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

FUTURE FUNDRAISERS
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
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 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
Crafts: Elaine Klement
Caregiver Peer Support: Dom
Service Link: Karen Santuccio
M & D Production: Theatre tickets
Sing-A-Long & BINGO: Paul Winkler, Dick Vierus, 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
Tropical Costa Rica: March 30-April 7, 2019 San Jose, Coffee Plantation, Guanacaste Monteverde Cloud Forens, Arenal Volcano, Lake 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, Choice of a Winery Tour or a Cheese Farm. Passport needed. 9 days $3299 ppdo


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


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 are as. 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.

## AUGUST LUNCH MENU & HOURS
**Mon - Fri 11:30am to 12:15pm**

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