

# Neighborhood NETWORK

**Stay Home  
With Us....**



**A Membership Program Collaboration Between York Housing & York Hospital**

**NEWSLETTER SEPTEMBER 2018**

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

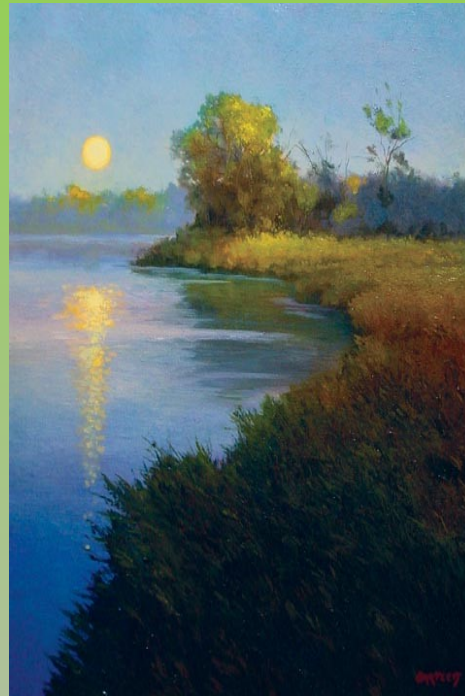
We'd love to hear from  
you with your great  
ideas for new programs  
and events!

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*



**Ahhhhhhhhhhhhhh....**

**Late Summer in Maine!  
The way September should be!**

As construction is finishing up and we're moving into our new community space at the Baldwin Center, scheduling of activities will happen "on the fly" as time and space allow. So please be on the look out for spontaneous activities and announcements!!!

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**



## Yes, flu shots for the 2018-2019 season can be had this early!

### The CDC on Flu Vaccine:

- New vaccines are being produced for the 2018-2019 flu season.
- CDC recommends yearly flu vaccination for people age 6 months and older.
- Get vaccinated by the end of October.

The Food and Drug Administration has begun to release lots of the influenza virus vaccine that protect against three or four viruses for the 2018-2019 season.

Pharmacies are starting to advertise flu shots, and urging people, as does the Centers for Disease Control and Prevention, to get them early before viruses begin to circulate.

Last year's flu season was a severe one across the country, and overall vaccine effectiveness was below the general range of 40 to 60 percent.

This year's vaccines have been modified with an updated A (H3N2) virus as well as a change in a B virus.

Different flu shots are approved for different age groups. Flu vaccines cause antibodies to develop in the body that provide protection against infection with the viruses that are in the vaccine.

It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu. It's best to call ahead to check what pharmacies have in stock if you're planning to get immunized early.

## Ongoing Programs for Our Members & Special Guests

Note: our offices are closed on Mon, Sept 3 for the Labor Day Holiday

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

**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—Sept 10, 17, 24** at Baldwin Center, 117 Long Sands Rd, York  
- Yoga at 9:30am  
- Mahjonn at 1pm

**Tuesdays—Sept 4, 11, 18, 25** at Baldwin Center, 117 Long Sands Rd, York  
- Lunch BINGO at 12:30pm

**Last Tuesday—Sept 25**  
- Veterans Coffee at 9:30am

**Wednesdays—Sept 12, 26** at Baldwin Center, 117 Long Sands Rd, York  
- Games w/Staff at 12:30pm

**Thursdays—Sept 6, 13, 20, 27** at Baldwin Center, 117 Long Sands Rd, York  
- Cribbage at 10am

**Fridays—Sept 7, 14, 21, 28** at Yorkshire Commons, 161 York St. York  
- BINGO at 2pm

## September 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
3 <b>Office Closed for Labor Day</b>	4 Lunch Bingo 12:30 pm	5	6 Cribbage 10am	7 Bingo-- Yorkshire Commons 2pm
10 Yoga 9:30am \$5 donation Mahjongg 1-3pm	11 Lunch Bingo 12:30 pm	12 Games w/Staff 12:30pm	13 Cribbage 10am Book Club 1pm	14 Bingo-- Yorkshire Commons 2pm
17 Yoga 9:30am \$5 donation Mahjongg 1-3pm	18 Lunch Bingo 12:30 pm	19	20 Cribbage 10am	21 Bingo-- Yorkshire Commons 2pm
24 Yoga 9:30am \$5 donation Mahjongg 1-3pm	25 Veterans Coffee 9:30am Lunch Bingo 12:30 pm	26 Games w/Staff 12:30pm	27 Cribbage 10am	28 Bingo-- Yorkshire Commons 2pm

**Is there anyplace more beautiful than Maine in September? I think not!**





# Special Programs & Events Coming Up!



## Are you Game? Come Play with Us!

Mon Mahjongg — 1PM Sept 10, 17, 24 @ BC  
Tues Lunch Bingo — 12:30PM Sept 4, 11, 18, 25 @ BC  
Occasional Wed Games w/Staff — 12:30PM Sept 12, 26 @ BC  
Thurs Cribbage — 10AM Sept 6, 13, 20, 27 @ BC  
Fri Bingo at Yorkshire Commons — 2PM Sept 7, 14, 21, 28@ YC

**Book Club Thursday, Sept 13, @ 1pm @ Baldwin Center,  
York Housing, 117 Long Sands Road, York**



**What we're reading this month—  
Killers of the Flower Moon:  
The Osage Murders and the Birth of the FBI  
by David Grann**

## Top Ten Things to Do in Maine in September

1. **Drive through Fall Colors** — Maine's northern climate supports a foliage season that begins in September, when Baxter State Park begins to come alive with color.
2. **Attend a Local Fair** — The agricultural stars of Maine's fall county fairs bring proud farmers, local onlookers and curious children together all over Maine during the September fair season.
3. **Go Sailing** — Take a sailboat and enjoy the final days of summer on Maine's bays or harbors.
4. **Experience a Haunted History Tour** — Red Cloak Haunted History Tours take guests on walks through historic Maine locales in Bar Harbor and Boothbay, exploring both history and tales of hauntings and ghostly experiences.
5. **Savor Salmon** — Eastport hosts the Maine Salmon Festival **Sept 1-2**, drawing crowds of seafood lovers to the city's breakwater and downtown area for fish-based food, arts, music and sailing.
6. **Land a Plane at the International Seaplane Fly-In** — The International Seaplane Fly-In brings aviators from around the world in for a landing and competitive races in Greenville **Sept. 6-9**.
7. **Celebrate Capriccio** — The city of Ogunquit celebrates on **Sept 6-11** with an annual kite race and Capriccio festival of the arts.
8. **See an Open Lighthouse** — Stop by a participating lighthouse and look around during Maine's annual Open Lighthouse Day on **Sept 8 from 9am-3pm**. Visitors are encouraged to learn more about Maine's role as a beacon for maritime travelers at lighthouses statewide.
9. **Watch a Historical Reenactment** — Friends of Castine Fortifications and 74th Highlanders perform at Fort George in Castine on **Sept 8-9**.
10. **Nurture the Environment** — Visit a southern Maine farm for Punkinfiddle and National Estuaries Day on **Sept 29 10am-2pm** at Laudholm Farm in Wells to learn about Maine's history and natural environment. Bring your fiddle and prepare to play.

