



A Collaboration of York Housing Authority & York Hospital  
This is a monthly publication produced by the staff at Neighborhood Network.

NEWSLETTER NOVEMBER 2017



## Décor Evenings with Donna – Didn't we have fun in October?!

Neighborhood Network members are encouraged to join in the fun along with York Housing residents at Yorkshire Commons and Baldwin Center. Pizza is served, and you may attend either or both locations! Bring your own beverage! \$3 donation requested.

### Save the Dates:

**Tuesday, Nov. 7, 5:30-6:30pm**  
**@ Yorkshire Commons**

**Thursday, Nov. 9, 5:30-6:30pm**  
**@ Baldwin Center**

**Tuesday, Dec. 5, 5:30-6:30pm**  
**@ Yorkshire Commons**

**Thursday, Dec. 7, 5:30-6:30pm**  
**@ Baldwin Center**

*P.S. Donna is also available to Neighborhood Network members to assist with holiday decoration in your home. Give us a call @ 207-351-1828 to reserve time with Donna.*

## 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 Mahjongg for all levels

### The 1st Tuesday & Thursday of the Month (Nov. 7 & 9)

- 5:30- Décor Evenings with Donna (Tues. @
- 6:30pm Yorkshire Commons; Wed. @ Baldwin Center)

### The 3rd Tuesday of the Month (Nov. 21)

- 9:30am Kittery Neighborhood Coffee at Sunrise Grill

### The last Tuesday of the Month (Nov. 28)

- 9:30am Veterans Breakfast

### The 1st and 3rd Wednesdays of the Month (Nov. 1 & 8)

- 9:30 am Baldwin Center Coffee & Conversation
- 12:30pm Pictionary and Other Games (Join us for Lunch at noon for \$5 — RSVP)

### The 2nd and last Wednesdays of the Month (Nov. 8 & 29)

- 1pm Young at Art (RSVP 207-361-1828)

### The 4th Wednesday of the Month (Nov. 22)

- 9:30am York Neighborhood Coffee at the NEW Rick's

### Every Thursday

- 10am Cribbage Club

### The 3rd Thursday of the Month (Nov. 16)

- 1pm Book Club

### Monday-Friday

- Noon Lunch for \$5 at the Baldwin Center! Catered by York Hospital Dining. (RSVP: Call 207-363-8444 by 9:30am to place your order)

## In This Issue

- Décor Evenings With Donna
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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)

## Senior Expo Brings out the Red Hat Ladies

Neighborhood Network's  
purple hat made  
lots of friends at the  
Kittery Senior Expo!

Congrats to Barbara Fowler,  
Eliot, ME, who won a six-  
month N/N membership in  
our raffle!



Volunteers, Mary and Tim McEntee



Volunteer, Pat Doucette & Expo attendee



### Lunch & Learn and a Balance Screening Session with Southern Maine Agency on Aging & Southern Maine Occupational Therapy - Nov. 6 @ 12:30pm

How's your balance? Have you noticed a change recently or even had a fall? Join Southern Maine Agency on Aging's staff and University of Southern Maine Occupational Therapy students for a Lunch & Learn program and Balance Screening session sponsored by York Hospital. The program includes a brief presentation with helpful information about balance and fall prevention while you enjoy your lunch.

A **free Balance Screening Session** will follow lunch for those who register in advance. Participants will try 3 quick balance activities and get personal recommendations to assist in maintaining health and staying independent. There is no cost to participate in the Balance Screening Session, however **space is limited, so be sure to register with Jen in the York Housing office @ 363-8444 to reserve your space no later than Fri., Nov. 3.**

This lunch & learn program is provided through the generous support of **York Hospital**.

## November Neighborhood Network Activities

FMI 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. The programs and events listed in this newsletter are intended to be benefits for our paying members. If you're not currently a member or volunteer and are interested in participating in any of these programs, please give us a call. We'd love to talk to you about how you can be involved in our organization.

