

# Neighborhood NETWORK

Your Village On  
the Southern  
Maine Seacoast



A Membership Program In Collaboration Between York Housing & York Hospital

NEWSLETTER APRIL 2018

And Spring arose on the garden fair,  
Like the Spirit of Love felt everywhere;  
And each flower and herb on Earth's dark breast  
rose from the dreams of its wintry rest.  
- Percy Bysshe Shelley



## Sharing Member News

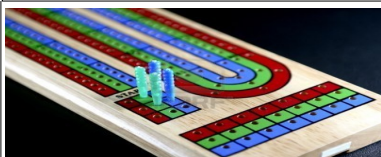
Mary, one of our charter members, moved to Burlington, VT in November and now lives at the Residence at Quarry Road in a lovely apartment and community. She said that, "Neighborhood Network volunteers, Lee and Sylvia, will always be remembered by our family for helping with the painting of my dining room table. In fact, I attached the picture of them and all our signatures to the underside of the table top for posterity!"

*Mary, your friends at Neighborhood Network wish you well, and we thank Sylvia and Lee for helping create a beautiful, lasting memory for your family! Our volunteers are simply the best!*



Someone I hold in high regard says, "change is inevitable, growth is optional." When I think of spring, I always think about change – changes that have occurred over the winter and potential upcoming changes in nature and in our lives, and I try to stay as positive as possible. My hope for each of you as we enter into this glorious time of year, is that you give yourself something to look forward to this spring, and that the change you experience provides you with the kind of spiritual nourishment and growth that keeps you smiling!

All for now, *Debra*



**Age 50+  
Cribbage Tournament!**  
**Thurs., April 12, 4-6pm  
at Baldwin Center**

York Housing is hosting a community-wide "partner" and "cut throat"/single style Cribbage Tournament at the Baldwin Center! We encourage our resident players to pair up and/or play head-to-head with players who are invited to join us from the community! Refreshments will be provided, and we'll have wonderful prizes for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place winners! **Suggested Donation is \$10. Reservations are required. Please call Jen at 207-363-8444 to save your "pegging" seat! Sign-up deadline: April 6**



Look who stopped by to say hello—Ana and Eileen!

Neighborhood Network is a paid Membership Program. You are invited to join us as a special guest for a few activities before signing up as a Member. Please contact us for information about our services and opportunities.

Call: 207-351-1828

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

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

**YORK HOUSING**  
A CREATIVE APPROACH TO AFFORDABLE LIVING





**Arts & Crafts Night!**  
**Thurs., April 5, 5-6:30pm**  
**at Yorkshire Commons**  
**Community Room**  
**161 York Street, York**

**Take Home Project: Painted "rocks"**  
**Table Decorations: Earth Day Challenge!**

A light meal will be provided – bring your own beverage! (Friends of York Housing are welcome to attend - \$5.00 cost). Space is limited to 20.

**Registration Deadline: Tuesday, April 3.**  
**Contact Jen-- 207-363-8444, and remember to let us know if you must cancel.**

***Next Arts & Crafts Night – Thurs., May 3, 5-6:30, registrations open!***



**Our March**  
**Get-Together**  
**Tues., April 17, 10am**  
**Madison's Café**  
**12 Portland St.**  
**S.Berwick, ME**

Each month we meet in one of our service area towns for a FREE continental breakfast and coffee, and invite community members to attend as well! Please mark your calendars and **call us at 207-351-1828** with your plan to attend our next gathering.

***A group of us are planning to leave from the Baldwin Center and travel together! Please let us know if you are interested in carpooling.***



## CALLING ALL GREEN THUMBS!

Are you interested in participating in the garden club? If so, **RSVP 207-363-8444**, and please join us for breakfast at the **Baldwin Center on April 18, 9:30 - 10:30** as we celebrate the beginning of a new gardening year with new friends and perennial favorites!

## Ongoing Activities & Programs for Members & Special Guests

**Monday-Friday** at Baldwin Center, 117 Long Sands Rd, York  
 - \$5 Lunch at Noon *RSVP: 207-363-8444 by 9:30am to place your order*

**Mondays—Apr. 2, 9, 23, 30** (office closed on 16th) at Baldwin Center, 117 Long Sands Rd, York  
 - Yoga at 9:30am  
 - Mahjongg at 1pm

