



A collaboration of York Housing Authority & York Hospital

NEWSLETTER APRIL 2017

Cultivating Compassionate Communities through Neighborhood Network: Give a Little ... Get a Lot!

How frequently do we hear that the giver often gets more than the receiver? Speaking firsthand, I have always felt blessed to be in a position to respond to someone in need, knowing that I would be on the receiving end one day. We are watching that wonderful phenomenon take place every day with the budding and blossoming of Neighborhood Network.

We have some amazing volunteers that do not yet feel the need to utilize the Network to its fullest extent but are having a great time helping those who truly need some assistance. That is exactly what we tried to instill as we have been introducing the Network to our communities. Those who can do so are welcomed to "pay it forward" by getting involved with us to help our members. As time goes on, as your needs change, you will find that we can be of service to you and will give you the safe warm feeling you are able to provide to others as a volunteer. There's nothing more welcoming as we face our elder years, than to know we have friends and neighbors who truly want to help and do care about us.

If we can generate that type of energy with each household we are invited into, then we have truly cultivated a Neighborhood...What do we all have in common? We all need each other!

VOLUNTEER DRIVERS ARE ESPECIALLY NEEDED!!!

— Patricia Martine



Save the Date..... Neighborhood Network Open House for Members, Volunteers, Vendors and Wanna-Bees

Thursday, May 18 from 4-6pm, refreshments served!
The Baldwin Center, 117 Long Sands Road, York

RSVP: 207-351-1828

or email coordinator@neighborhoodnetwork.me



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Please contact us for information about our services and opportunities

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

Two Free Programs Sponsored by York Hospital's Hancock Family Fund for Healthy Aging

The Hancock Family Fund for Healthy Aging supports programs and services that promote and benefit the physical, emotional, spiritual & overall health and well-being of our community as we age including: Strength and Balance Programs, Medicare Informational Meetings; Neighborhood Network; and York Hospital Services—Home Delivery of Meals & Prescriptions; and Transportation to and from medical appointments. The York Hospital Board established the Fund as a tribute to Frank & Kay Hancock recognizing their leadership, community spirit and service to York Hospital, and acknowledging their independent, can-do attitudes.



the
HANCOCK FAMILY FUND
for **HEALTHY AGING**

Young at Art Series with Heartwood College of Art

A studio art program designed by instructors at Heartwood College of Art, these workshops are taught by professional, working artists in a variety of disciplines. The bi-weekly workshops explore and celebrate the creative spirit while providing a sense of community and an opportunity to savor one's own personal creativity. Expression, reflection and wellness are the goals.

Come to one, or as many workshops as you'd like. See details below!
Sign up Required: Call Laura at 207-351-1828

When: Six 2-hour classes from 1-3pm held every other week on Wednesdays in April, May and June, beginning on April 5. (Please Note: the second class will be held on Wed., April 26)

Where: York Housing's Baldwin Center, 117 Long Sands Road, York.

Fee: Bring a few dollars to donate — we'll be passing a hat



April 5— Polymer Clay Memory Bracelets — Create beautiful memory bracelets from polymer clay. Learn to make your own beads and incorporate them into a story of your life travels that you can wear and continue to explore throughout your day.

April 26— Hand Sewn Books — Create your own little book using decorated papers that you make during the class. Learn the basics of sewing a simple book binding. These little books are useful for many things and they're beautiful!



**Thinking About
Selling
Your House?**

FIRST TIME HOME SELLERS Lunch Seminar Kittery Community Center Tuesday, April 25, noon

Neighborhood Network and York Hospital's Hancock Family Fund for Healthy Aging are pleased to announce a co-sponsorship of a new seminar offered specifically for First Time Home Sellers, designed and produced by York resident Stephen Bousquet who has 25 plus years of real estate brokerage experience. The program is geared to help homeowners who have owned a home for many years and have decided to make a change through downsizing to another property or just moving closer to a loved one. This not to be missed opportunity will give the home owner the confidence to prepare them for the process of the eventual sale of their beloved property and move. This free lunch seminar (**w/LOBSTER ROLLS!**) will be held on April 25th at the Kittery Community Center in Kittery at noon, and will be catered by York Hospital Dining. **Space will be limited so anyone interested in attending is encouraged to contact Laura at 207-351-1828 or by email at coordinator@neighborhoodnetwork.me.**



