



Celebrate Older Americans Month!

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.



Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!



Cinco de Mayo Celebration!

Thursday, May 3 at 12:15, Baldwin Center

Enjoy a festive drink to go along with your burrito on the lunch menu

\$5 pp/ RSVP 207-363-8444 by Wed, May 2



New! Discussion Group with Patricia Starting on May 15th!

Bring your curiosity, an open mind and a sense of humor! Everyone is invited to join Patricia Martine, York Housing Director, for a fun, relaxing and casual forum where we can talk about everything from our neighborhood to trending topics of the day, and the best places to discover new things. The group may decide to welcome special guests, watch informative videos or research exiting trends from all walks of life. Together, we will find the meaning and fun while keeping up with what's new and different.

Let's all be in-the-know! You're never too cool to learn!

Tues. May 15, 10-11:30am at the Baldwin Center

RSVP 207-363-8444 by Friday, May 11!



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

Visit our Website: www.neighborhoodnetwork.me

YORK HOUSING
A CREATIVE APPROACH TO AFFORDABLE LIVING

 **York Hospital**

Eating Local— It's good 4 everyone!



Seacoast Eat Local is an organization that connects people with sources of locally grown foods and advocates eating locally for the health of our environment, community, culture and economy. They work toward a sustainable local food system that meets the needs of producers and consumers and includes operating a SNAP/EBT Farmers' Market Program, organizing winter farmers' markets, producing a local food guide, sponsoring workshops and events, and providing information through their email newsletter, blog and **website**, www.seacoasteatlocal.org

Why eat local?

- Eating locally means more money stays within our community and supports our local economy. Farmer's receive a greater proportion of the price.
- Locally grown food is fresher and more nutritious. Since it doesn't have to be bred for long-distance shipping and rough handling, local produce can fully ripen, making it much more flavorful. Many local farms use organic growing practices.
- Eating locally reduces your second-hand consumption of fossil fuels. The average American meal travels an estimated 1500 miles from farm to plate.
- Supporting local agriculture supports responsible land development. When you buy local, you give those with open space – farms and pastures – an economic reason to stay open and undeveloped.

What is a CSA and how can you join one?

CSA stands for Community Supported Agriculture — a partnership between consumers and farmers in which members buy shares of the farm's harvest and enjoy regular allotments of food throughout the growing season. For farmers, this provides much needed cash flow for the beginning of the season, as well as a ready market and community of supporters. Shareholders join in the risks of the growing season but reap the benefits of the harvest. Each CSA farm has its own pricing structure, disbursement schedule, and some have work requirements. Signups for CSA shares begin in early winter by directly contacting the farm. The following CSAs are located in our area. Please contact the farms directly FMI:

- **S.Berwick:** Finson Farm, 207-646-9374, finsonfarm.com
- **S.Berwick:** Moondance Gardens 207-252-7539
- **S.Berwick:** Sherburne Farm, 207-251-6161
- **Wells:** Spiller Farm, 207-985-2575, spillerfarm.com

Are there community gardening options in our area?

ELIOT: United Methodist Church Community Garden, 238 H.L Dow Hwy/Route 236; **Contact:** William Gilbert at wkgilb21@aol.com, or call Eliot UMC at 207-439-6593

OGUNQUIT: Community Garden at Beach Plum Farm, 610 Main Street/Route 1; **Contact:** Great Works Land Trust, 207-646-3604, info@gwrlt.org.

S.BERWICK: South Berwick Community, Willow Drive; **Contact:** Mimi Demers @ mimiandray@gmail.com or 207-384-5258; Note: must live in South Berwick.

Ongoing 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—May 7, 14, 21 (office closed 28th) at Baldwin Center, 117 Long Sands Rd, York

- Yoga at 9:30am
- Mahjongg at 1pm

Tuesdays—May 1, 8, 15, 22, 29 at Baldwin Center, 117 Long Sands Rd. York

- BINGO at 12:30pm

Tuesday—May 29 at Baldwin Center, 117 Long Sands Rd. York

- Veterans Coffee at 9:30am

Wednesdays—May 2, 16, 30 at Baldwin Center, 117 Long Sands Rd. York

- Games w/Staff at 12:30pm

Wednesdays—May 9 & 23 at Baldwin Center, 117 Long Sands Rd. York

- Young At Art at 1-3pm

Thursdays—May 3, 10, 17, 24, 31 at Baldwin Center, 117 Long Sands Rd. York

- Cribbage at 10:30am

Thursday—May 17 at Baldwin Center, 117 Long Sands Rd. York

- Book Club at 1pm

Fridays—May 4, 11, 18, 25 at Yorkshire Commons, 161 York St. York

- BINGO at 2pm

Special May Programs for Members & Special Guests

Thursday—May 3 at Baldwin Center

- Cinco de Mayo Celebration with Burritos and Festive Drinks! 12:15pm \$5/pp *RSVP: 207-363-8444 by May 2*

