



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*



"ONE OF
MY NEW YEAR'S
RESOLUTIONS
IS DEFINITELY
TRYING TO STOP
AND LIVE IN THE
MOMENT AND
CHERISH IT."

— THOMAS RHETT

New Year's Resolutions....

We love providing members with a variety of programs and services for your enjoyment and enrichment! We need your participation and enthusiasm to support these activities and keep them going! Help us recruit new members and participants! Make a resolution to come try all of our programs and invite a friend or two to join you! You'll be amazed how much fun you'll have and new friends you'll make! Seize the Day!

Note about Program cancellations during winter weather: If York schools are closed, our meals and regular programs are cancelled also. Please call our office to confirm!

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 Jan 20**)



**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!

Anything that annoys you is
for teaching you patience.

Anyone who abandons you is for teaching you
how to stand up on your own two feet.

Anything that angers you is for teaching
you forgiveness and compassion.

Anything that has power over you is for
teaching you how to take your power back.

Anything you hate is for teaching
you unconditional love.

Anything you fear is for teaching you
courage to overcome your fear.

Anything you can't control is
for teaching you how to let go.

— JACKSON KIDDARD

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 1/20)** at Baldwin Center, 117
Long Sands Rd. York
- \$5 Lunch at Noon (**RSVP: 207-351-
1828 by 9:30am to place your
order**)

**Mon—Jan 6, 13, 27 (NOTE: NO
PROGRAMS MON 1/20)** at Baldwin
Center, 117 Long Sands Rd, York
- Yoga at 9:30am (\$5 charge)
- Mahjongg at 1pm

Tues—Jan 7, 14, 21, 28 at
Baldwin Center, 117 Long Sands Rd
- Crafty Crafters at 1pm

Wed—Jan 8, 15, 22, 29 at
Baldwin Center, 117 Long Sands Rd
- Lunch BINGO at 12:30pm
- Coloring Class-Pine Grove at 1pm
- Warm Up America-Yorkshire Commons
2pm

Thurs—Jan 2, 9, 16, 23, 30 at
Baldwin Center, 117 Long Sands Rd
- Cribbage at 10am
- Yoga at 2pm (\$5 charge)

Third Thurs—Jan 16 at Baldwin
Center, 117 Long Sands Rd. York
- Book Club at 1pm

Fri—Jan 3, 10, 17, 24, 31
- EUCHRE card game at 12:30 (Baldwin
Center, 117 Long Sands Road, York)
- BINGO at 2pm (Yorkshire Commons,
161 York Street, York)

January 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 Happy New Year — Office closed	2 Cribbage 10am Yoga 2pm-\$5 donation	3 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
6 Yoga 9:30am -\$5 donation Mahjongg 1-3pm	7 <i>Crafty Crafters @ BC Boardroom 1pm</i>	8 Lunch Bingo 12:30 pm <i>Coloring PG 1pm</i> Warm Up America 1-3pm at Yorkshire Commons	9 Cribbage 10am Yoga 2pm-\$5 donation	10 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
13 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	14 <i>Crafty Crafters @ BC Boardroom 1pm</i>	15 Lunch Bingo 12:30 pm <i>Coloring PG 1pm</i> Warm Up America 1-3pm at Yorkshire Commons	16 Cribbage 10am <i>Book Group 1pm</i> Yoga 2pm-\$5 donation	17 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
20 Martin Luther King Holiday — Office closed	21 <i>Crafty Crafters @ BC Boardroom 1pm</i>	22 Lunch Bingo 12:30 pm <i>Coloring PG 1pm</i> Warm Up America 1-3pm at Yorkshire Commons	23 Cribbage 10am Yoga 2pm-\$5 donation	24 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
27 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	28 <i>Veterans Coffee 9:30am @ BC</i>	29 Lunch Bingo 12:30 pm <i>Coloring PG 1pm</i> Warm Up America 1-3pm at Yorkshire Commons	30 Cribbage 10am Yoga 2pm-\$5 donation	31 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm

Continuing Our Special Offer for York Residents

**Associate Neighborhood Network Membership
\$10/month (3-mo min.) 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, mahjongg, 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.)

 **Neighborhood
NETWORK**

TRANSPORTATION



Live in York?

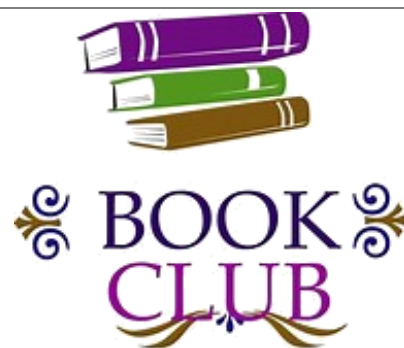
Need a Ride?

Call 207-351-1828

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

Next Discussion: Thurs, Jan 16 @ 1pm

We'll review past selections, talk about our favorite books, and everyone will suggest one book for the group to read in 2020!!!



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 — Jan 6, 13, 27 **no class on Jan 20)**

Thursday Afternoons: Seeking Serenity with Laura

@ 2PM — Jan 2, 9, 16, 23, 30



Are you Game? Come Play with Us!

Mon Mahjongg @BC — 1pm on **Mon** Jan 6, 13, 27 **(no game on 1/20)**

Wed BINGO @BC — after lunch on **Wed** Jan 8, 15, 22, 29

Thurs Cribbage @BC — 10am on **Thurs** Jan 2, 9, 16, 23, 30

Fri EUCHRE card game @BC — after lunch on **Fri** Jan 3, 10, 17, 24, 31

Fri BINGO @YC — 2pm on **Fri** Jan 3, 10, 17, 24, 31



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

Yorkshire Commons **WED 1-3pm** (Jan 1, 8, 15, 22, 29)
Call Sandy @ Yorkshire Commons FMI: 207-361-4447



**Adult Coloring
Class with
Barbara Herman**

At York Housing's Pine Grove
Community Room
Wednesdays at 1pm
(Jan 8, 15, 22, 29)