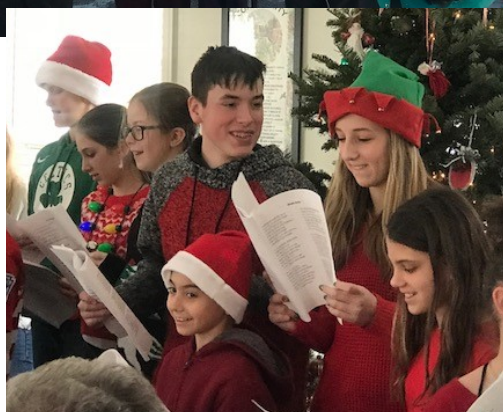


A Year in Review!



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**

Switching out the Countdown for your New Year's Celebration!



Even though you have likely participated in many New Year's Eve celebrations throughout your life-time, such events don't have to be routine. Here are some unique activities that can make your New Year's Eve memorable.

Many of us won't be able to stay up to ring in the New Year at midnight, but we still want to be a part of all of the excitement. A breakfast, brunch or lunch "party" is a nice twist to this New Year's celebration. Throw a morning New Year's "Eve" party for your loved ones and friends, and count-down the New Year at noon instead of midnight!

Spend some time with families and friends to view photos, and reminisce about the highlights of the previous year. Have your loved one create a "fun list", featuring activities he or she would like to do throughout the New Year like dinner with you once a week. When you share a fun list with families and friends it'll make them more apt to follow through on their commitment. It can also give your loved ones hope, and something to look forward to in the New Year.

Once New Year's "Eve" has been celebrated, consider your loved one's care needs for the future. If someone you know could benefit from companionship, social activities, trips, educational and art programs, assistance with daily tasks, or maintenance for their home offered by the Neighborhood Network team – we're a phone call away! We would also be happy to visit a group of your friends at your home or a community meeting space nearby and provide refreshments and conversation about Neighborhood Network.



Call 207-351-1828 to learn more.



Ongoing Activities & Programs for NN Members

Mon (Jan 8, 22 — NOTE: office closed Jan 1,15)

- 9:30–10:30am—Yoga (\$5 donation)
- 1-3 pm—Mahjongg for all levels

1st Tues & Thurs (RESUMES IN FEB)

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

Last Tues (Jan 30)

- 9:30-10:30am—Veterans Breakfast

1st and 3rd Wed (Jan 3 & 17)

- 9:30-10:30am —Coffee & Conversation at Baldwin Center

Wednesdays (Jan 10 & 17)

- 12:30-1:30pm — Games w/Debra

Two Wed per month (Jan 24 & 31)

- 1-3pm—Young at Art (RSVP 207-361-1828)

4th Wed (Jan. 24)

- 9:30-10:30am—York Coffee & Conversation at Rick's

Thurs (Jan 4, 11, 18 & 25)

- 10-11am—Cribbage Club

3rd Thurs. (RESUMES IN FEB)

- 1-2pm—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)

January Neighborhood Network Activities

FMI or to participate, please call us at 207-351-1828 or email coordinator@neighborhoodnetwork.me for planning purposes. *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
1 Office Closed for Holiday	2	3 Coffee & Conversation, Baldwin Center 9:30am	4 Cribbage 10am	5
8 Yoga 9:30am \$5 donation Mahjongg 1-3pm	9 A Matter of Balance Workshop 1-3 pm	10 Games w/ Debra 12:30pm	11 Cribbage 10am A Matter of Balance Workshop 1-3 pm	12
15 Office Closed for Holiday	16 A Matter of Balance Workshop 1-3 pm	17 Coffee & Conversation, Baldwin Center 9:30am Games w/ Debra 12:30pm	18 Cribbage 10am A Matter of Balance Workshop 1-3 pm	19
22 Yoga 9:30am \$5 donation Mahjongg 1-3pm	22 Office Closed for a half day for Staff Workshop 9am -12pm A Matter of Balance Workshop 1-3 pm	24 Coffee & Conversation, Rick's Restaurant, York 9:30am Young at Art Memory Bracelets 1-3pm	25 Cribbage 10am A Matter of Balance Workshop 1-3 pm	26
29 Yoga 9:30am \$5 donation Mahjongg 1-3pm	30 Veteran's Coffee 9:30am	31 Young at Art Teacup Painting 1-3pm		

Are you Game? Come to Baldwin Center to Play!

Mahjongg w/Eileen and the Gang — 1PM on Mon Jan 8, 22

Games w/Debra — 12:30PM on Wed Jan 10 & 17

Cribbage w/Friends — 10AM on Thurs Jan 4, 11, 18 & 25

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 and we'll make this happen if there is enough interest.

Spectators also welcome!!

Book Club is on hiatus.

We'll resume on Feb. 16 at 1pm with the following selections:

The Penny Poet of Portsmouth, by Katherine Towler
& The Stars Are Fire, by Anita Shreve



Special January Events



Matter of Balance 8 Week Program

Due to the popularity of the last Matter of Balance offering we have added an eight week workshop series in January, from 1-3 pm on Tuesdays and Thursdays in January. Experienced coaches, Brenda Bracy and Ted Baker, will provide a classroom/open discussion time and ½ hour of balance practice during each session. Snacks will be provided by York Hospital.

Space is limited to 15. Please note that your commitment to all 8 sessions on Tuesday and Thursday from 1-3 pm is required.

Dates: Jan., 9, 11, 16, 18, 23, 25, 30 and Feb. 2nd. With Feb. 6 & 8 as snow dates.

Cost: This program is generously sponsored by the Southern Maine Agency on Aging, York Hospital and the York Housing Authority. There is no cost to participants.

Sign-up Deadline: Thursday, Jan. 4 – Call Jen @ 207-363-8444 or Debra @ 207-351-1828.

Décor' Evenings with Donna Will Resume in February! Stay Tuned for the Schedule!

Neighborhood Network members are encouraged to join in the fun along with York Housing residents. Sweets and coffee will be available. \$3 Donation.

Give Jen a call @ 207-363-8444 to reserve your seat at the decorating table.



When you sign up for a program or event, please call us ASAP at 207-351-1828 to let us know if you can't make it! This will allow us to invite individuals who are on the wait list to participate. Thank You very much!