Tuesday—May 15 at Baldwin Center

- Discussion Group w/Patricia at 10am
RSVP 207-363-8444 by May 11

May Neighborhood Network Calendar

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 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 |
|---|---|---|---|--|
| | 1 Bingo 12:30 pm | 2 Games w/Staff 12:30pm | 3 Cribbage 10am Cinco de Mayo Celebration noon— RSVP 207-363-8444 by 5/2 | 4 Bingo-- Yorkshire Commons 2pm |
| 7 Yoga 9:30am \$5 donation Mahjongg 1-3pm | 8 Bingo 12:30 pm | 9 Young at Art — clay (self hardening) 1-3pm | 10 Cribbage 10am | 11 Bingo-- Yorkshire Commons 2pm |
| 14 Yoga 9:30am \$5 donation Mahjongg 1-3pm | 15 New Discussion Group w/ Patricia 10-11:30am RSVP 207-363-8444 by 5/11 Bingo 12:30 pm | 16 Games w/Staff 12:30pm | 17 Cribbage 10am Book Club 1pm | 18 Bingo-- Yorkshire Commons 2pm |
| 21 Yoga 9:30am \$5 donation Mahjongg 1-3pm | 22 Bingo 12:30 pm | 23 Young at Art — Gel Prints (flowers & design) 1-3pm | 24 Cribbage 10am | 25 Bingo-- Yorkshire Commons 2pm |
| 28 Office Closed for Memorial Day | 29 Veterans Coffee 9:30am Bingo 12:30 pm | 30 Games w/Staff 12:30pm | 31 Cribbage 10am | |

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 207-351-1828 to learn more.**

Special Programs & Events Coming Up!

Young At Art Schedule at Baldwin Center May—June 2018

May 9, 1-3pm — Clay (self hardening)

May 23, 1-3pm — Gel Prints (flowers & design)

June 6, 1-3pm — Painted Flower Pots (and plant a flower)



Are you Game? Come Play with Us!



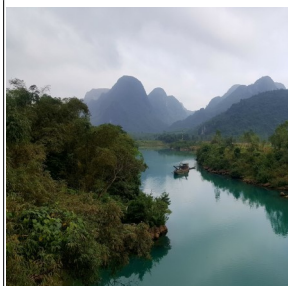
Monday Mahjongg w/Eileen — 1PM on Mon. May 7, 14, 21 @ BC
Tuesday Bingo w/the Staff — 12:30PM on Tues. May 1, 8, 15, 22 @ BC
Wednesday Games w/Staff — 12:30PM on Wed. May 2, 16, 30 @ BC
Thursday Cribbage w/Friends — 10AM on Thurs May 3, 10, 17, 24, 31 @ BC
Friday Bingo — 2PM on Fri. May 4, 11, 18, 25 @ YC

Book Club at Baldwin Center Thurs., May 17, 1-2PM

An Unnecessary Woman, by Rabih Alameddine
Reading Lolita in Tehran, by Azar Nafisi



Some Free May Events in our Area



Vietnam: A Photographic Journey from Hanoi to Saigon

Wed., May 9, 12–1pm
Wells Reserve@Laudholm Farm
342 Laudholm Farm Road
Mather Auditorium
Wells, ME (\$2 sugg. donation)



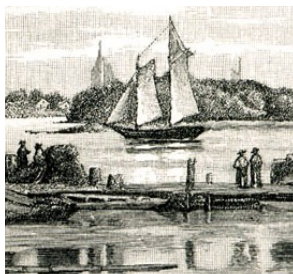
Lilac Festival

Sat., May 26, 10am–2pm
Wentworth-Coolidge Mansion
375 Little Harbor Road
Portsmouth, NH



9th Annual Mother's Day Weekend Craft Festival

Sat., May 12, 10am–5pm
Hampton Falls Town Common
4 Lincoln Ave
Hampton Falls, NH



Old York Historical Society Opening Day 2018

Mon., May 28, 10am–5pm
Visitor Reception
3 Lindsay Road
York, ME