**Tuesdays—Apr. 3, 10, 17, 24** at Baldwin Center, 117 Long Sands Rd. York  
 - BINGO at 12:30pm—April 3, 10, 17, 24

**Wednesdays—Apr. 4 & 18** at Baldwin Center, 117 Long Sands Rd. York  
 - Young At Art at 1-3pm

**Wednesdays—Apr. 11, 25** at Baldwin Center, 117 Long Sands Rd. York  
 - Games w/Debra at 12:30pm

**Thursdays—Apr. 5, 12, 19, 26** at Baldwin Center, 117 Long Sands Rd. York  
 - Cribbage at 10:30am

**Fridays—Apr. 6, 13, 20, 27** at Yorkshire Commons, 161 York St. York  
 - BINGO at 2pm

## Special April Programs for Members & Special Guests

**Thursday—Apr. 5** at Yorkshire Commons, 161 York St. York  
 - Arts & Crafts Night at 5-6:30pm

**Thursday—Apr. 12** at Baldwin Center, 117 Long Sands Rd. York  
 - Cribbage Tournament at 4-6pm—Spectators welcome!


**Tuesday—Apr. 17** at Madison's Café, 12 Portland St. S. Berwick  
 - Coffee & Conversation at 10am-noon

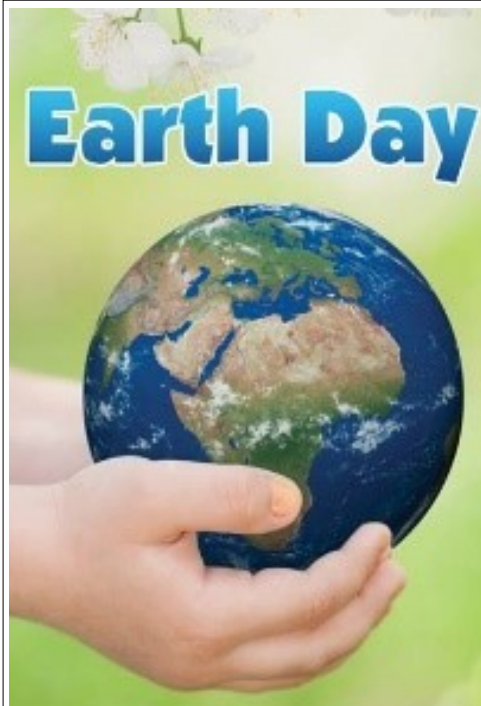
**Wednesday—Apr. 18** at Baldwin Center, 117 Long Sands Rd., York  
 - Garden Club Breakfast at 9:30-10:30am

**Tuesday—Apr. 24** at Baldwin Center, 117 Long Sands Rd. York  
 - Veterans Coffee at 9:30am

## April Neighborhood Network Calendar

**FMI or to participate, please call us at 207-351-1828 or email [coordinator@neighborhoodnetwork.me](mailto:coordinator@neighborhoodnetwork.me) for planning purposes.** Unless otherwise noted, all activities are free to members and special guests and take place at York Housing's Baldwin Center, 117 Long Sands Rd., York, Maine. The programs and events listed are benefits for our paying members. If you're not currently a member or volunteer and are interested in participating in these programs as a special guest, please give us a call. We'd love to talk to you about our organization.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Yoga 9:30am \$5 donation Mahjongg 1-3pm	3 Bingo 12:30 pm	4 <b>Young at Art — Quilt Block Boxes 1-3pm</b>	5 Cribbage 10am Arts & Crafts Night, 161 York Street 5-6:30pm	6 Bingo-- Yorkshire Commons 2pm
9 Yoga 9:30am \$5 donation Mahjongg 1-3pm	10 Bingo 12:30 pm	11 Games w/Debra 12:30pm	12 Cribbage 10am <b>Cribbage Tournament! 4-6pm</b>	13 Bingo-- Yorkshire Commons 2pm
16 Office Closed	17 <b>Coffee &amp; Conversation 10-12 Noon at Madison's Café, 12 Portland St., S.Berwick</b> Bingo 12:30 pm	18 <b>Garden Club Breakfast 9:30-10:30</b> <b>Young at Art — Collective Drawing 1-3pm</b>	19 Cribbage 10am Book Club 1pm	20 Bingo-- Yorkshire Commons 2pm
23 Yoga 9:30am \$5 donation Mahjongg 1-3pm	24 Veterans Coffee 9:30am Bingo 12:30 pm	25 Games w/Debra 12:30pm	26 Cribbage 10am	27 Bingo-- Yorkshire Commons 2pm
30 Yoga 9:30am \$5 donation Mahjongg 1-3pm				



### 10 Simple Ways to Celebrate Earth Day on April 22!

1. Walk or cycle instead of driving to the nearby store or park
2. Carpool or take public transport whenever possible
3. Find out ways to reduce energy and water usage in your home
4. Always carry reusable water bottles, bags, coffee cups & takeout containers with you
5. Recycle your waste
6. Always think twice before you buy something & ask yourself if it's absolutely necessary
7. Plant a tree or adopt a plant
8. Go meat or dairy-free at least once a week
9. Go paperless
10. Buy local produce



# Special Programs & Events Coming Up!



## Host a Neighborhood Network Gathering in your Home!

Staff are so fortunate to witness first-hand the wonderful success stories that come from being a member of Neighborhood Network. We strive to increase our opportunities to talk about the services and benefits of being a Neighborhood Network member within all of the seacoast communities we serve.

We welcome the opportunity to meet your neighbors, co-workers and friends in an informal setting in the comfort of your home or perhaps a picnic in your yard now that the weather is starting to improve! And, we will provide all beverages and a light meal of your choice – delivered to your home for your neighborhood gathering. **Call Debra @ 207-351-1828 to learn more.**

## Young At Art Schedule at Baldwin Center April—June 2018

April 4 — Quilt Block Boxes

April 18 — Collective Drawing (everyone gets a square to make the whole!)

May 9 — Clay (self hardening)

May 23 — Gel Prints (flowers & design)

June 6 — Painted Flower Pots (and plant a flower)



## Are you Game? Come Play with Us Five Days A Week!

Monday Mahjongg w/Eileen — 1PM on Mon. Apr. 2, 9, 16, 23, 30 @ BC  
Tuesday Bingo w/the Staff — 12:30PM on Tues. Apr. 3, 10, 17, 24 @ BC  
Wednesday Games w/Debra — 12:30PM on Wed. Apr. 11, 25 @ BC  
Thursday Cribbage w/Friends — 10AM on Thurs Apr. 5, 12, 19, 26 @ BC  
Friday Bingo — 2PM on Fri. Apr. 6, 13, 20, 27 @ YC

## Book Club at Baldwin Center Thurs., Apr. 19, 1-2PM

**Book Selections — Read One or Both:**  
**Nutshell**, by Ian McEwen  
**The Paris Architect**, by Charles Belfoure

