



## *Calling All Friends, Members & Volunteers!*

We'd love to hear from you  
with your great ideas for new  
programs and events!

What would you like to see  
happening in your  
community?

How can we help  
organize an activity or event  
that inspires you?

We look forward to your  
suggestions!

*Please Call Us &  
Share Today  
207-351-1828*



## ***Have a Fabulous 4th of July... See Fireworks at these Locations!***

**Sunday, July 1 at 9pm in York Harbor** from the beach at the end of York Street

**Tuesday, July 3 at 9:15pm in Portsmouth, NH** at the South Mill Pond across from Portsmouth City Hall. The rain date is scheduled for Wednesday, July 5th, at the same time.

**Wednesday, July 4 at 9pm in Ogunquit** at the Main Beach Parking Lot

**Wednesday, July 4 at 9:30pm in York Beach**

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

 **York Hospital**

# Study: A Social Circle is Key to Protecting the Aging Mind

By Tala Salem, Staff Writer  
US News and World Report

A new study lends credence to the idea that social ties can help preserve memory and brain health as we age. The study, published in the journal *Frontiers in Aging Neuroscience*, found mice housed in groups had better memory and healthier brains than those living in pairs.

The findings influence "a body of research in humans and animals that supports the role of social connections in preserving the mind and improving quality of life," according to Elizabeth Kirby, assistant professor of behavioral neuroscience at The Ohio State University Wexner Medical Center and lead author of the study.

Joseph B. Orange, a professor of communication sciences and disorders at Western University in Ontario, Canada, says this research is helpful for identifying the impact of social connections on brain health.

"This advances our research that identifies social inclusion versus exclusion in advancing people's lives," says Orange, who was not involved in the research. "We want to use models that help our research in humans. Mice and humans share a lot in DNA structure, so the models used here are quite applicable."

People who are isolated with limited social contact tend to have higher levels of depression, a higher use of medications for treating psychosis and more overall hospitalizations, according to Orange, which means the results of this study, though helpful, are not surprising.

"This research adds a small tile in the larger mosaic of social exclusion and how it affects cognitive skills, communication performance and overall quality of life," Orange says.

People who are aging should consider how their living situation might influence their social circles, Kirby concludes. "Think about your living situation as you age," Kirby says. "If you have the privilege of choosing where you live, make the choice so you can be socially engaged as long as possible."

## Ongoing Programs for Members & Special Guests

***Please note our office will be closed on Wed. July 4 and Thurs. July 5 in observance of the holiday***

**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—July 2, 9, 16, 23, 30** at  
Baldwin Center, 117 Long Sands Rd,  
York  
- Yoga at 9:30am  
- Mahjonnig at 1pm

**Tuesdays—July 3, 10, 17, 24, 31** at  
Baldwin Center, 117 Long Sands Rd.  
York  
- Lunch BINGO at 12:30pm

**Last Tuesday—July 31 meet** at  
Baldwin Center, 117 Long Sands Rd.  
York (**NOTE: this month is free breakfast at Union Bluff RSVP: 207-363-8444**)  
- Veterans Coffee at 9:30am

**Wednesdays—July 11, 27** at  
Baldwin Center, 117 Long Sands Rd.  
York  
- Games w/Staff at 12:30pm

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

**Third Thursday—July 19** at  
Baldwin Center, 117 Long Sands Rd.  
York  
- Book Club at 1pm

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

## July 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.

**\*Please note: This month, some activities may be rescheduled or cancelled, as necessary, due to construction on our property! Please call the York Housing Office for updates! Thank you!**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Yoga 9:30am \$5 donation  Mahjongg 1-3pm	3 Lunch Bingo 12:30 pm	4 <b>OFFICE CLOSED FOR HOLIDAY</b>	5 <b>OFFICE CLOSED FOR HOLIDAY</b>	6 Bingo-- Yorkshire Commons 2pm
9 Yoga 9:30am \$5 donation  Mahjongg 1-3pm	10 Lunch Bingo 12:30 pm	11 Games w/Staff 12:30pm	12 Cribbage 10am	13 Bingo-- Yorkshire Commons 2pm
16 Yoga 9:30am \$5 donation  Mahjongg 1-3pm	17  Lunch Bingo 12:30 pm	18	19 Cribbage 10am  Book Club 1pm ( <b>Members only RSVP 207-363- 8444</b> )	20 Bingo-- Yorkshire Commons 2pm
23 Yoga 9:30am \$5 donation  Mahjongg 1-3pm	24 Lunch Bingo 12:30 pm	25 Games w/Staff 12:30pm	26 Cribbage 10am	27 Bingo-- Yorkshire Commons 2pm
30 Yoga 9:30am \$5 donation  Mahjongg 1-3pm	31 Veterans *Free* Break- fast at Union Bluff 9:30am ( <b>Members only RSVP 207-363- 8444</b> )  Lunch Bingo 12:30 pm			

# Special Programs & Events Coming Up!



## Are you Game? Come Play with Us!

Mon. Mahjonn — 1PM Mon. July 2, 9, 16, 23, 30 @ BC  
Tues. Lunch Bingo — 12:30PM Tues. July 3, 10, 17, 24, 30 @ BC  
Occasional Wed. Games w/Staff — 12:30PM Wed. July 11, 25 @ BC  
Thurs. Cribbage — 10AM Thurs July 7, 14, 21, 28 @ BC  
Fri. Bingo at Yorkshire Commons — 2PM Fri. July 6, 13, 20, 27 @ YC

## Book Club at Pine Grove Patio, York Housing

Thurs., July 19, 1-2PM

Special Guest Author &

Portsmouth Resident, Katherine Towler!

RSVP by Mon. July 16: 207-363-8444



Enjoy a casual **conversation with Katherine** about her books and an **ice cream social!** Her books will be available for sale and signing!

**Katherine's books include:** *The Penny Poet of Portsmouth Snow Island*, *Evening Ferry*, *Island Light*, *A God in the House*, *One of Us is Lost: Selected Poems of Robert Dunn*, *Writers and their Notebooks*, and *Choice*

## A Few **\*\*Free\*\*** JULY Events at Your Local Libraries



**S. Berwick Public Library**  
**(207-384-3308)**

**Every Tues. 5:30-7:30pm—Knitters Group!** Socialize over hand work. Join us for knitting, quilting, crocheting or what ever handwork you do!

**Wells Public Library (207-646-8181)**

**Every Thurs., 6-7:15pm—French Language Group!** We will offer some activities, but mostly it will be up to the group to determine what the format will be. We welcome anyone with a French Language interest to participate.

**Rice Public Library, Kittery (207-439-1553)**

**Thurs., July 11, 6pm—Pizza and Movie Night!**

Join us for pizza and a movie! We will be showing "Finding Your Feet." This film is rated PG-13 with a runtime of 1 hour, 51 minutes.

**York Public Library (207-363-28180)**

**Fri., July 13, 10am–5pm and Sat., July 14, 10am–2pm—Annual Book Sale.** Thousands of gently used books are on sale to benefit the Library. Sale items also include non-fiction, dvd's, cd's, regional writers, and lots of mysteries. Raffle drawing on the 14th!

**Weds., July 18, 4pm—Computer Scams- How to Protect Yourself.** Bob Rogers and Jayne Hitchcock will explain how to avoid getting caught in a computer scam and what to do to resolve this issue, if you do get caught.



**Weds, July 25, 10am @York High School—Summer Family Fun Series: Juggler: Bryson Lang.** Nationally known juggler brings his high-energy, family friendly show to York!