

Notice of Lincoln House Annual Meeting

The Lincoln House Outreach Annual Meeting will be held on Thursday, November 12th at 7:30pm in the Community Room. All are welcome.

Tour M & S Schmalberg Custom Fabric Flower Factory

242 West 36th Street

Monday, November 30th

11:30AM

Discover this family owned factory where floral creations for Broadway and high fashion are made right here in the Garment District for many generations.

There is a cost of \$18.00 per person for the tour.

You can ride the bus or take public transportation as there is no limit to the number of visitors that can be accommodated.

There will be plenty of time for your questions, and to shop!

Register in Outreach.

Shopping Trips

Costco/Aldi

Monday, November 9th

10:30am ~ 1:00pm

Tuesday, November 17th

10:30am ~ 1:00pm

Trader Joe's

Tuesday, November 3rd

11:00am-1:00pm

****New Exercise Class for ALL Ages****

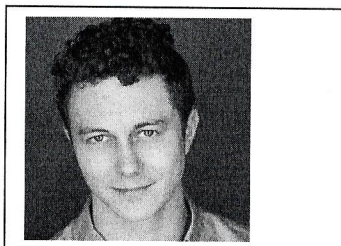
Move Well, Live Well is a dynamic fitness class set to music with professional dance instructor Josh, who also teaches at Equinox and the Metropolitan Opera! He will do a warm up, cardio and band work. You will feel challenged and energized! His workouts can be done sitting or standing. Adjust to your own fitness level!

We are very fortunate to have this energetic and entertaining teacher joining us here at 303.

Curious?

Try it for free your first time.

After that there is a \$10 suggested donation. Every Thursday in the Community Room Starting NOV 18TH at 11AM.



Office Closing

The Lincoln House Outreach office will be closed on Thursday, November 26th and Friday November 27th for the Thanksgiving Holiday.



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

ACTIVITIES

Elder Abuse & Scam Program

Tuesday, November 10th

2:00pm - Community Room

What will be covered:

The definition of elder abuse

- The various types of abuse including physical, emotional/psychological, sexual, financial exploitation, neglect, abandonment, and confinement.
- Signs and indicators of abuse
- Common scams and how to avoid them
- How scams and abuse are connected

Presented by JASA Protective Services

Trip to the NEUE Galerie Friday, November 20th

10:30am - 2:00pm

1048 Fifth Ave. & 86th St.

Austrian and German art from the early 20th century.

Salsa Concert with Humberto and Oscar!

Thursday, November 19th

**1:00 – 2:00 pm in the
Community Room**

Come dance with us!

Refreshments will be served.

Thank you to Concerts in

Motion and the Susan

Klingenstein Family Foundation

for their generous support.

ALL are welcome.

November is **National Diabetes Month**. To mark the occasion, NYC Aging in partnership with LIU Pharmacy and the Lighthouse Guild will present these two webinars.

- **Monday, November 9th at 10:00 am**
Topic: Diabetes Awareness: The Latest on Drug Treatment and Lifestyle Management.
Presenter: LIU Pharmacy
- **Tuesday, November 17th at 10:am**
Topic: Managing Diabetes to Save Sight

November is **National Alzheimer's Disease Awareness Month**.

To mark the occasion, the **St. John's University College of Pharmacy and Health Sciences** will present **Alzheimer's Disease**, a webinar that will discuss this most common of dementias.

- **Friday, November 13th, 10:00 am**
Topic: Alzheimer's Disease

Keep an eye on Outreach's weekly emails for links to all of these presentations.

Film Club

**Thursday, November 12;
2:00pm**

Watch the 'French film "Bad Seeds" on Netflix. Come join us for an interesting conversation in the Community Room.

All are Welcome.