Office Hours
Monday-Thursday
9 AM-4 PM
Friday 9 AM - 3 PM

News & Views

Lincoln House Outreach, Inc.

September 2020

303 West 66th Street
New York, NY 10023

Phone (212) 875-8958 **Lincolnhouseoutreach.org** **Volume 40, Issue 3**

ALONE TOGETHER

We never could have imagined we would be where we are just six months ago. We are undoubtedly living in unprecedented times. From the Covid crisis to the social justice movement we have all had to adjust ourselves in ways we never imagined.

We must live to the best of our abilities, taking it day to day and sometimes maybe just hour by hour. Hopefully, within each day we all are able to find some peace and joy and reflect on what is truly important.

We in Outreach hope you are all coping, staying safe and finding what is truly meaningful to you and your family now. Together we will get to the other side.

Our social workers are here each day for guidance and support to anyone in the 303 community. Please call us with questions or concerns and we will do our very best to help you.

We are open Monday - Friday from 10am - 3pm.

Kindly call before you visit. We have cotton washable masks if you need some.

Holly Zinn, Director

While we are not able to offer in person classes due to the pandemic we do have a number of ways for you to stay connected to your neighbors, get moving and be entertained.

MOVIN' with SUSAN
Feldenkrais Chair & Mat Classes

(see next page for more information*)

****

Letitia, Outreach's social worker and experienced group leader is offering **the following discussion groups:**

2nd and 4th Tuesday of each month from 1:30 - 2:30pm - **Men's Group** - takes place over conference call.

Wednesdays from 2:30 -3:30pm. What's on your mind and how are you handling the pandemic? **Covid - Conversations and Tips. Takes place on Zoom.**

1st and 3rd Thursday of each month from 1:30 - 2:30pm - **Caregiver Support Group**. For someone taking care of a spouse, parent or adult child. **Takes place on Zoom.**

To join the discussion groups, email Letitia at **Letitia@lincolnhouseoutreach.org** to receive instructions..

THANK YOU LAURA LUI LEUNG!

During the pandemic, we decided it was time to end Outreach's Intergenerational program.

We wish to thank our leader, Laura for her creativity, enthusiasm, dedication and infectious smile.

And thank you to her faithful volunteers, Naomi Rossabi and (late) Helen Levine.

In Memoriam

We have had to say farewell to many wonderful friends and neighbors recently. And due to the pandemic we had to do so apart. We deeply mourn and will greatly miss:

Dolores Bogdan
Barbara Cripps
Janet Laidman
Lillian Mussman
Phyllis Cohen
Carolyn Dreizen
Helen Levine

If you wish to make a donation to Lincoln House Outreach in memory of any of these people it would be greatly appreciated.

Lincoln House Outreach is partially funded by a grant from the City Council in partnership with the NYC Department for the Aging (DFTA)

Every Monday and Friday at 2pm - Live One Hour Concerts with Concerts in Motion.

The genre changes weekly

The concert will begin at 2PM. The meeting will open at least 10 minutes prior to the performance, and you will be able to join the waiting room during this time. If you are joining by phone, you will hear the message, "You have been put on hold by the host. You cannot listen or talk until the host releases the hold." Please stay on the line; you will be let in asap.

To join the Zoom on a computer or tablet go to this link:

https://zoom.us/j/426474125

The meeting ID is 426-474-125

Concerts in Motion
Caring through music

Or you can dial in by phone:

+1 929 205 6099 US (New York)
+1 301 715 8592 US

If you dial in by phone: 1. you will be prompted to enter the meeting ID, followed by **#.**

The meeting ID is 426-474-125

2. When asked for a participant ID, please skip this by pressing # again.

Classes on Zoom.....

*Stay connected and keep moving in the comfort of your home. Feldenkrais Chair and Mat classes are designed to relax your nervous system.
Every class is different.
To register and receive a link write to
Susan@sumacyoga.com or check out
www.Sumacyoganyc.com.
$10 for the week—take as many classes as you like.

Zoom Chair Feldenkrais/Chair Yoga class **11AM Tuesday**

Zoom Mat Feldenkrais Class **10AM Monday**

Zoom Mat Feldenkrais Class **6PM Thursday**

From Borough President Gayle Brewers Office

NYC Parks' **Summer on the Hudson** is offering online fitness, arts and family programming in lieu of its annual Riverside Park festival.

https://www.nycgovparks.org/events/summer_on_the_hudson

Our neighborhood library on Amsterdam Avenue is now OPEN for Grab & Go reading materials!

127 Amsterdam Ave. at 65th Street
New York, NY 10023
(212) 870-1810

"We are now offering grab-and-go service at select branch locations. This service allows patrons to access a limited area of these branches to return materials and pick up holds. **Reserve your items online or by phone** and select the open branch you would like for pickup. You'll receive an email when your items are ready, and then you can head to your selected branch for contactless pickup. Don't forget your mask!"

Monday	11 AM–6 PM
Tuesday	11 AM–6 PM
Wednesday	12 PM–7 PM
Thursday	11 AM–6 PM
Friday	11 AM–5 PM
Saturday	11 AM–5 PM
Sunday	CLOSED