



Calling All Friends, Members & Volunteers!

We'd love to hear from
you with your great
ideas for new pro-
grams 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*

Special Fall Offer for York Residents!!!! Associate Neighborhood Network Membership

**\$10/month (3-month minimum)
FMI Call Sarah 207-351-1828!**



Associate members receive these benefits:

- 2 roundtrip rides/week (8 rides/month) anywhere within the Town of York and complimentary rides to York Housing events, if space available.
- Baldwin Café Lunch M-F (cost: \$5 for those 62 and older; \$6 others).
- Monthly calendar of social and educational activities at York Housing -- including yoga, cribbage, mahjonn, book club, BINGO, Warm Up America knitters & crocheters group, Crafty Crafters, veterans coffee, fall-winter movies, seasonal holiday celebrations, and much more. (NOTE: most events are free, however, some will charge a small fee—\$5 or less/person.)

Keep those muscles strong and alert—Take a Wiggle Break!



- | | |
|-------------------------------------|---------------------------------------|
| 1. Tap your feet | 6. Change position |
| 2. Swing your legs | 7. Go for a stroll |
| 3. Drum your fingers on a table | 8. Stand while talking on the phone |
| 4. Stand and reach to the sky | 9. Use stairs instead of the elevator |
| 5. Move your head from side-to-side | 10. Get up and move every 30 mins |

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**

\$5 Lunch-time Meals!!!

Offered at the Baldwin
Café Monday-Friday

(excl. holidays — **no meal on Oct 14**)



Please call Sarah to sign up by 9:30am to
order a meal for that day—207-351-1828

- Lunch is **\$5 per meal (age 62+; otherwise \$6)** and includes two entrée choices, a soda, dessert or fruit.
- You may pay by cash or check to “York Housing”
- The menu comes weekly from the hospital. You may request a menu to be sent by mail or email on Thurs for the upcoming week and you may call or submit your menu choices to the office at any time.
- **IMPORTANT:** If you have special dietary needs or issues (e.g., gluten free), you must call York Hospital Dining to inquire which choices are appropriate for you before you submit your choices to the office.

THANK YOU FOR PARTICIPATING!

We have a NEW CREATIVE GROUP



Getting together on: **Tuesdays at 1pm**
(10/1, 8, 15, 22, 29) in the Baldwin
Center Boardroom

This is a great time to visit with your friends, have a cup of coffee, be creative! You're welcome to bring a project you are currently working on or try out the “craft of the day”! **Call Sarah with any**

**Monthly Veterans
Coffee @ Baldwin Café**
Tues Oct 29 9:30AM
(RSVP 207-361-1828)



Ongoing Programs for Members & Special Guests

*Always call ahead to make sure an event is
happening...207-351-1828*

**Mon-Fri (excl. holidays—NOTE: NO
MEAL ON MON 10/14)** at
Baldwin Center, 117 Long Sands Rd,
York
- \$5 Lunch at Noon (**RSVP: 207-351-
1828 by 9:30am to place your
order**)

**Mon—Oct 7, 14, 21, 28 (NOTE: NO
PROGRAMS ON MON 10/14)** at
Baldwin Center, 117 Long Sands Rd,
York
- Yoga at 9:30am (\$5 charge)
- Mahjogg at 1pm

Tues—Oct 1, 8, 15, 22, 29 at
Baldwin Center, 117 Long Sands Rd,
York
- Yoga at 9:30am (\$5 charge)

Last Tues—Oct 29
- Veterans Coffee at 9:30am

Wed—Oct 2, 9, 16, 23, 30 at
Baldwin Center, 117 Long Sands Rd.
York
- Lunch BINGO at 12:30pm

Thurs—Oct 3, 10, 17, 24, 31 at Bald-
win Center, 117 Long Sands Rd. York
- Cribbage at 10am
- Yoga at 2pm (\$5 charge) (**NOTE: NO
CLASS ON THURS 10/17**)



**Second Thurs—Oct 10 (NOTE
CHANGE IN DATE FOR OCT
ONLY)** at Baldwin Center, 117 Long
Sands Rd. York
- Book Club at 1pm

Fri—Oct 4, 11, 18, 25
- EUCHRE card game at 12:30 (Baldwin
Center, 117 Long Sands Road, York)
- BINGO at 2pm (Yorkshire
Commons, 161 York Street, York)

