

Neighborhood NETWORK

Stay Home
With Us....



A Membership Program Collaboration Between York Housing & York Hospital

NEWSLETTER FEBRUARY 2020

*Calling All
Friends,
Members &
Volunteers!*

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

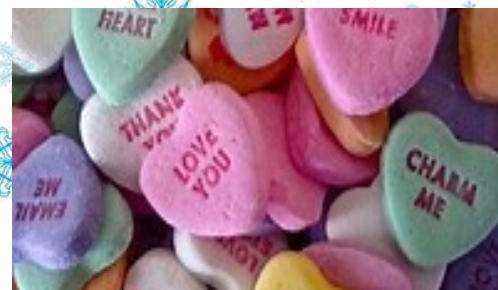
What would you like
to see happening in
your community?

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

We look forward to
your suggestions!

*Please Call Us
&
Share Today*

**SO MUCH
TO CELEBRATE!**



**HAPPY
VALENTINES
DAY!**

**HAPPY
Presidents
DAY**

will you be mine? **PRESIDENTS DAY**
SUPER BOWL
XO SHADOW OR NOT?
XO shortest Month 14th
mardi gras lombardi trophy
♥ **GROUNDHOG DAY**
conversation hearts
all you need is love
KISS ME je l'aime chocolate
valentine february

**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 Feb 17**)



**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!



February is
National Heart
Awareness
Month

**The heart
beats** around
3 billion times,
non stop, in
the average
human lifetime.

Your heart sends life-giving oxygen, nutrients, and natural medicine through your bloodstream to all parts of your body. That's what your heart does for you. Why not take this month to pay attention to your heart's health? **Help your heart keep you alive!**

- 1) Exercise to support, not strain, your heart.
- 2) Take time to relax and rejuvenate in nature.
- 3) Connect with friends and family.
- 4) Eat more heart-healthy foods.
- 5) Get 6-8 hours of sleep at night.
- 6) Laugh, smile, and play.

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 2/7 OR 2/17—OFFICE
CLOSED)** at Baldwin Center, 117 Long
Sands Rd. York
- \$5 Lunch at Noon (**RSVP: 207-351-
1828 by 9:30am to place your
order**)

**Mon—Feb 3, 10, 24 (NOTE: NO
PROGRAMS MON 2/17)** at Baldwin
Center, 117 Long Sands Rd, York
- Yoga at 9:30am (\$5 charge)
- Mahjongg at 1pm

Tues—Feb 4, 11, 18, 25 at
Baldwin Center, 117 Long Sands Rd
- Crafty Crafters at 1pm

Wed—Feb 5, 12, 19, 26 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—Feb 6, 13, 20, 27 at
Baldwin Center, 117 Long Sands Rd
- Cribbage at 10am
- Yoga at 2pm (\$5 charge)

Third Thurs—Feb 20 at Baldwin
Center, 117 Long Sands Rd. York
- Book Club at 1pm

**Fri—Feb 14, 21, 28 (NOTE: NO PRO-
GRAMS FRI 2/7—OFFICE CLOSED)**
- EUCHRE card game at 12:30 (Baldwin
Center, 117 Long Sands Road, York)
- BINGO at 2pm (Yorkshire Commons,
161 York Street, York)

February 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
3 Yoga 9:30am -\$5 donation Mahjongg 1-3pm	4 <i>Crafty Crafters @ BC Boardroom 1pm</i>	5 Lunch Bingo 12:30 pm <i>Coloring PG 1pm</i> Warm Up America 1-3pm at Yorkshire Commons	6 Cribbage 10am Yoga 2pm-\$5 donation	7 <i>Office Closed for Conference</i>
10 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	11 <i>Crafty Crafters @ BC Boardroom 1pm</i>	12 Lunch Bingo 12:30 pm <i>Coloring PG 1pm</i> Warm Up America 1-3pm at Yorkshire Commons	13 Cribbage 10am Yoga 2pm-\$5 donation	14 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
17 <i>Presidents Day Holiday — Office Closed</i>	18 <i>Crafty Crafters @ BC Boardroom 1pm</i>	19 Lunch Bingo 12:30 pm <i>Coloring PG 1pm</i> Warm Up America 1-3pm at Yorkshire Commons	20 Cribbage 10am <i>Book Group 1pm</i> Yoga 2pm-\$5 donation	21 EUCHRE card game 12:30pm Bingo-- at Yorkshire Commons 2pm
24 Yoga 9:30am-\$5 donation Mahjongg 1-3pm	25 <i>Veterans Coffee 9:30am @ BC</i> <i>Crafty Crafters @ BC Boardroom 1pm</i>	26 Lunch Bingo 12:30 pm <i>Coloring PG 1pm</i> Warm Up America 1-3pm at Yorkshire Commons	27 Cribbage 10am Yoga 2pm-\$5 donation	28 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 Meeting: Thurs, Feb 20 @ 1pm

A Yankee Book Swap!

Bring a Book, Magazine, or other Reading Material that you've enjoyed and would recommend to the group and we'll swap!!!



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

Monday Mornings: Waking Up with Leigh

@ 9:30AM — Feb 3, 10, 24 **(no class on Feb 17)**

Thursday Afternoons: Seeking Serenity with Laura

@ 2PM — Feb 6, 13, 20, 27

Are you Game? Come Play with Us!

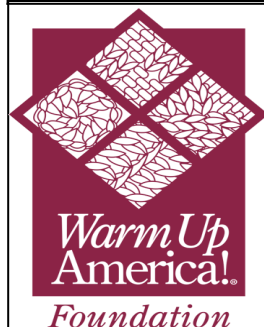
Mon Mahjongg @BC — 1pm on **Mon** Feb 3, 10, 24 **(no game on 2/17)**

Wed BINGO @BC — after lunch on **Wed** Feb 5, 12, 19, 26

Thurs Cribbage @BC — 10am on **Thurs** Feb 6, 13, 20, 27

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

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



Warm Up America Group!

Meets at Yorkshire
Commons **WED 1-3pm**
(Feb 1, 8, 15, 22, 29)

FMI: Call Sandy
@ 207-361-4447



February is
National Senior
Independence
Month

Adult Coloring Class

At York Housing's
Pine Grove
Community Room
Wednesdays at 1pm
(Feb 5, 12, 19, 26)



Staying independent requires ensuring the safety of your home environment; staying healthy with proper diet and exercise; and making sure wherever you choose to age that there is a social environment where you can meet and interact with others in order to thrive as you age. Research shows that without socialization and ongoing purpose, your quality of life declines. So Keep Active!