

## Things you never thought you'd say....or see...or hear...or do!

A dear friend of mine, Roxanne Jones, writes a blog of rather irreverent musings about getting older called "Boomer Haiku." One of her more recent ones came to my attention, entitled "54 Things I thought I would never say." It highlights just how much our world is changing. Statements like, "We'll UBER to the Airport", or "I'll take a picture with my phone". Society has us in a tailspin with new innovations every day. We just want you to know you are not alone if all this has you nervous or feeling unsure how to navigate life. It's why we are here and why our Network can be that safety net you need when you have a situation that seems like it's just insurmountable. Call us, we'll help you in every way we can. Your membership becomes extremely valuable when you sit back and realize that you are independent, and not on your own in this crazy world we live in. Don't forget to sign up for some of the activities listed also. Looks like a fun summer ahead.

—My Best, Patricia Martine

**Dish it Up!!** Would you like to try a newly owned or opened restaurant in our surrounding area? Many new or revitalized restaurants have "soft openings" which allow guests a first peek, and taste, prior to opening! Whether first through the door, or out and about, a fun dining club is a great way to sample new dishes together. Please give us a call if you're interested in **Dishing it Up** with us morning, noon or night!



## A Thank You from Member Mary Quayle!

My table is finished at last—a project I've been trying to complete for quite awhile! \*Thank you Robert Burns for writing the simple Selkirk Grace, keeping us mindful of all we have. \*Thank you to my artist daughter Ann Robertson Plante for her exquisite stenciling. Ann had an early start attending the Saturday morning children's drawing classes at the Cleveland Museum of Art. \*Thank you to Lee and Sylvia Pollock who arrived thanks to the Neighborhood Network. They walked in, picked up paint brushes and went to work as if painting table legs was an everyday event for them. It no longer is for me and I really appreciate their help and friendship.

— Mary Quayle

Pictured L-R: Lee Pollock, Mary Quayle, Ann Robertson Plante, Sylvia Pollock

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## Please contact us for information about our services and opportunities

Call: 207-351-1828

Email: [neighborhoodnetwork.me](mailto:neighborhoodnetwork.me)

Website: [www.neighborhoodnetwork.me](http://www.neighborhoodnetwork.me)

## Debra Nichols Joins Neighborhood Network Staff

Patricia, Laura and Pat are thrilled to welcome Debra to Neighborhood Network as the newest addition to the York Housing team! Her background includes working in administrative roles for non-profit organizations in the education, recreation, health and hospitality sectors, with a preference for working with elder populations. Debra looks forward to working in her new role as Service Coordinator, and being thought of as the “go-to-gal” who assists members in making their selections from an ever evolving menu of services and local resources. She believes strongly that there’s no replacement for the direct connections with people who live near you.

Debra lives with her husband Jon, and Gritty McDuff – their adopted cat, in Kittery, ME. She graduated from the University of NH & Antioch New England, and is a certified fitness instructor for the YMCA. She is also the founder and owner of Boomerang Adventures Club, which offers trips and excursions for adults 50+ that challenge and inspire while at play. Debra enjoys spending time with family and friends, traveling, gardening, horizontal-hiking, kayaking, alfresco dining, and exploring the nooks and crannies of New England.



**The Neighborhood Network office is located at the Baldwin Center, and our walk-in hours are 9am – 2pm Monday – Friday. Stop by to visit or call Patricia, Laura, Debra or Pat @ 207-351-1828.**



### Exciting New Member Benefit Offered!

Neighborhood Network has added Boomerang Adventures membership to our social event and activity benefit package! Debra Nichols, owner of Boomerang Adventures, is waiving the annual fee for a full year’s membership. Members must be 50+ years of age to participate. Visit [www.boomerangadventuretrips.com](http://www.boomerangadventuretrips.com) to learn more, and contact Debra at the Neighborhood Network office @ 207-351-1828, or by cell @ 603-785-1411.

### Boomerang Adventures Trip on Aug. 16: Maine’s Botanical Garden & River Tour, Boothbay Harbor, ME

It took 16 years to plan and build these extensive gardens. We’ll spend the morning on a docent-lead garden tour that comprises the 250 acres of gardens and grounds. These gardens offer everything from manicured formal gardens, interactive art displays, waterfalls and spectacular stonework, to rambling paths down to a mile of waterfront under a natural tree canopy.

