



## *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*

## Five Ways to Celebrate Life Everyday

By Andi Saitowitz, MindBodyGreen.com

There is absolute reason to celebrate life everyday-  
in fact there are hundreds of reasons! Here are five:

### 1. Fill your home with flowers, love, and music.

We don't always need a specific reason or date to party. Life's a party and the fact that we have so much to live for, appreciate and share is reason enough!

**2. Spoil yourself.** It doesn't have to be something luxurious and expensive. But small treats and reinforcements for acknowledging how far you have come, how strong you are and how special you are is something we can do every day. Even allocating a few minutes of "me" time is a treasured treat for most of us.

**3. Blessings and gratitude.** We don't need to let the people we love know it only once a year. We can make sure that the people who mean the most to us, always know they are valued, appreciated and needed. Not only when we thoughtfully create a birthday card filled with wishes, blessings and thanks - but every day, expressing how lucky we feel to have them in our world.

**4. Dance.** Moving your body is something we do every anyway so why not do it with style, passion and enthusiasm. The same way we feel free and full of energy on the dance floor, that's how we can live every day. Play your favorite song and dance like no one's watching you. Enjoy what you do and have fun!

**5. Superpowers.** On our birthday we feel special, purposeful, filled with hope and possibility - we are powerful. We forget that we have superpowers that are with us always and it is our choice whether we use them or not to do so much good in this world.

So let's celebrate everything we are and everything we have with mind, body and soul! We can't regenerate time and we do not know how many birthdays we will get to mark off on our calendars. But we can absolutely celebrate our days right now, and not wait for that once a year because there's no time like the present!



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



## **7 Questions to Ask Yourself Everyday for a Better Life**

By Michael T. Murray, MindBodyGreen

You will be amazed at how powerful questions can be in your life. Let's look at the following example: an individual is met with a particular challenge or problem, such as getting passed over for a promotion at work. He can ask a number of questions when in this situation. Questions many people may ask in this circumstance include: "Why does this always happen to me?" Or, "Why am I always so stupid?" Does the person who asks these questions get answers? Do the answers build self-esteem? Does the problem keep reappearing?

A higher-quality question would be, "This is a very interesting situation, what do I need to learn so that it never happens again?" Or, how about "What can I do to make this situation better?"

Whatever the question, your mind will come up with an answer. That's why asking better questions can have such an amazing impact on your life.

When the mind is searching for answers to powerful, transformative questions, it's reprogramming your subconscious into believing you have an abundance of energy. Unless there is a physiological reason for the fatigue, such as anemia, chronic fatigue syndrome, or some serious disease, it won't take long before your subconscious mirrors the energy you've generated.

If you want more energy, excitement or happiness in your life, simply ask yourself the following questions on a consistent basis:

- 1. What am I most happy about in my life right now?** Why does that make me happy? How does that make me feel?
- 2. What am I most excited about in my life right now?** Why does that make me excited? How does that make me feel?
- 3. What am I most grateful about in my life right now?** Why does that make me grateful? How does that make me feel?
- 4. What am I enjoying most about my life right now?** What about that do I enjoy? How does that make me feel?
- 5. What am I committed to in my life right now?** Why am I committed to that? How does that make me feel?
- 6. Who do I love?** Who loves me? How does that make me feel?
- 7. What would I most like to change?** Why is it important for me to make this change? How does it make me feel to know that I am making steps towards this change?

Regardless of the situation, asking better questions is bound to improve your attitude. If you want to have a better life, simply ask better questions. It sounds simple, because it is.

