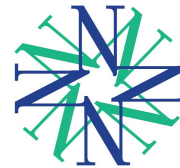


Neighborhood NETWORK



A collaboration of York Housing Authority & York Hospital

NEWSLETTER JUNE 2016

Calling All Friends, Members & Volunteers!

We'd love to hear from you
with your great
ideas for new programs
and events!

What would you like to
see happening in your
community?

How can we help
organize an activity or
event that inspires you?

We look forward to your
suggestions!

*Please Call Us &
Share Today
207-351-1828*

Summer is Here!

Finally Summer has arrived.... A time to get out and breathe fresh air and the sweet aroma from all things blossoming. Speaking of blossoming I would like to say how beautifully our Neighborhood Network is blossoming. We have taken this into the communities and been so well received. Volunteers and Vendors are signed up and ready to serve. For those of you thinking about taking care of necessary repair items around your home please give us a call. The Network can make this process so much easier for you. It's one of the many things a Member can benefit from our team of helpmates. Getting just the right service, either by volunteer or a paid vendor, we can keep your surroundings in tip top shape. Making decisions sometimes is the hardest part of checking off items on a to-do list.

If you're unsure how the Network operates, give us a call and we can familiarize you with all that it offers. Staying home, where your heart is, as we age, is what most of us want to do. Solving transportation issues, and home safety issues, can be just what the doctor ordered. Acting before a crisis hits and engaging us to assist you, is the best way to stay independent for years to come. And don't forget to check out our social events on the calendar. We would love to have you join us !!!

—Patricia Martine, Executive Director



Burger Day at the Baldwin Center! Every Thursday throughout the summer season.

In This Issue

- Summer is Here
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Please contact us for information about  
our services and opportunities.  
Visit: [www.neighborhoodnetwork.me](http://www.neighborhoodnetwork.me)

*Neighborhood Network Partners:*

**YORK HOUSING**  
A CREATIVE APPROACH TO AFFORDABLE LIVING

 **York Hospital**

## Activities Galore!

### "Promoting Mental Wellness Across the Lifespan" A conversation with NAMI's, Jenna Mehnert

Friday June 3<sup>rd</sup> 9:30am @ The Baldwin Center come learn something about ANXIETY... could you or someone you know benefit in learning a thing or two about living with anxiety? How to manage it, where it comes from, how it can start and how to break free from its grip.

**Please join the conversation Friday morning!**

- The how and why's of anxiety "the nature of the beast"
- What are some coping skills to manage "get a grip" on anxiety
- What can people do to help themselves if they suffer from anxiety or know someone that does?

## June is Movie Month at Baldwin Center

A Musical....Every Tuesday.....at 1:15

June 7 — Oklahoma

June 14 — South Pacific

June 21 — The King & I

June 28 — Carousel



Enjoying the start of the summer season at our Baldwin Café Patio Party kick-off. Join us the last Thursday of the month at 4pm all summer long!

## Book Club Update

**We have a facilitator and a meeting date!**



Laura from York Housing will lead our group, and we'll meet at York Housing's Baldwin Center, 117 Long Sands Road the third Thursday of the month.

Come to our first meeting on  
**Thursday, June 16, 1pm**

Bring along a list of 3 suggested books for the group to consider.

Questions? Call Laura at  
207-363-8444 or email

## Neighborhood Network Volunteer Orientation June 2 @ 10am

Come to York Housing's Baldwin Center Café at 4 Pine Grove Lane on Thursday, June 2 at 10am to meet with Neighborhood Network staff, enjoy light refreshments, and explore how to get involved with our program as a volunteer!

We look forward to welcoming you.

# June Activities 2016

For More Information or to register, call us at 207-351-1828  
or email [coordinator@neighborhoodnetwork.me](mailto:coordinator@neighborhoodnetwork.me)