Cost includes a private tour, luncheon in the gardens, transportation/carpooling coordination (pick up in York ME). Optional activities include a one-hour, tidal water quiet river cruise aboard a 7 passenger electric coast guard vessel and an accessible golf cart tour. **Trip capacity: Min. 20/Max 30.**

**Cost: \$68 p/p**

**Registration deadline: July 28.**

**Call 207-351-1828 or email [coordinator@neighborhoodnetwork.me](mailto:coordinator@neighborhoodnetwork.me) to register**







# July Activities, Historic Happenings & Birthdays

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

Monday	Tuesday	Wednesday	Thursday	Friday	Historic Happenings
<b>3</b> Office Closed	<b>4</b> Independence Day <i>Office Closed</i>	<b>5</b> Baldwin Center Coffee & Conversation 10:30am	<b>6</b> Cribbage Club 10am	<b>7</b> Newcastle Picnic. FMI & RSVP call 207-363-8444 by July 5	<b>July 8, 1947 -- Papers report a peculiar crash in New Mexico desert.</b> Newspapers report the capture of a "flying saucer" at a ranch near the town of Roswell and question the US military's story about the crash of a weather balloon. In the 1990s the military will finally reveal that a top-secret nuclear test-monitoring balloon was recovered at the site.
<b>10</b> Yoga 9:30am \$5 per class	<b>11</b>	<b>12</b> Neighborhood Network Advisory Board Meeting 1pm	<b>13</b> Cribbage Club 10am	<b>14</b>	<b>July 15, 1834 -- System of torturous tribunals ends in Spain.</b> Instituted by King Ferdinand II and Queen Isabella in 1478, the dreaded Spanish Inquisition finally comes to an official end. Preaching a doctrine that ordered conversion to Catholicism or exile, and employing torture and death sentences, the Inquisition will not be missed.
<b>17</b> Yoga 9:30am \$5 per class	<b>18</b> Kittery Coffee & Conversation 9:30am At Sunrise Grill	<b>19</b> Baldwin Center Coffee & Conversation 10:30am	<b>20</b> Cribbage Club 10am  Book Group 1pm	<b>21</b>	<b>July 22, 1934 -- Dillinger's criminal career ends in a hail of bullets.</b> John Dillinger's seemingly superhuman skill at prison breaks, evading police raids, and literally getting away with murder finally falters as he leaves Chicago's Biograph Theater. His companion, brothel owner Anna Sage, has set him up and he's shot while attempting to flee police
<b>24</b> Yoga 9:30am \$5 per class	<b>25</b> Veterans Coffee 9:30am	<b>26</b> York Coffee & Conversation, 9:30am, At Norma's Restaurant  	<b>27</b> Cribbage Club 10am	<b>28</b> Deadline to sign up for Boomerang Adventures Trip on Aug 16 to Maine's Botanical Garden & River Tour, Boothbay Harbor, ME	<b>July 29, 1981 -- London's royal wedding transfixes millions.</b> Deemed the 'wedding of the century,' the nuptials between Lady Diana Spencer and Prince Charles are broadcast live to more than 700 million global viewers. Over 2,000 guests, including the groom's mother, Queen Elizabeth II, witness the vows at London's St. Paul's Cathedral.
<b>31</b> Yoga 9:30am \$5 per class		 <b>HAVE FUN AND KEEP SMILING</b>			<b>Happy July Birthdays to Our Members and Volunteers:</b>  <b>Sudie Blanchard</b> <b>Jim Coleman</b> <b>Pete Smith</b>

## July Book Club Selections

**Where Angels Fear to Tread**

by E.M.Forster

**The Art of Hearing Heartbeats**

by Jan-Philipp Sendker

For discussion on **July 20 at 1pm** at  
Baldwin Center, 117 Long Sands Rd, York.

All are Welcome!

**FMI:** call 207-351-1828



## Neighborhood Coffee & Conversation



**At York Housing's Baldwin Center in York,**  
the 1st and 3rd Wed. 10:30am (July 5 and 19)

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

In **York** at **Norma's**, the 4th Wed.  
9:30am (July 26)

Come and join the group! Bring a friend!

## Newcastle Picnic—July 7, 10-2

**Meet Neighborhood Network  
members and York Housing residents**

**Enjoy a relaxing day of food, fun & games**

**Picnic held at the Great Island Common  
on Tabbutt Memorial Way, Newcastle, NH**

**Cost: \$5 p/p donation**

**Attendance is limited so please  
call 207-363-8444 to reserve your spot by  
Wed. July 5**

## 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)
- 1-3 pm Mah-Jongg for all levels

### The 3rd Tuesday of the Month (July 18)

- 9:30am Kittery Neighborhood Coffee & Conversation at  
Sunrise Grill

### The last Tuesday of the Month (July 26)

- 9:30am Veterans Breakfast

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

- 10:30 am Baldwin Center Coffee & Conversation

### The 4th Wednesday of the Month (July 26)

- 9:30am York Neighborhood Coffee & Conversation at  
Norma's Restaurant

### Every Thursday

- 10am Cribbage Club

### The 3rd Thursday of the Month (July 20)

- 1pm Book Club

### Monday-Friday

- Noon Lunch for \$5!  
RSVP: Call 207-363-8444 by 9:30am

## Special July Events

- July 7 Newcastle Picnic — 10am-2pm  
Newcastle Common, NH  
\$5 donation  
RSVP: Call 207-363-8444 by July 5

## SAVE The Date!!! August 18 at noon

**We're holding our annual lobster  
bake at Foster's in York**

**Cost: \$30p/p includes lobster, chicken, corn  
on the cob, salads, soft drinks and desserts**

**Seating is limited, first come, first served.  
Please call 207-363-8444 to reserve your  
place by Aug. 15**