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Lincolnhouseoutreach.org

LINCOLN HOUSE outreach

March 2025
Volume 44, Issue 3

Office Hours
Monday-Friday
10:00AM-3:00PM

WHITE ELEPHANT SALE

You asked for it and we got it—The White Elephant Sale is Coming in May!

Drop off your new or like new items in the Community Room
at the end of April and the **SALE** will take place
Friday, May 2nd and Saturday May 3rd

We will be selling the items as a fundraiser for Outreach.

Clear out items you no longer use and keep things out of the landfill by
donating them to the sale. **We are accepting** donations of
housewares, art, decorative items, toys,
sports equipment, brickabracks, and kitchen items.

Please note we are **NOT** able to take
clothing, shoes, bedding or stuffed animals,
large electronics or large furniture pieces.



The sale is our biggest event and as you can imagine we need volunteers to
make this happen - can you spare a few hours to set up and price items, work
the day of the sale or help pack up what is left over?

We can't make this happen without our wonderful helpers.

Contact us in Outreach, please!

A New Fitness Class

Join us for this senior fitness class taught by
physical therapists.

The class combines evidence based
exercise with Pilates and Yoga to
strengthen your posture, activate your
core, challenge your balance and
strengthen and lengthen your muscles.
While many exercises are done standing,
options for sitting are always offered.

This is a donation based class with a
suggested donation of \$5.00 if you are able.

Thursday Concert Series

Join us for a monthly live concert here
in the Community Room on the fourth
Thursday of every month.

Salsa, Jazz & more.

Submit your genre requests to us.

Refreshments will be served.

Thursday, March 27th 1:30 - 2:30pm

Dancing is encouraged!

Concerts
in Motion
Caring through music

Note: We are a 501(c)(3) non-profit. Contributions to Lincoln House Outreach are tax deductible.

To remember Outreach as a beneficiary of your will, trust or account, our legal name is "Lincoln House Outreach, Inc."

Outreach is *partially* funded by a grant from the City Council in partnership with New York City Department for the Aging (NYC Aging)

TRIPS

Costco/Aldi

Monday March 10th

9:45am - 12:00pm

Tuesday, March 18th

12:45-3:30pm

Waitlist only

Trader Joe's East

59th Street

Tuesday, March 4th

10:45 am - 1:00pm

Trip to Poster House

Visit the Poster House on West 23rd Street. Poster House is the first museum in the United States dedicated exclusively to posters. Admission for Seniors \$8. Call us to reserve your spot.

Thursday, March 6th

10:15 - Noon

Trip to NY HISTORICAL

Thursday, March 13th

11:45 - 3pm - Join the 1pm tour if you like! Smith College Historic Clothing Collection. Pets in the City. The Year of Flaco. Tiffany lamps and more!

The van will take us. Admission for seniors is \$19. Call us to reserve your spot.

Film Club

Thursday, March 20th at 11:00am

Community Room

Watch "**Divorce (2024)**" on Netflix

Come join us after watching for an interesting conversation!

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

Open Studio for Artists and Craftspeople

Open studio for artists and craftspeople on **Friday, March 7th from 1 to 4pm.**

Bring your art or craft project, you will get your own table to work at & get to know others in our building.

If you have any questions reach out to Jeanette at jeanetteadelson@verizon.net.

Travel Discussion Group

Monday, March 10th at 4:00pm

Community Room.

All adults are welcome.

Discuss interesting places you have seen both in NYC and elsewhere and share traveling tips.

Tech Tuesdays

Do you want one on one tech help with your cell phone, tablet or laptop?

We have volunteers from the JCC here twice a month on March 11th and 25th.

Contact us and we can get you an appointment. The help is free.

Daylight Savings time begins on Sunday, March 9th, 2025. Move your clocks forward one hour.