October Neighborhood Network Calendar

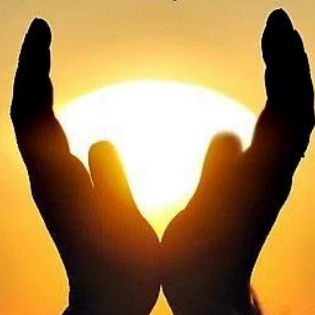
FMI or to participate, please call us at 207-351-1828 or email coordinator@neighborhoodnetwork.me

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.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NEW Craft Group @ BC Boardroom 1pm	2 Lunch Bingo 12:30 pm	3 Cribbage 10am Yoga 2pm-\$5 donation	4 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
7 Yoga 9:30am -\$5 donation Mahjongg 1-3pm	8 -NEW Craft Group @ BC Boardroom 1pm	9 Lunch Bingo 12:30 pm	10 Cribbage 10am Book Group 1pm—change from regular date Yoga 2pm-\$5 donation	11 Bingo-- at Yorkshire Commons 2pm
14 Office Closed for Indigenous Peoples' Day —(NO YOGA OR MAHJONGG)	15 NEW Craft Group @ BC Boardroom 1pm	16 Lunch Bingo 12:30 pm	17 Cribbage 10am -BOOK GROUP CHANGED TO 9/8 -NO YOGA CLASS TODAY	18 Bingo-- at Yorkshire Commons 2pm
21 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	22 NEW Craft Group @ BC Boardroom 1pm	23 Lunch Bingo 12:30 pm	24 Cribbage 10am Yoga 2pm-\$5 donation	25 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
28 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	29 Veterans Coffee 9:30am NEW Craft Group @ BC Boardroom 1pm	30 Lunch Bingo 12:30 pm	31 Cribbage 10am Yoga 2pm-\$5 donation	

Happiness is an inside job.
Don't assign anyone else that much power over your life.

-Mandy Hale



Neighborhood
NETWORK

TRANSPORTATION



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

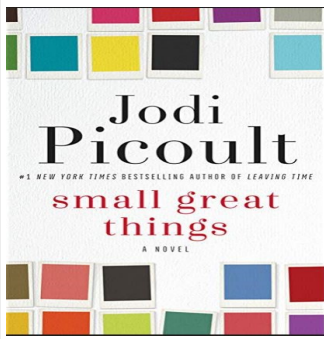
The Back Page

Book Club at Baldwin Center —
ALL ARE WELCOME!!!

Next Discussion: Thurs, Oct 10 @ 1pm

Small Great Things

by Jodi Picoult



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

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

Monday Mornings: Waking Up with Leigh

@ 9:30AM — Oct 9, 16, 23, 30

Thursday Afternoons: Seeking Serenity with Laura

@ 2PM — Oct 3, 10, 24, 31 *(no class on Oct 17)*



Are you Game? Come Play with Us!

Mon Mahjongg @BC — 1pm on **Mon** Oct 7, 21, 28 *(no class on 10/14)*

Wed BINGO @BC — after lunch on **Wed** Oct 2, 9, 16, 23, 30

Thurs Cribbage @BC — 10am on **Thurs** Oct 3, 10, 17, 24, 31

Fri EUCHRE card game @BC — after lunch on **Fri** Oct 4, 11, 18, 25

Fri BINGO @YC — 2pm on **Fri** Oct 4, 11, 18, 25



Warm Up America Group! Stitching Up a Storm to Help Others!

Please join us at Yorkshire Commons **WED 1-3pm** (Oct 2, 9, 16, 23, 30)

Call Sandy @ Yorkshire Commons FMI: 207-361-4447

Fall Prevention Strategies:

- Nightlights are a low-cost way to make dark areas safer and brighter.
- Install proper grab bars in bathrooms.
- Add a secure rubber mat to your bathtub.
- Clean up clutter throughout walk-ways and on stairwells.
- Stretch often and sit down when you are tired.
- Remove scatter rugs.
- Use a Grabber when items are out of reach.