April Activities and Historic Happenings

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



Monday	Tuesday	Wednesday	Thursday	Friday	Historic Happenings
3 Yoga 9:30am \$5/ class	4 Tuesday Movie: Big Fish 1:10pm	5 Neighborhood Network Coffee Klatch 10:30am Young at Art 1-3pm	6 Cribbage Club 10am	7 Fabulous Fish Friday noon \$5/meal. RSVP 207-363-8444	April 8, 1820 — Venus de Milo is discovered. A peasant on the Aegean island of Milos uncovers a "fine marble statue" in an underground cave. The find, dating from Ancient Greece, will be dubbed the Venus de Milo, and in spite of, or perhaps partly because of its lack of arms, it will become an art sensation.
10 Yoga 9:30am \$5/ class Mah Jongg 1-3pm	11 Passover (1st Day) Tuesday Movie: The Truth About Cats and Dogs 1:10pm	12	13 Cribbage Club canceled today	14 Fabulous Fish Friday noon \$5/meal. RSVP 207-363-8444	April 15, 1947 — Jackie Robinson integrates baseball. More than 26,000 spectators, at least 14,000 of them African Americans, crowd into New York's Ebbets Field as Jack Roosevelt Robinson, the first African American to play baseball for a Major League team, starts as the Brooklyn Dodgers' first baseman against the Boston Braves.
17 Patriots Day Office Closed	18 Kittery Network Breakfast at Sunrise Grill, Kittery. 9:30am Tuesday Movie: Bridge to Terabithia 1:10pm	19 Neighborhood Network Coffee Klatch 10:30am	20 Cribbage Club 10am Book Group 1pm	21 Fabulous Fish Friday noon \$5/meal. RSVP 207-363-8444	April 22, 1970 — First Earth Day. Peace activist John McConnell, US Senator Gaylord Nelson, and coordinator Denis Hayes create a day to honor and promote protection of the Earth and its ecosystems. Earth Day will gain in popularity, and grow to include observances in more than 192 countries.
24 Yoga 9:30am . \$5/class	25 Veterans Coffee 9:30am 1st Time Home Sellers Lunch Seminar noon, Kittery Community Center, includes lunch RSVP 207-351-1828 Tuesday Movie: Eat Pray Love 1:10pm	26 York Network Breakfast at Norma's, 9:30am Young at Art 1-3pm	27 Cribbage Club 10am	28 Fabulous Fish Friday noon \$5/meal. RSVP 207-363-8444	April 29, 1944 — Resistance fighter Nancy Wake parachutes behind enemy lines. British agent Nancy Wake returns to France via parachute drop to help fight the Nazi occupation. The 32-year-old has a history of running risky missions, and she's become the Gestapo's most wanted person, with a 5 million-franc price on her head.
					Aries Horoscope — Aries people are known not to shy away from a challenge and there is nothing that they cannot handle. These rams stand firm and invite any challenge with their arms open. Aries are courageous people and also responsible leaders. In the wild, the ram lives its life with its chin up and its head first.

April Book Club Selections



The Elegance of the Hedgehog, by Muriel Barbery *and* **The Dante Club,** by Matthew Pearl

For discussion on **April 20 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

**Join Us for
Fabulous Fish Fridays
on April 7, 14, 21 & 28**



Cost: \$5/meal; RSVP: Call 207-363-8444



Introducing... Network Community Breakfasts

In **Kittery** at **Sunrise Grill**, the 3rd Tues. of
the month at 9:30 am (April 18)

In **York** at **Norma's** on the 4th Wed. of
the month at 9:30 am (April 26)

Come and join the group! Bring a friend!

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)

The second Monday of the Month (April 10)

- 1-3 pm Mah-Jongg for all levels

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

- April 7 — Big Fish
- April 14 — The Truth About Cats and Dogs
- April 21 — Bridge to Terabithia
- April 28 — Eat Pray Love

The third Tuesday of the Month (April 18)

- 9:30am Network Community Breakfast at Sunrise Grill in Kittery

The last Tuesday of the Month (April 25)

- 9:30am Veterans Coffee

The 1st and 3rd Wednesdays of the Month (April 5 & 19)

- 10:30 am Network Coffee Klatch at Baldwin Center

The last Wednesday of the Month (April 26)

- 9:30am Network Community Breakfast at Norma's in York

Every Thursday

- 10am Cribbage Club

The 3rd Thursday of the Month (April 20)

- 1pm Book Club

Every Friday

- Noon Fabulous Fish Friday at Baldwin Center \$5/meal
RSVP: Call 207-363-8444 by Monday

Special April Events sponsored by the Hancock Family Fund for Healthy Aging

- **Wednesdays, April 5 and 26, 1-3pm— Young At Art Series.** Space is limited; call 207-363-8444 to sign up. Small cash donation is suggested.
- **Tuesday, April 25, noon — First Time Home Sellers Lunch Seminar,** Kittery Community Center, includes lunch, w/lobster roll lunch. Call 207-351-1828 to sign up.

Mah Jongg is on for April 10!



We have a couple first come first
serve slots to join a really fun monthly Mah Jongg
group at the Baldwin Center on **Monday, April 10, from
1-3pm.** (\$5 lunch optional at noon — RSVP.)
Future meetings will be held on the second Monday of
the month, unless otherwise noted.