<td>Creamy Polenta</td>
<td>Raisin Sauce</td>
<td>Steamed White Rice</td>
<td>Seafood Chowder</td>
<td>White Wine Beurre Blanc</td>
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<tr>
<td>Garlic Spinach</td>
<td>Gratin Potatoes</td>
<td>Lima Beans Creole Style</td>
<td>Cold Cuts and Cheeses</td>
<td>Sauce</td>
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<tr>
<td>Italian Bread</td>
<td>Creole Cabbage</td>
<td>Tomato Provençal</td>
<td>American Potato Salad</td>
<td>Penne Pasta</td>
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<tr>
<td>Mocha Pudding</td>
<td>Parker House Roll</td>
<td>Peach Walnut Cobbler</td>
<td>Black Bean, Corn and Tomato Salad</td>
<td>Green Peas</td>
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<tr>
<td></td>
<td>Wacky Cake with Frosting</td>
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<td>Salad</td>
<td>Tomato Provençal</td>
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<td></td>
<td>Rice Pudding</td>
<td>Rick's Choice</td>
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<tr>
<td>Heart Healthy Lunch</td>
<td>Open Face Reuben</td>
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<tr>
<td>Curried Chickpea and Sandwiches</td>
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<tr>
<td>Vegetable Stew</td>
<td>Tater Tots</td>
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<tr>
<td>Brown Rice Pilaf</td>
<td>Pickle Spear</td>
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<tr>
<td>Lemon Garlic Broccoli</td>
<td>Tossed Garden Salad</td>
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<tr>
<td>Dilled Carrots</td>
<td>Lemon Pound Cake with Mixed Berry Sauce</td>
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<tr>
<td>Yogurt Melon Parfait</td>
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**JULY LUNCH MENU & HOURS**

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