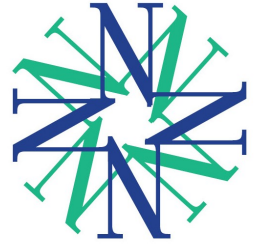
\*Unless otherwise noted, all activities are free of charge and take place at York Housing's Baldwin Center, 4 Pine Grove Lane, York, Maine 03909



| Sunday             | Monday                                                                                     | Tuesday                                                                | Wednesday                                                                                                                 | Thursday                                                                                                                                                                         | Friday                                                                                                                               | Saturday |
|--------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|----------|
|                    |                                                                                            |                                                                        | 1<br>NN Coffee Klatch<br>10:30am                                                                                          | 2<br>Cribbage Club, 10am<br>NN Volunteer<br>Orientation, 10am<br>At The Gallery, In<br>The Garden, By The<br>Sea With Art HOPE's<br>Laura Jaquays, 10am-<br>noon, OMAA, Ogunquit | 3<br>Promoting Mental<br>Wellness Across<br>the Lifespan, a<br>conversation about<br>anxiety with NAMI's<br>Jenna Mehnert,<br>9:30am | 4        |
| 5                  | 6<br>Yoga, 9:30am<br>Drumming, 4pm<br>(\$5 donation for<br>each class)                     | 7<br>Movie Musical:<br>Oklahoma,<br>1:15pm                             | 8                                                                                                                         | 9<br>Cribbage Club, 10am                                                                                                                                                         | 10                                                                                                                                   | 11       |
| 12                 | 13<br>Yoga, 9:30am<br>Drumming, 4pm<br>(\$5 donation for<br>each class)                    | 14<br>Movie Musical:<br>South Pacific,<br>1:15pm                       | 15<br>NN Coffee Klatch<br>10:30am                                                                                         | 16<br>Cribbage Club, 10am<br>Book Club, 1pm                                                                                                                                      | 17                                                                                                                                   | 18       |
| 19<br>Father's Day | 20<br>Summer Solstice<br>Yoga, 9:30am<br>Drumming, 4pm<br>(\$5 donation for<br>each class) | 21<br>Movie Musical:<br>The King & I,<br>1:15pm                        | 22<br>NN Coffee Klatch<br>10:30am<br>York Hospital Lunch<br>& Learn at York<br>Library, 12pm, 15<br>Long Sands Road, York | 23<br>Cribbage Club, 10am                                                                                                                                                        | 24                                                                                                                                   | 25       |
| 26                 | 27<br>Yoga, 9:30am<br>Drumming, 4pm<br>(\$5 donation for<br>each class)                    | 28<br>Veterans Coffee,<br>9:30am<br>Movie Musical:<br>Carousel, 1:15pm | 29<br>NN Coffee Klatch<br>10:30am<br>William Fogg Library<br>Lunch, 12:30pm, 116<br>Old Road, Eliot                       | 30<br>Cribbage Club, 10am<br>Afterhours Patio<br>Party, 4pm                                                                                                                      | 1                                                                                                                                    | 2        |

# NEIGHBORHOOD NETWORK

## Out and About in Your Community!



Neighborhood Network hosted a lunch at the Wells-Ogunquit Center at Moody on May 10.

### Ongoing Programs

Be sure to come by York Housing's Baldwin Center and join our residents for these activities and events throughout the month of June.

See our complete schedule on the preceding page. Call Jennifer at 207-363-8444 with any questions.

#### Mondays

- 9:30 am Yoga (\$5 donation)
- 4pm Drumming (\$5 donation)

#### The Last Tuesday of the Month (June 28)

- 9:30 am Veterans Coffee

#### Wednesdays

- 10:30 am Network Coffee Klatch

#### Thursdays

- 10am Cribbage Club

#### The Third Thursday of the Month (June 16)

- 1pm Book Club

#### The Last Thursday of the Month (June 30)

- 4pm After Hours Patio Party

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Special Programs in June

Neighborhood Network Volunteer Orientation!

Thur., June 2, 10 am

Tuesday Movies @ 1:15pm

- June 7 Oklahoma
- June 14 South Pacific
- June 21 The King & I
- June 28 Carousel

You're Invited to Upcoming Neighborhood Network Community Events

Enjoy lunch catered by York Hospital!

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#### York Hospital Lunch & Learn @ York Public Library Featuring Neighborhood Network

**When:** Wednesday, June 22, 2016, 12:00 pm

**Where:** York Public Library, 15 Long Sands Road,  
York, ME 03909

**Register:** Call 207-363-2818

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Lunch @ William Fogg Public Library in Eliot

When: Wednesday, June 29, 2016, 12:30 pm

Where: William Fogg Public Library, 116 Old Road
Eliot, ME 03903

Register: 207-439-9437