



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?

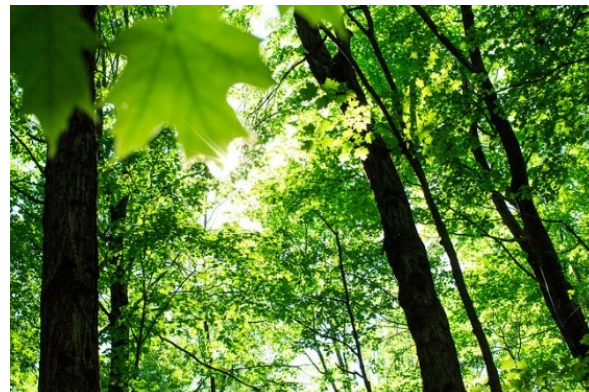
How can we help
organize an activity or
event that inspires
you?

We look forward to
your suggestions!

*Please Call Us
&
Share Today*

EMBRACE THE OUTDOORS!!

Only 20 minutes in nature is
all you need to boost
happiness and lower stress.
Take a moment to Switch up
your Routine and get some
FRESH AIR.



Drink Your Coffee Outside: That doesn't mean gulping it down
while dashing from the house to the car. Sit and sip in the early-
morning sunlight and see how good it makes you feel. Bonus
points if you put down your mug and do a few shoulder rolls!

Plant something: Gardeners have more than a bumper tomato
crop to smile about. People who get their hands in dirt are
generally happier and healthier. Plant an herb garden to
enhance meals and your mood. Needs some seeds?? SEE Sarah
in the York Housing Office.

Go to an Outdoor Concert: It
doesn't matter what type of
music. Sitting on a lawn while
listening to whoever is on the
bandstand is always a summer
high. Dance to the good songs to
burn calories and shake the
stress goblins from your brain.



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**

July Fun Fact!

Put those hot dogs down! Did you know that back in the day in New England salmon was on the menu for the 4th? The reason was that during the 18th Century summer salmon was in abundance in rivers throughout New England. This was John and Abigail Adams's July feast of choice!



Tangy Summer Slaw



Makes 8 to 10 servings This Tangy Summer Slaw is a "perfect side dish to burgers or BBQ. Make it ahead of time and refrigerate until ready to serve.

Ingredients

- 1 head red cabbage, shredded
- 1 head green cabbage, shredded
- 1 carrot, peeled and shredded
- 1 onion, finely chopped
- 1 green pepper, finely chopped
- 1 16-oz. bottle red wine vinegar & oil salad dressing
- 1/4 cup olive oil
- 1/4 cup sugar
- 1 tablespoon Dijon mustard
- 1 teaspoon caraway seed
- salt and pepper to taste

How to Make It

Step 1— Toss together vegetables in a large serving bowl; set aside.

Step 2— Combine remaining ingredients; pour over vegetables.

Step 3— Refrigerate until ready to serve. Toss before serving.

Ongoing Programs for Members & Special Guests

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

Monday-Friday (excl. holidays) 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 1, 8, 15, 22, 29 at Baldwin Center, 117 Long Sands Rd, York
- Yoga at 9:30am (\$5 charge)
- Mahjongg at 1pm

Last Tuesday—July 30
- Veterans Coffee at 9:30am

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

Thursdays—July 11, 18, 25 at Baldwin Center, 117 Long Sands Rd. York
- Cribbage at 10am
- Yoga at 2pm (\$5 charge)

Third Thursday—July 18 at Baldwin Center, 117 Long Sands Rd. York
- Book Club at 1pm

Fridays—July 7, 14, 21, 28
- EUCHRE card game at 12:30 (Baldwin Center, 117 Long Sands Road, York)
- BINGO at 2pm (Yorkshire Commons, 161 York Street, York)

July 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, unless otherwise indicated. 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 Yoga 9:30am -\$5 donation Mahjongg 1-3pm	2	3 Lunch Bingo 12:30 pm	4 Office Closed for Holiday	5 Office Closed for Holiday
8 Yoga 9:30am -\$5 donation Mahjongg 1-3pm	9	10 Lunch Bingo 12:30 pm	11 Cribbage 10am Yoga 2pm-\$5 donation	12 Bingo-- at Yorkshire Commons 2pm
15 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	16	17 Lunch Bingo 12:30 pm	18 Cribbage 10am Book Group 1pm Yoga 2pm-\$5 donation	19 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
22 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	23	24 Lunch Bingo 12:30 pm	25 Cribbage 10am Yoga 2pm-\$5 donation	26 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
29 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	30 Veterans Coffee 9:30am	31 Lunch Bingo 12:30 pm		

Soothe a Sunburn

Raw honey, a natural antiseptic, can help heal damaged skin.

Carefully spread a drop of honey on the affected area, cover it with gauze, and let it sit for 10 minutes.



 **Neighborhood
NETWORK**
TRANSPORTATION

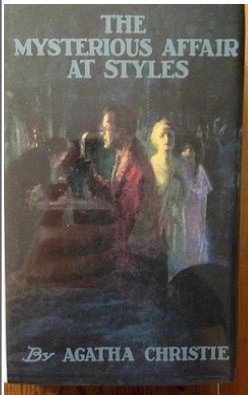


Live in York?
Need a Ride?
Call 207-351-1828

The Back Page

Are you Game? Come Play with Us!

Monday Mahjongg @BC — 1pm on Mon July 1, 8, 15, 22, 29
Wednesday BINGO @BC — after lunch on Wed July 3, 10, 17, 24, 31
Thursday Cribbage @BC — 10am on Thurs July 11, 18, 25
Friday EUCHRE card game @BC — 12:30pm on Fri July 12, 19, 26
Friday BINGO @YC — 2pm on Fri July 12, 19, 26

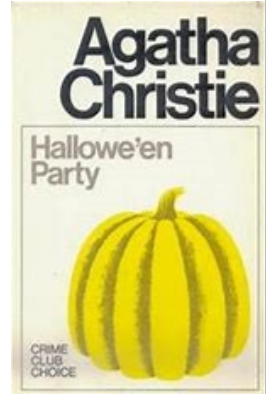


Book Club at Baldwin Center

Next Discussion: Thursday, July 18 @ 1pm

July Reading Selections

Two Agatha Christie Mysteries with Hercule Poirot!
The Mysterious Affair at Styles—her first published work (1920)
Hallowe'en Party — her last Poirot mystery (1969)



Chair YOGA at Baldwin Center Now Twice a Week!!!

Yoga improves your balance, sharpens your mind, boosts your mood!

Monday Mornings w/Pam @ 9:30AM — July 1, 8, 15, 22, 29
Thursday Afternoons w/Laura @ 2PM — July 12, 19, 26



BERRY-BLACK TEA PUNCH



3 TO 4 LEMONS

2 CUPS RASPBERRIES

¼ CUP MINT LEAVES

2 CUPS BLACKBERRIES

16 TEA BAGS (Black Tea)

2 PINTS RASPBERRY SORBET

Thinly slice 1 lemon. In a Bundt pan, arrange lemon slices, raspberries and mint. Top with water and freeze.

Meanwhile, bring 6 cups water to a boil. Mash blackberries in a large measuring cup or pitcher. Add tea bags to measuring cup with blackberries and top with boiling water. Let cool 10 minutes.

Juice remaining lemons to get ½ cup juice and stir into tea along with sorbet. Chill completely. Strain, then serve with ice ring.