



## *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*



## **TheSkimm.com— Social Media Addiction: How it Affects Your Brain**

If you feel like scrolling through your social media feed is addictive, that's because it is.

Meet dopamine. It's a chemical your brain releases to make you feel good — like when you drink alcohol, get that big promotion, or see someone you love. All of that can equal dopamine.

When you get a notification that someone liked your latest Insta photo, your body also produces dopamine.

Rewind a few thousand years back to the caveman era where humans lived in small groups. Our brains started to develop a "pack mentality." If you were going to survive and not get eaten by a lion, you needed to be included in the pack.

Your brain evolved in a way to make sure you were always striving to be part of the group.

When everyone in your pack accepted you, your brain responded by releasing dopamine to make you happy. And if you were voted off the island, your body responded in a negative way (think fight or flight mode).

Our brains are still hard-wired the same way today.

Your social media feed is where your friends tell you they like your girlfriend, approve of your outfit, or think your nephew is cute. Their approval (or likes) gives you the pack approval your brain craves and it re-enforces that with dopamine.

That's what keeps you coming back for more. And it's one reason why you felt like a celebrity when you got a record high number of likes on your vacation photo. Consider taking a vacation from social media if you feeling overloaded!

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**

## Famous August Birthdays

Barack Obama	Herman Melville
Hulk Hogan	Jennifer Lawrence
Ben Affleck	Madonna
Robert DeNiro	Peter O'Toole
Cameron Diaz	



## Crustless Spinach Pie

Yield: 2 servings

### Ingredients:

2 tablespoons butter  
2 eggs (large)  
1/2 cup flour  
1/2 cup milk (1%)  
2 garlic cloves (minced, or 1/2  
teaspoon garlic powder)  
1/2 teaspoon baking powder  
4 ounces mozzarella  
2 cups spinach (chopped, fresh)

### Preparation:

Preheat oven to 350 degrees.  
Melt butter or margarine in an 8 inch baking pan.  
Beat eggs well. Add flour, milk,  
garlic and baking powder. Pour into baking pan. Stir  
in cheese and spinach.  
Bake for 30-35 minutes or until firm and the cheese is  
slightly golden brown.



## 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 (**Note: Summer Tuesdays are Grill  
Day; otherwise, the York Hospital  
menu is served**)  
- \$5 Lunch at Noon  
(**RSVP: 207-363-8444 by 9:30am to  
place your order**)

**Mondays—Aug 5, 12, 19, 26** at  
Baldwin Center, 117 Long Sands Rd,  
York  
- Yoga at 9:30am (\$5 charge)  
- Mahjonnig at 1pm

**Last Tuesday—August 27**  
- Veterans Coffee at 9:30am

**Wednesdays—August 5, 12, 19, 26**  
at Baldwin Center, 117 Long Sands Rd.  
York  
- Lunch BINGO at 12:30pm

**Thursdays—August 1, 8, 15, 22, 29**  
at Baldwin Center, 117 Long Sands Rd.  
York  
- Cribbage at 10am  
- Yoga at 2pm (\$5 charge)

**Third Thursday—August 15** at  
Baldwin Center, 117 Long Sands Rd.  
York  
- Book Club at 1pm

**Fridays—August 2, 9, 16, 23, 30**  
- EUCHRE card game at 12:30 (Baldwin  
Center, 117 Long Sands Road, York)  
- BINGO at 2pm (Yorkshire Commons,  
161 York Street, York)

# August 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	2 EUCHRE card game 12:30pm Bingo-- at <b>Yorkshire Commons 2pm</b>
5 Yoga 9:30am -\$5 donation Mahjongg 1-3pm	6	7 Lunch Bingo 12:30 pm	8 Cribbage 10am Yoga 2pm-\$5 donation	9 Bingo-- at <b>Yorkshire Commons 2pm</b>
12 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	13	14 Lunch Bingo 12:30 pm	15 Cribbage 10am Book Group 1pm Yoga 2pm-\$5 donation	16 Bingo-- at <b>Yorkshire Commons 2pm</b>
19 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	20	21 Lunch Bingo 12:30 pm	22 Cribbage 10am Yoga 2pm-\$5 donation	23 EUCHRE card game 12:30pm Bingo-- at <b>Yorkshire Commons 2pm</b>
26 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	27 Veterans Coffee 9:30am	28 Lunch Bingo 12:30 pm	29 Cribbage 10am Yoga 2pm-\$5 donation	30 EUCHRE card game 12:30pm Bingo-- at <b>Yorkshire Commons 2pm</b>

## August Fun Facts

- Named after Augustus Caesar, the first Emperor of Rome, who died in Aug AD14.
- Known as the "dog days of summer" because of the star Sirius (AKA: the Dog Star), which rose at the same time as sunrise during the month of August in ancient Roman times.
- Aug 24, 79 A.D., Mt. Vesuvius erupted and destroyed the city of Pompeii.
- Martin Luther King, Jr., gave his famed "I Have A Dream" speech on Aug 28, 1963.



**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 Aug 5, 12, 19, 26

**Wednesday** BINGO @BC — after lunch on Wed Aug 7, 14, 21, 28

**Thursday** Cribbage @BC — 10am on Thurs Aug 1, 8, 15, 22, 29

**Friday** EUCHRE card game @BC — 12:30pm on Fri Aug 2, 9, 16, 23, 30

**Friday** BINGO @YC — 2pm on Fri Aug 2, 9, 16, 23, 30



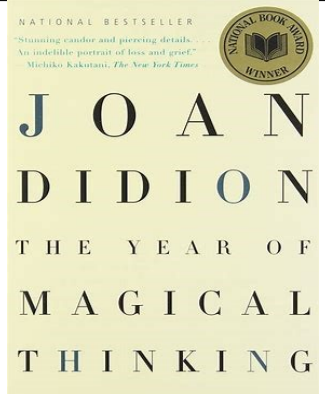
## Book Club at Baldwin Center

Next Discussion: Thursday, August 15 @ 1pm

### August Reading Selection

## The Year of Magical Thinking by Joan Didion

'An act of consummate literary bravery, a writer known for her clarity allowing us to watch her mind as it becomes clouded with grief.' *Goodreads.com*



## 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 — August 5, 12, 19, 26**

**Thursday Afternoons w/Laura @ 2PM — August 1, 8, 15, 22, 29**



## Wed, Aug 14, 5:30 – 6:30pm—Meditation Meetup

## Free Series on Wednesdays At York Public Library!

**Part of an ongoing series on Wednesdays this summer at York Public Library, this session will be led by Avi Magidoff. Avi belongs to the 43rd generation of the LinJi Meditation School, and has been a student of Zen Master Thich Nhat Hanh for more than two decades. He practices acupuncture in Portsmouth and teaches mindfulness, meditation and acupuncture in North America, Europe and Asia. Avi says: "In each session we practice sitting meditation as well as walking meditation for calming the mind as well as developing, concentrating and observing our habitual patterns so as to gain insight and free ourselves of those patterns." Dress comfortably and if you have your own cushion, please bring it with you. The library has a limited number of meditation cushions available on a first come, first serve basis. This program is free and open to all ages and abilities. No prior experience needed. **FMI call York Public Library @ 207-363-2818.****

