

Office Hours

Monday-Thursday
10:00AM-3:00PM
Friday 9AM to 12PM

News & Views

Lincoln House Outreach, Inc.

303 West 66th Street
New York, NY 10023

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Trip to the National Museum of the American Indian Tuesday, September 26th; 10:15 to 1:30pm



“A diverse and multifaceted cultural and educational enterprise, the National Museum of the American Indian (NMAI) is an active and visible component of the Smithsonian Institution, the world's largest museum complex.

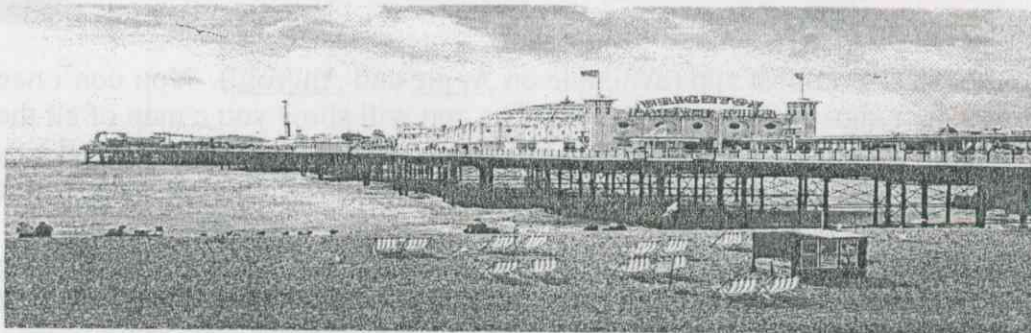
The NMAI cares for one of the world's most expansive collections of Native artifacts, including objects, photographs, archives, and media covering the entire Western Hemisphere, from the Arctic Circle to Tierra del Fuego.”

Seating is limited so contact Outreach to reserve your spot on the van.

Trip to Brighton Beach Thursday, September 21st; 10:15AM to 2:30PM

Enjoy this one-of-a-kind neighborhood featuring an uncluttered stretch of seaside and a charming boardwalk, making it one of the most attractive beaches in Brooklyn.

You must contact Outreach to reserve your spot on the van.



To remember Outreach as a beneficiary of your will, trust or account, our legal name is "Lincoln House Outreach, Inc."
Lincoln House Outreach is partially funded by a grant from the City Council in partnership with NYC Aging (DFTA)

September is National Falls Prevention Month!

Let's get together once again with Robin and her team from Advantage Physical and Occupational Therapy.

They are sponsoring a free balance and falls prevention clinic here at 303. You will be able to:

- ◆ Sign up for an individualized **falls risk assessment** from a physical therapist using evidence based tests.
- ◆ Learn **about fall proofing your home** with our occupational therapist.
- ◆ Learn basic exercises to help prevent falls.

Let's all learn of our risk of falls and take action!

Wednesday, October 4th, 11:00 - 2:00.

You must call Outreach to **schedule your appointment.**

FILM CLUB

Thursday, **September 7th**
11:00; Community Room

Watch "The Wife" on Netflix

Come join us after watching for an interesting conversation! Community Room

This film club is volunteer led and open to all adults in the building.

Trader Joe's / T.J. MAXX Eastside

Monday, September 11th, 10:45-1:00

Costco

Thursday, September 14th 10:15-1:30

Call or email Outreach to reserve your spot on the van for **ALL** trips.

LOCKED COMPOSTING BINS ON THE UWS

The new composting bins will provide around-the-clock locations for New Yorkers to drop off their organic food waste, rather than waiting on the weekly green market. **Closest bin to 303 is on 65th St. and West End Ave.**



"How do I use the smart bins?"

First, download the NYC Compost app (available on Apple and Android). You don't need to input any information or sign up (it is free to use). The app will show you a map of all the smart bins in the city and if they are available for use. The app is used to unlock the bins. To do this, click on the bin in the map you want to use and then "Unlock Bin." You have to be within a few feet of the bin to unlock it.

"What can I put in the bin?" Smart Composting Bins accept all food scraps, plant waste, and food-soiled paper. This includes meat, bones, dairy, prepared foods, and greasy uncoated paper plates and pizza boxes. **Do NOT** put recyclable materials or trash such as diapers, personal hygiene products, animal waste, wrappers, non-paper packaging, and foam products." (Info from West Side Rag)