

NOTICE OF ANNUAL MEETING

The Annual Meeting of the membership* of Lincoln House Outreach, Inc. will be held **Thursday, November 12, 2026** at **7:30pm in the Community Room**

The annual meeting of Lincoln House Outreach (LHO) is open to all residents of the building. The purpose of this meeting is to introduce LHO to new residents, to elect the officers and members of the Lincoln House Outreach Board of Directors, hear Committee Reports, and to conduct such other business as comes before the meeting. The following list of officers and members of the Board of Directors will be presented for approval:

Naomi Rossabi.....	Co-Chair
Tom Brensic.....	Co-Chair
Jeff Elmer.....	Co-Chair
Shirley Wald.....	Secretary
Grace Rosas.....	Treasurer
Blaise Barron.....	Fundraising
Arlene Linder.....	Finance
Susan Narow.....	Governance
Vivian Babakanian Frazier.....	Governance
Sheila Stanger.....	Nominating
Diane Sherman.....	Member-At-Large
Ruth Mucatel.....	Member-At-Large
Gail Tuzman.....	Member-At-Large

*All 303 resident stockholders are members of Lincoln House Outreach, Inc. by virtue of the LGHC's corporate support of the program and Lincoln House Outreach's By-Laws. Additional nominations for the Board may be submitted at the meeting.

Note: Contributions to Lincoln House Outreach are tax deductible.

Shopping Trips

Costco

Monday, October 26th
10:30am ~ 1:00pm

Trader Joe's/Home Depot

59th Street & First Ave

Thursday, October 8th
11:00am-1:00pm

Open Enrollment for Medicare starts this month - please see back of page 4.



What Is Solo Aging?

Come find out at this presentation run by DOROT termed "Aging Alone Together."

Thursday, October 29th, 10:30 - 11:30am

Aging Alone Together is for adults ages 60 to 100+ who identify as solo agers. DOROT defines solo aging broadly: individuals who, by choice or circumstance, expect to age or make decisions about their future independently. Whether you're living alone, feeling isolated or looking to strengthen your community, you are welcome.

Come find out more about their 6-week program and if it is right for you. All adults 60 and over are invited. Coffee and cookies will be served.

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

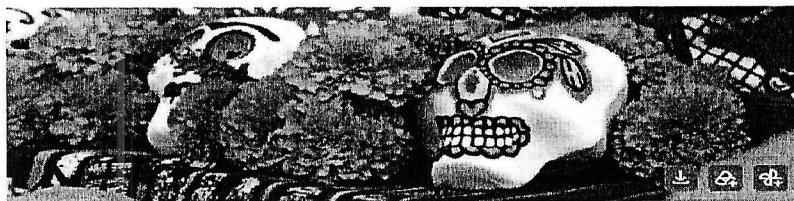
ACTIVITIES

Bronx Botanical Garden Trip

Friday, October 9th

10am-2pm

Full access to the gardens, shuttle and special exhibit \$31 for seniors. Grounds pass is only \$7. With vibrant marigold blooms and colorful *ofrendas*, the rich traditions of Mexico's *Día de los Muertos* come to the Garden for a celebration of memory, life, and renewal—new this year at NYBG Special Exhibit



Trip to Arthur Avenue in the Bronx

Tuesday, Oct 20th

11am – 2:30pm

Arthur Avenue in the Belmont neighborhood of the Bronx is New York City's authentic Little Italy, famous for multi-generational Italian-American food markets, artisanal bakeries, and classic delicatessens and restaurants. Eat, shop & explore with us!

Fresh Food For Seniors

Fresh Food For Seniors Food Bag Program is still running
Get a big bag of local, in season fruits and veggies for just \$10 - for older adults sponsored through Gale A. Brewer's office.
We are still accepting money for the remaining deliveries every other Wednesday through November 18th. Contact us!
October 7, October 21, November 4, November 18

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.

(Suggested donation)

Wednesdays through November 11th at 11:00

Community Room;

Get Into the Groove –

A Concert Series

Listen to live music, our own in-house concert on Thursday,
October 15th 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

Film Club

Thursday, October 8, 2pm.

Watch on Netflix "Evelyn" on Netflix, the documentary!
Come join us for an interesting conversation in the Community Room.

All are Welcome.

Tech Tuesdays

Do you need help with your cell phone, iPad or laptop?
Get one-on-one help Tuesday, Oct 13th or 27th.
Contact us for an appointment today!

Coffee, Cookies, & Conversation

We bring the coffee – you bring the conversation! Every Wednesday at 2pm chat with your friends & neighbors. All are welcome.