



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

NEWSLETTER DECEMBER 2017



Thanksgiving Dinner at the Baldwin Center Good Times Shared By All!

Give the Gift of Independence — It's a Perfect Way to Ring in 2018!

Membership in the Network is all about building a relationship with us and leveraging the abundance of community resources available— to make staying in your own home as comfortable, affordable and easy as possible! Call 207-351-1828 today to purchase a gift certificate for your loved one!



Please contact us for information about our services and opportunities

Call: 207-351-1828

Email: coordinator@neighborhoodnetwork.me

Website: www.neighborhoodnetwork.me

YORK HOUSING
A CREATIVE APPROACH TO AFFORDABLE LIVING

 **York Hospital**

Tips For Staying Active And Engaged This Holiday Season



Between shopping and visiting friends and family, the end of the year is a great time to get out and about. There are many ways to stay busy during the holidays, even if the weather isn't cooperating. Those who are active are generally more happy and healthy.

Shopping — Heading out to a shopping center or mall may be more of an exercise than you might think. Although finishing your holiday shopping may not entail breaking a sweat, a trip to the mall often results in a fair amount of walking, which can burn anywhere from 120 to 150 calories per half hour. Even moderate exercise keeps muscles strong and improves balance. For some, however, the holidays aren't about crowded malls and store-bought presents. Making a homemade gift or craft is also a good way to stay active and spread holiday cheer.

Crafts — Activities like knitting or crocheting can be done in a group as a social event or alone as a personal project. Either way, knit or crocheted clothes and goods are wonderful gifts, and the act of making them is beneficial as well. Working on a project or craft is great for maintaining dexterity, stimulating the mind and reducing stress. Making a loved one a homemade present can be rewarding from start to finish. Join us for our Décor' with Donna evenings!

Socializing — Visiting friends and loved ones has benefits for the mind and body. Getting up and traveling helps us stay limber, and social activity lowers stress, improves a sense of independence and is important for emotional support as are holiday cards and visits around the holidays. Simple activities like catching up or playing a board game keep the mind sharp and boost cognitive function. These sorts of pastimes as well as social events for celebrating the season are great for staying active and having fun. We offer Yoga classes at the Baldwin Center every Monday @ 9:30 for a \$5.00 donation.

Holiday food — Holiday snacks and treats can be tempting, however the season also offers healthy foods -- lean meats like turkey, and sweets like dark chocolate or fresh fruits can be enjoyed without too much guilt. Cooking and baking can be a bit of an exercise as well. Just half an hour in the kitchen can burn between 75 and 100 calories! According to Eating Well, holiday favorites like eggnog or hot chocolate may provide some health benefits as well. Just one serving of eggnog is loaded with protein and calcium. Likewise, hot chocolate also comes packed with calcium and protein, and natural hot cocoa recipes are full of antioxidants.

Ongoing Activities & Programs for NN Members

Mon. (Dec. 4, 11, 18)

- 9:30 am—Yoga (\$5 donation)
- 1-3 pm—Mahjongg for all levels

1st Tues. & Thurs.(Dec. 5 & 7)

- 5:00-6:30pm—Décor Evenings with Donna (Tues. @ Yorkshire Commons; Wed. @ Baldwin Center)

3rd Tues. (Dec.19)

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

Last Tues. (RESUMES IN JAN)

- 9:30am—Veterans Breakfast

1st and 3rd Wed (Dec. 6 & 20)

- 9:30 am—Coffee & Conversation at Baldwin Center

Pictionary w/Debra (usually 1st & 3rd Wed)

- **Wed., Dec. 6** — 12:30pm—Join us for Lunch at noon for \$5 (RSVP 207-363-8444)
- **Thurs., Dec. 21** — 1pm (holiday version!)

2nd & last Wed. (RESUMES IN JAN)

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

4th Wed. (Dec. 27)

- 9:30m—York Coffee & Conversation at Rick's

Thurs. (Dec. 7, 14, 21, 28)

- 10am—Cribbage Club

3rd Thurs. (RESUMES IN FEB)

- 1pm—Book Club

Mon.-Fri.

