

2017 Horoscope: Bold Changes, Steady Success! Is Neighborhood Network in Your Future?

Change isn't always fun... but it can turn out fantastic. It can make room for true progress. It can set your life off in a new, improved direction. All this and more is the case for 2017.

You will need to be bold this year and face some transitions and challenges with courage and a positive attitude. These have been hovering for a long time. Have no illusions - 2017 may not be an easy year, but then not much worth having comes easy.

2017 starts off with a bang as the Sun approaches its annual Pluto conjunction. This is the sky telling us to make a clean sweep. If you aren't willing to embrace change this soon, it may come to you anyway.

There's also the separating Mars-Neptune conjunction to give us all the personal magic we need, as well as endless faith in ourselves. This is no time to be hesitant or shy. Be bright and bold, and trust in your abilities.



Also trust in your support network, which includes close friends, family, colleagues, and neighbors. This is the year to think locally and act locally, which ultimately becomes the same as thinking and acting globally.

In 2017, don't sell yourself short or overlook any single, success or victory, big or small. It's success whatever its form, and you should be proud!

Source: horoscope.com

In This Issue

- 2017 Horoscope: Bold Changes, Steady Success!
- Five Foods for Heart Health
- February Calendar of Events
- Ongoing Activities & Programs

Please contact us for information about our services and opportunities

Call: 207-351-1828
Email: neighborhoodnetwork.me
Website: www.neighborhoodnetwork.me

Five Foods for Heart Health

Along with Valentine's Day, February also marks American Heart Month.

Several medical and lifestyle choices may put people at a higher risk for heart disease, including: high blood pressure, high cholesterol, smoking, diabetes, obesity and being overweight, poor diet, physical inactivity and excessive alcohol use.

The good news is that several of these risk factors may be influenced by simple changes in lifestyle, such as what you choose to eat.



Follow these five simple ways to invest in your heart health.

Decades ago, common heart-health nutrition recommendations included the advice to eat low-fat and low-saturated fat. However, when people were told to cut fat out of their diet, they ended up replacing it with processed carbohydrates and added sugar. Some studies have found that a dietary pattern that includes soy protein, nuts, plant sterols and soluble fiber may reduce blood cholesterol as much as medication. Invest in your heart health by simply adding a few of these five cholesterol-lowering foods to your shopping list!






- 1. Soy protein:** Aim for 25 grams (or around three servings) per day of soy protein from sources such as soynuts, edamame, soymilk, tofu or tempeh.
- 2. Nuts:** Aim to eat 1.5 ounces per day of nuts. That's roughly a handful (about 12 Brazil nuts, 22 pecan halves, 27 cashews, 36 almonds, 65 peanuts or 73 pistachios).
- 3. Plant sterols:** Aim for 2 to 3 grams per day of plant sterols (compounds found in plant cell membranes). Small amounts of plant sterols are found naturally in fruits, vegetables, nuts, seeds, cereals, legumes and vegetable oils. Larger amounts have been added to margarines (Promise Activ or Benecol) and orange juice (Minute Maid Heart Wise).
- 4. Fiber:** Aim for at least 25 to 30 grams per day of fiber. To increase fiber in the diet, choose more whole grains (such as oatmeal, whole-wheat bread or pasta, brown or wild rice, quinoa, wheatberries or popcorn), legumes, vegetables, fruits, nuts and seeds (such as flaxseed or chia seed).
- 5. Fish:** The American Heart Association recommends eating two servings of fatty fish per week. Fatty fish, such as salmon, tuna, trout, mackerel, herring, sardines and anchovies, are high in omega-3 fatty acids which are essential but cannot be made in the body and therefore must come from food.

February 2017 Activities and Celebrity Birthdays

For More Information or to register, call us at 207-351-1828
or email 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	Celebrity Birthdays and Quotes	Saturday
			1	2 Cribbage Club 10am	February 3, 1894 — Norman Rockwell "It wouldn't be right for me to clown around when I'm painting a president."	4 
5 Super Bowl! 	6 Yoga 9:30am . \$5 per class Drumming - basic skills 3:15 \$5/class	7 Tuesday Movie: Out of Africa 1:10pm	8	9 Cribbage Club 10am Historian Dave Ramsey 1pm	February 10, 1930 — Robert Wagner "A dog will teach you unconditional love. If you can have that in your life, things won't be too bad."	11 
12	13 Yoga 9:30am . \$5 per class Mah Jongg 1-3pm Drumming - basic skills 3:15 \$5/class	14 Valentine's Day Tuesday Movie: The Bridges of Madison County 1:10pm	15 Neighborhood Network Coffee Klatch 10:30am	16 Cribbage Club 10am Book Group 1pm	February 17, 1963 — Michael Jordan "You must expect great things of yourself before you can do them."	18 
19	20 President's Day Office Closed No Yoga Drumming 4pm \$5/class	21 Tuesday Movie: The English Patient 1:10pm	22	23 Cribbage Club 10am	February 24, 1955 — Steve Jobs "Your time is limited, so don't waste it living someone else's life."	25 
26	27 Yoga 9:30am \$5/class No Drumming	28 Tuesday Movie: Casablanca, 1:10pm Veterans Coffee 9:30am			Horoscope Aquarius 2017 — In the Aquarius-born, intellectual faculties are perhaps the most highly developed of any sign in the zodiac. Aquarians are clear, scientific thinkers. They have the ability to think abstractly and to formulate laws, theories and clear concepts from masses of observed facts. Aquarius might be very good at gathering information, but Aquarians take this a step further, excelling at interpreting the information gathered.	

February Book Club Selections



Hidden Figures,
by Margot Lee Shetterly
and
NW,
by Zadie Smith

For discussion on **Feb. 16 at 1pm** at
The Baldwin Center,
117 Long Sands Rd, York.

Your choice: Read one or both!

All are Welcome!

FMI: call Laura at 207-351-1828

Ongoing Activities & Programs

Members are invited to come by York Housing's Baldwin Center, 117 Long Sands Road, York, for these activities and events. Programs are free, unless noted. See our complete schedule on the preceding page. FMI call 207-363-8444.

Every Monday

- 9:30 am Yoga (\$5 donation) (no class on 2/20)
- 4 pm Drumming (\$5 donation) (no class on 2/27)

Tuesday Movie (show-time: 1:10pm)

- Feb. 7 — Out of Africa
- Feb. 14 — The Bridges of Madison County
- Feb. 21 — The English Patient
- Feb. 28 — Casablanca

The last Tuesday of the Month (Feb.28)

- 9:30am Veterans Coffee

The 1st and 3rd Wednesdays of the Month (Feb.1st &15th)

- 10:30 am Network Coffee Klatch

Every Thursday

- 10am Cribbage Club

The 3rd Thursday of the Month (Feb. 16)

- 1pm Book Club

Special February Events

- Thursday, Feb. 9, 1pm— Historian Dave Ramsey: "The Invention of the Modern Day Lighthouse"
- Monday, Feb. 13, 1-3pm— Mah-Jongg for all levels — beginners will be shown the ropes by two volunteer instructors. With enough interest, we plan to establish a regular group meeting on the second Monday of the month. **Space is limited and sign-up is required.**

Mah Jongg is coming to Neighborhood Network in February!



We have a few limited, first come first serve slots to join a monthly Mah Jongg group at the Baldwin Center beginning on **Monday, February 13, from 1-3pm.**

Come with experience or as a beginner with an eagerness to learn from two very special volunteer instructors!

Please call soon to reserve your space: **207-351-1828**

Email: coordinator@neighborhoodnetwork.me