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Neighborhood Coffee at Baldwin Center 9:30am</b> <b>Pictionary &amp; Other Game Favorites 12:30pm</b>	<b>2</b> <b>Cribbage 10am</b>	<b>3</b> <b>Deadline to RSVP for 11/6 Lunch &amp; Learn/Balance Screening. Call 207-363-8444</b>
<b>6</b> <b>Yoga 9:30am</b> \$5 donation <b>Lunch &amp; Learn: Balance Screening 12:30pm</b> <b>Mahjongg 1-3pm</b>	<b>7</b> <b>Décor Evening at Yorkshire Commons 5:30-6:30 pm</b> \$3 donation	<b>8</b> <b>Young at Art 1-3pm</b> RSVP 207-363-8444 <b>Medicare Open Enrollment Info Session 12:30pm</b> RSVP 207-363-8444	<b>9</b> <b>Cribbage 10am</b> <b>Veteran's Lunch noon \$5 donation</b> <b>Décor Evening at Baldwin Center 5:30-6:30 pm</b> \$3 donation	<b>10</b> <b>Office Closed in Observance of Veteran's Day</b>
<b>13</b> <b>Yoga 9:30am</b> \$5 donation <b>Mahjongg 1-3pm</b>	<b>14</b> <b>Office Closed for Organization Day</b>	<b>15</b> <b>Neighborhood Coffee at Baldwin Center 9:30am</b> <b>Pictionary &amp; Other Game Favorites 12:30pm</b>	<b>16</b> <b>Cribbage 10am</b> <b>Book Group 1pm</b>	<b>17</b> <b>Deadline to RSVP for 12/13 Music Hall's "White Christmas" Call 207-351-1828</b>
<b>20</b> <b>Yoga 9:30am</b> \$5 donation <b>Turkey Dinner Noon, \$5 donation</b> RSVP 207-363-8444 <b>Mahjongg, 1-3pm</b>	<b>21</b> <b>Neighborhood Coffee at Sunrise Grill in Kittery 9:30am</b> <b>Turkey Dinner Noon, \$5 donation</b> RSVP 207-363-8444	<b>22</b> <b>Neighborhood Coffee at the NEW Rick's in York 9:30am</b>	<b>23</b> <b>Office Closed for Thanksgiving Holiday</b>	<b>24</b> <b>Office Closed for Thanksgiving Holiday</b>
<b>27</b> <b>Yoga 9:30am</b> \$5 donation/class <b>Mahjongg 1-3pm</b>	<b>28</b> <b>Veterans Coffee 9:30am</b> <b>Winter Lights Reception 4-6pm</b>	<b>29</b> <b>Young at Art 1-3pm</b> RSVP 207-363-8444	<b>30</b> <b>Cribbage 10am</b>	



## November Book Club Selections

**The Girl in the Spider's Web**  
by David Lagercrantz

**Revere Beach Boulevard**  
by Roland Merullo

**Thurs., Nov. 16, 1 pm**  
**RSVP: call 207-351-1828**  
**All Are Welcome!**



### Young at Art ! Nov. 8 & 29 @ 1PM

Talented instructor-artists from Heartwood College of Art are back on the 2nd & last Wed. of the month.

Limited to 12 — please contact us at 207-363-8444 to sign up!

*Thanks to York Hospital and the Hancock Family Fund for their continuing support of this program.*



### Join us for a Trip to Portsmouth Music Hall on Wed. Dec. 13 @ 2:00 PM

Back by popular demand, the Ogunquit Playhouse's production of Irving Berlin's *White Christmas* returns to The Music Hall this holiday season. Packed full of dazzling dance numbers, iconic songs such as "Count Your Blessings Instead of Sheep," "Happy Holiday," "Sisters," "Blue Skies," and the beloved title song, as well as actors straight from Broadway, you aren't going to want to miss this "holiday card come to life."

We're working on group rates which require a minimum of 10. Please contact Debra @207-351-1828 no later than Nov. 17, with your interest, and to register. Transportation will be coordinated and/or provided.



## Special November Events

**Medicare Open Enrollment**  
**is coming up Oct 15-Dec 7**

**Come to an informational session with April Cusson @BC on Wed. Nov. 8 at 12:30pm for answers to all your questions!**



*Honoring All  
Who Served*

### Veterans Day Lunch

**Thursday, Nov. 9**  
**@noon**

**Veteran's Coffee**  
**Tuesday, Nov. 28**  
**@ 9:30AM**

**ALL VETERANS WELCOME RSVP: 207-363-8444**

This month for Thanksgiving the Baldwin Café will host a **Turkey Dinner** for Neighborhood Network members and York Housing residents on Mon. Nov. 20<sup>th</sup> and Tues. Nov. 21<sup>st</sup>. Reservations are required as there is limited seating each day. \$5 donation per meal.



Please call 207-363-8444 for reservations

## Save The Date! For A Winter Lights Celebration "Giving Tuesday" Nov. 28, 2017

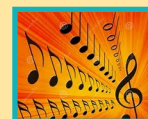
*Brunch, Music & Fun 11am-2pm*  
*Evening Reception/ Lighting Ceremony 4-6pm*

*At York Housing's Baldwin Center*  
*117 Long Sands Road in York*

**RSVP: 207-363-8444**



**Bubbly**



**Music**



**Lighting  
Ceremony**