- 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)

December Neighborhood Network Activities

FMI 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. The programs and events listed in this newsletter are benefits for our paying members. If you're not currently a member or volunteer and are interested in participating in 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
4 Yoga 9:30am \$5 donation Mahjongg 1-3pm	5 Décor Evening at Yorkshire Commons 5:00-6:30 pm \$3 donation	6 Coffee & Conversation, Baldwin Center 9:30am Pictionary & Other Games 12:30pm	7 Cribbage 10am Décor Evening at Baldwin Center 5:00-6:30 pm \$3 donation	8
11 Yoga 9:30am \$5 donation Mahjongg 1-3pm	12	13	14 Cribbage 10am	15
18 Yoga 9:30am \$5 donation Egg Nog & Decorations 12:30-1:30pm Mahjongg, 1-3pm	19 Coffee & Conversation, Sunrise Grill, Kittery 9:30am Holiday Musical Entertainment 12:30- 1:30pm	20 Coffee & Conversation, Baldwin Center, 9:30am Special Holiday Lunch 11:30am Carolers 12:15pm	21 Holiday Pictionary w/Debra 1:00pm	22 Office Closed for Holiday
25 Office Closed for Holiday	26 Office Closed for Holiday	27 Coffee & Conversation, Rick's Restaurant, York 9:30am	28 Cribbage 10am	29

Are you Game? Come to Baldwin Center to Play!

Mahjongg w/Eileen and the Gang — 1PM on Mon. Dec. 4, 11, 18
Pictionary & w/Debra — 12:30PM on Wed. Dec. 6 & 1PM on Thurs. Dec. 21
Cribbage w/the Deerfield Crew — 10AM on Thurs. Dec. 7, 14, 21, 28

Meanwhile, Debra has been on-the-road visiting other communities, and she has discovered a number of folks that LOVE to play cribbage, and are looking for some friendly competition. Wouldn't it be fun to have a community Cribbage Tournament this winter at the Baldwin Center? What could be better than card playing camaraderie, some hot soup, breads and warm beverages? Prizes and most importantly – bragging rights are included! **Please call Debra @ 207-351-1828 with your interest...and we'll make this happen if there is enough interest. Spectators also welcome!!**

Calendar NOTES:

- **Book Club** is on hiatus for the months of Dec. & Jan. and will resume in Feb.
- **Veteran's Coffee & Young at Art** are off for Dec. Both will resume in Jan.

Special December Events



Holiday Week Schedule of Activities at Baldwin Center!

Monday, Dec. 18, 12:30 – 1:30 pm
Egg Nog & Decoration Making for Your Home

Tuesday, Dec. 19, 12:30 – 1:30pm
Holiday Musical Entertainment

Wednesday, Dec. 20
Special Holiday Lunch @ 11:30pm
(Lunch signup deadline is Tues., Dec. 19)
Carolers @ 12:15pm

Thursday, Dec. 21, 1:00pm
Holiday Pictionary w/Debra

Call Jen to make reservations: 207-363-8444



December Décor' Evenings with Donna!

**Tues., Dec. 5, 5-6:30 PM @ Yorkshire Commons,
Thurs., Dec. 7, 5-6:30 PM @ Baldwin Center**

Neighborhood Network members are encouraged to join in the fun along with York Housing residents. Pizza is served, and you're encouraged to bring your own beverage - \$3 Donation. You may attend either or both locations!

P.S. Donna is also available to Neighborhood Network members to assist with holiday decoration in your home.

Give Jen a call @ 207-363-8444 to reserve your seat at the decorating table, or Debra @ 207-351-1828 to reserve time w/Donna.



Neighborhood Holiday Lights Tour

Wednesday, December 13 @ 3:30 PM

Join us, as we begin our tour at Sohier Park- the Nubble, and travel to well decorated outdoor neighborhoods. Transportation will be coordinated and/or provided. Space is extremely limited.

Can't make it to the light tour? Join us for hot chocolate, sweet treats and a holiday movie at the Baldwin Center at 5:00 pm. **To RSVP, call Jen @207-363-8444 by Mon., Dec. 11.**