

LINCOLN HOUSE outreach

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lincolnhouseoutreach.org

Office Hours:
Monday-Friday
10:00 AM – 3:00 PM
Volume 45* Issues 8&9
August-September 2026

Introduction to American Mah Jong

Tuesday, September 15th; 7:00-9:00pm,

Community Room

Are you wondering what American Mah Jong is all about? Come to this introductory session, led by Gale Tuzman, and find out. The session is free of charge and open to all. Join us!



Shopping Trips

Costco

Monday, August 10th

10:30am ~ 1:00pm

Friday, August 21st

1:00pm-3:30pm

Trader Joe's/Home Depot

Columbus Ave.

Tuesday, August 4th

11:00am-1:00pm

Friday, August 7th

59th Street & First Av.

1:00pm – 3:00pm

September Trips TBA

Interactive Event:

Wednesday, August 12th, 7:00-8:30pm, Community Room

Preventing Muscle Loss After Age 55

Join Longevity Fitness Expert & Founder of Silver Stars Fitness for a special interactive & dynamic seminar/masterclass to learn the exact easy to follow strategies to preserve and increase your muscle mass, boost your metabolism, protect your joints, & move, feel & look better so you can live life with confidence.

Jason Greenspan will lead this masterclass. Jason is a Health / Wellness Longevity Expert & Founder & CEO of Silver Stars Fitness (silverstarsfit.com)

Jason has over 30 years experience helping men & women over 55 improve their strength & longevity.



Silver Stars Fitness

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 GROWN NYC and wholesale prices from farmers in NY and NJ. Signing up is simple - just pay \$10 in advance.

August 12, September 9, September 23, October 7, October 21, November 4, November 18

The Lincoln House Outreach office will be closed from Monday, August 24th through Monday, September 7th (Labor Day) and will reopen Tuesday, September 8th.

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

Brooklyn Museum Trip

Friday, August 14th; 10:30am-2:00pm

Visit the Brooklyn Museum and see the Museum's general exhibits including the Rubin Museum Buddhist Shrine Room, Period Rooms, The Dinner Party and other great exhibits.

There is also a timed, ticketed exhibit, Iris Van Herpen's *Sculpting the Senses*, which is the Dutch designer's eleven themed rooms blending high-tech couture with natural science. Senior general admission is \$14, additional \$21 for the fashion exhibit. Consider buying your timed (entry every 15 min) ticket in advance.

<https://www.brooklynmuseum.org/exhibitions>



Dance/Exercise with Moving for Life

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

Wednesdays, 11:00; Community Room;
3 weeks left, August 5th, 12th, and 19th.

Get Into the Groove –

A Concert Series

Listen to live music, our own in-house concerts on the following Thursdays;

August 20th at 1:00pm

and September 17th at 1:00pm

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

Metropolitan Museum of Art

Tuesday, August 18th;

1:00pm-3:30pm

Visit the Met and choose one of the current exhibits: Artworks from the American Revolution, selections from the Department of Drawings and Prints, Musical Bodies, and many more.

Check out what is on exhibit at:

<https://www.metmuseum.org/exhibitions/revolution>

Film Club

Thursday, August 20, 4:00pm.

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

All are Welcome.

Coffee, Cookies, & Conversation

No reason you can't enjoy each other's company even if Outreach is closed for vacation! Bring your beverage of choice and a treat to share to the Community Room on Wednesdays, August 26th and September 2nd, from 2pm-3pm.

Tech Tuesdays

NO Tech Tuesday in August.

Our friends are taking a summer break in August and will not be here. If you need to be seen they will be back on Tuesday, September 8th.