## **Ongoing Programs for Our 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—Aug. 6, 13, 21, 27** at  
Baldwin Center, 117 Long Sands Rd,  
York  
- Yoga at 9:30am  
- Mahjongg at 1pm

**Tuesdays—Aug. 7, 14, 21, 28** at  
Baldwin Center, 117 Long Sands Rd.  
York  
- Lunch BINGO at 12:30pm

**Last Tuesday—Aug. 28**  
- Veterans Coffee at 9:30am

**Wednesdays—Aug. 8, 22** at  
Baldwin Center, 117 Long Sands Rd.  
York  
- Games w/Staff at 12:30pm

**Thursdays—Aug. 2, 9, 16, 23, 30** at  
Baldwin Center, 117 Long Sands Rd.  
York  
- Cribbage at 10am

**Third Thursday—Aug. 16** at  
Baldwin Center, 117 Long Sands Rd.  
York  
- Book Club at 1pm

**Fridays—Aug. 3, 10, 17, 24, 31** at  
Yorkshire Commons, 161 York St. York  
- BINGO at 2pm

*Always call ahead to make sure an event is  
happening...207-363-8444*

## August 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 ahead for updates! Thank you!**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 Bingo-- Yorkshire Commons 2pm
6 Yoga 9:30am \$5 donation Mahjongg 1-3pm	7 Lunch Bingo 12:30 pm	8 Games w/Staff 12:30pm	9 Cribbage 10am	10 Bingo-- Yorkshire Commons 2pm
13 Yoga 9:30am \$5 donation Mahjongg 1-3pm	14 Lunch Bingo 12:30 pm	15	16 Cribbage 10am Book Club 1pm	17 Bingo-- Yorkshire Commons 2pm
20 Yoga 9:30am \$5 donation Mahjongg 1-3pm	21 Lunch Bingo 12:30 pm	22 Games w/Staff 12:30pm	23 Cribbage 10am	24 Bingo-- Yorkshire Commons 2pm
27 Yoga 9:30am \$5 donation Mahjongg 1-3pm	28 Veterans Coffee 9:30am Lunch Bingo 12:30 pm	29	30 Cribbage 10am	31 Bingo-- Yorkshire Commons 2pm

# Special Programs & Events Coming Up!



## Are you Game? Come Play with Us!

Mon. Mahjonn — 1PM Aug. 6, 13, 20, 27 @ BC  
Tues. Lunch Bingo — 12:30PM Aug. 7, 14, 21, 28 @ BC  
Occasional Wed. Games w/Staff — 12:30PM Aug. 8, 22 @ BC  
Thurs. Cribbage — 10AM Aug. 2, 9, 16, 23, 30 @ BC  
Fri. Bingo at Yorkshire Commons — 2PM Aug. 3, 10, 17, 24, 31 @ YC

## Book Club at Baldwin Center, York Housing

Thursday, August 16, @ 1pm  
@ Baldwin Center, York Housing  
117 Long Sands Road, York



What we're reading this month: *Little Fires Everywhere*, by Celeste Ng

**YOU NEED TO READ!** Scientific research supports the longevity benefits of reading ... and books are the best. "As little as a half-hour a day of book reading had a significant survival advantage over those who did not read," said the study's senior author, Becca R. Levy, a professor of epidemiology at Yale.

## A Few **\*\*Free\*\*** August Events at Your Local Library



### Ogunquit Library (207-646-9024)

Annual Book Sale on Fri., Aug. 18 and Sat., Aug. 19 from 9-5. Currently accepting donations of books—no text books or condensed books, please.



### Rice Library Kittery (207-439-1553)

Epicurean Book Club, Wed, Aug. 22, 6pm, Topic: farmer's market foods. Recipes can be from any cookbook or chef, as long as they center on seasonal, local, fresh foods.



### York Library (207-363-2818)

Sun., Aug. 19, 7pm Film: **Chappaquiddick.** This film depicts Ted Kennedy's involvement in the fatal 1969 car accident that claims the life of a young campaign strategist, Mary Jo Kopechne. Rated PG-13. 106 mins.



### Wells Library (207-646-8181)

**Tech Tuesdays!** On the 4th Tues. of each month (Aug. 28), the Adult Services Librarian will be teaching lessons in computer basics. This month we cover how you can get started and utilize social media sites. **FMI, please contact Andrea Kazilionis at [akazilionis@wellstown.org](mailto:akazilionis@wellstown.org)**