

FRESH FOOD FOR SENIORS

This program offers a bag of locally grown fresh fruits and veggies for \$10 (a \$15 value) every other week throughout the growing season.

It is a pay-as-you go program, not a subscription, so it is a great value with no need for a commitment - just a little advance planning.

Produce is ordered by GROWNYC and wholesale prices from farmers in NY and NJ.

Signing up is simple - just pay \$10 in advance of the first delivery which will be July 15th. See delivery dates for the season below.

If you want the first delivery
must pay by 2:00 on Thursday, July 2nd!

July 15	September 9	October 21
July 29	September 23	November 4
August 12	October 7	November 18



Thank you Gale Brewer for making this possible.

Shopping Trips

Costco

Monday, July 6

10:30am ~ 1:00pm

Trader Joe's – 3 trips this month

Columbus Ave store

Monday, July 13th

1:00-3:00pm ~and

Thursday July 16th

10:00am-11:30am

Trader Joe's

59th Street & First Av.

Friday, July 24th

11:00am – 1:00pm



New Class ~~ 6 weeks only

Dance/Exercise with Moving for Life

Join us for this exciting 6-week class including stretching, aerobic exercise, range of motion to music to support the older adult. \$10.00 per class.

Wednesday, July 15th, 11:00; Community Room

Moving for Life Class Dates on the following Wednesdays:

July 15	August 5
July 22	August 12
July 29	August 19

The Outreach office
will be closed
on Friday, July 3rd.



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) and NYC Council Member Brewer

ACTIVITIES

Trip to Little Island

Tuesday, July 21st; 11am - 1pm



Trip to explore SOHO neighborhood!

Monday,, July 27th 11am - 2:30pm

SoHo, where cast iron meets high fashion, and cobblestones lead to the avant-garde. It's a place of contrasts, historic yet hip, industrial yet chic. So, as you navigate the streets be prepared for a journey through a district that is as much a state of mind as it is a slice of the city, full of things to do.

Places to Visit

1. The Leslie-Lohman Museum of Art on 26 Wooster Street
2. Stores like Chanel and Prada.
3. Crosby Street for the Housing Works thrift shop and bookstore
4. Global Table on Sullivan Street for unique home goods
5. MoMA Design Store on Spring Street
6. Dominique Ansel Bakery, 189 Spring Street for a Cronut

Get Into the Groove –

A Concert Series

Come hear live JAZZ

Thursday, July 16th at 1PM

Thank you to our partner Concerts in Motion with a grant from Susan Klingenstein Family Foundation

Refreshments will be served - all are welcome!

Concerts in Motion

FOOD DRIVE

On **Friday, July 17th** there will be a Food Drive here at 303 for our NYCHA House neighbors.

Time: 9am -10am in our driveway or in advance at 19CW.

What is needed?

- Shelf stable dry goods,
- canned goods,
- toiletries,
- feminine hygiene products,
- baby diapers

because **NONE** of these items are covered by SNAP!

Remember - no open or expired items, please.

Thank you for your donation!

Film Club

Thursday, July 23rd, 4:00pm

Watch "The Fundamentals of Caring" on Netflix. Come join us for an interesting conversation in the Community Room.

All are Welcome.

Tech Tuesdays

If you want to be seen for help with your tech device call Outreach and they will make an appointment for you on either Tuesday, July 14th or Tuesday, July 28th.

Appointments only at either 1:00 or 2:00pm.