

# KleinLife Update

Active Adult Life

November-December 2023

## Come Eat Lunch with Us!

We're eating lunch together 3x a week! Every Tuesday\*, Wednesday, and Thursday at 11:45am-12:45pm upstairs in the Orleans Auditorium, we'll have a delicious meal available. Suggested donation \$2.

*\*Tuesday's meal will be a cold lunch.*

Reservations are required ONE WEEK IN ADVANCE. For more information and/or to reserve your spot, please call 215-635-5244 or email [gkorostoff@kleinlife.org](mailto:gkorostoff@kleinlife.org).

## Joke of the Month

I know a couple who grew fruit trees together.

*They lived to a ripe old age.*

## Help support your favorite local hang out spot

Making an annual donation\* enables KleinLife to continue bringing the great programs that you love AND bring MORE great programs to fall in love with in order to keep you living your best life.

For more information, visit the KleinLife: Montgomery County office or call 215-635-5244.

*Thank you for your support.*

*\*suggested donation: \$65*

## Grab & Go Meals

### Thursdays

### 11:00-11:30am

5 FREE frozen meals a week provided by Montgomery County Office of Senior Services.

Suggested Donation: \$2 per meal (\$10 per week)

To register & for more information, call 215-635-5244.

*The meal menu will be posted in a conspicuous location in each congregate meal site or provided to home delivered meal individuals upon their request.*



Jewish Federation  
of Greater Philadelphia

# Kleinlife

*KleinLife: Montgomery County is funded in part by Montgomery County Office of Senior Services, Jewish Federation of Greater Philadelphia, Herschel Elias and the Elias Foundation, and the George and Lillian Berman Fund.*

# **Kleinlife: Montgomery County** *The Elias Center*

Located at Congregation Adath Jeshurun  
7763 Old York Road • Elkins Park, PA 19027 • 215-635-5244

## **In-Person Requirements at KleinLife\***

Please read carefully the items listed below.

- Classes are held Tuesday, Wednesday, and Thursday from 10:00am-1:30pm. Times may vary each day.
- Classes are held in the upstairs Orleans Auditorium. There are limited handicapped parking spaces at that level and Transnet buses will use the upper entrance for drop off and pick up. There is plenty of accessible parking in the main parking lot.
- Reservations are preferred. Call 215-635-5244 or email [gkorostoff@kleinlife.org](mailto:gkorostoff@kleinlife.org)
- In-person meals are served on Tuesday, Wednesday, and Thursday. 5 Grab & Go frozen meals can be picked up on Thursday at the regular drive thru. Please make reservations for these meals one week in advance.
  - *Am I required to make a donation when I accept a hot meal or Grab and Go Meal from KleinLife? You are not required to make a donation. You are given an opportunity to contribute a voluntary and anonymous donation if you wish. You will never be denied a meal if you do not make a donation. All donations collected are recycled back into programs to benefit seniors in Montgomery County. That means that a donation that you make today will benefit you or other residents of Montgomery County in the future!*

\*as of 10/30/23



**Jewish Federation**  
of Greater Philadelphia

**Kleinlife**

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Monday	Tuesday	Wednesday	Thursday	Friday
		<p align="center"><b>November 1</b></p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Sing Along with Michael McCormack 1:00pm* Yiddish with Marcia</p>	<p align="center"><b>2</b></p> <p>10:30am Chair Yoga with Sandy Saull 10:30am Opera vs. Musicals 11:00am Grab &amp; Go Meal Pick Up 11:45am Lunch 12:00pm Talking with Your Doctor 3:00pm* EnhanceFitness</p>	<p align="center"><b>3</b></p> <p>1:45pm* Yoga &amp; Meditation</p>
<p>3:00pm* EnhanceFitness</p> <p align="right"><b>6</b></p>	<p>9:30am Walk with Ease 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing</p> <p align="right"><b>7</b></p>	<p>9:30am Walk with Ease 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm TED Talk with Julie Cohen</p> <p align="right"><b>8</b></p>	<p>9:30am Walk with Ease 10:30am Opera vs. Musicals 10:30am Chair Yoga with Sandy Saull 11:00am Grab &amp; Go Meal Pick Up 11:30am Lunch &amp; Learn: Kristallnacht 11:45am Lunch 12:00pm LGBTQ+ Discussion 3:00pm* EnhanceFitness</p> <p align="right"><b>9</b></p>	<p align="right"><b>10</b></p>
<p>3:00pm* EnhanceFitness</p> <p align="right"><b>13</b></p>	<p>9:30am Walk with Ease 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 10:30am Blood Pressure Checks with Visiting Angels 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing</p> <p align="right"><b>14</b></p>	<p>9:30am Walk with Ease 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Birthday Lunch + Cupcakes 12:00pm Cancer Prevention &amp; Screenings with Fox Chase Cancer Center</p> <p align="right"><b>15</b></p>	<p>9:30am Walk with Ease 10:30am Opera vs. Musicals 10:30am Chair Yoga with Sandy Saull 11:00am Grab &amp; Go Meal Pick Up 11:45am Lunch 12:00pm Arts &amp; Crafts with Sara 3:00pm* EnhanceFitness</p> <p align="right"><b>16</b></p>	<p align="right"><b>17</b></p>
<p>3:00pm* EnhanceFitness</p> <p align="right"><b>20</b></p>	<p>9:30am Walk with Ease 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing</p> <p align="right"><b>21</b></p>	<p>9:30am Walk with Ease 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm The Berman Fund Concert with Maggie Griffin-Smith</p> <p align="right"><b>22</b></p>	<p align="center"><b>Active Adult Life Closed Thanksgiving</b></p> <p align="right"><b>23</b></p>	<p align="right"><b>24</b></p>
<p>3:00pm* EnhanceFitness</p> <p align="right"><b>27</b></p>	<p>9:30am Walk with Ease 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price: Scarf Dancing 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing</p> <p align="right"><b>28</b></p>	<p>9:30am Walk with Ease 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Bingo with Humana</p> <p align="right"><b>29</b></p>	<p>9:30am Walk with Ease 10:30am Opera vs. Musicals 10:30am Chair Yoga with Sandy Saull 11:00am Grab &amp; Go Meal Pick Up 11:45am Lunch 12:00pm Making Lifestyle Changes 3:00pm* EnhanceFitness</p> <p align="right"><b>30</b></p>	

\*virtual  
Programs subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
				<u>December 1</u> 1:30pm* Yoga & Meditation
4 3:00pm* EnhanceFitness	5 9:30am Walk with Ease 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing	6 9:30am Walk with Ease 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Sing Along with Michael McCormack 1:00pm* Yiddish with Marcia	7 9:30am Walk with Ease 10:30am Opera vs. Musicals 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm TED Talk with Julie Cohen 3:00pm* EnhanceFitness	8
11 3:00pm* EnhanceFitness	12 9:30am Walk with Ease 10:00am Chess with Joel 10:30am Blood Pressure Checks with Visiting Angels 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing	13 9:30am Walk with Ease 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Birthday Lunch + Cupcakes 12:00pm Chanukah & Christmas Stories	14 9:30am Walk with Ease 10:30am Opera vs. Musicals 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm LGBTQ+ Discussion 3:00pm* EnhanceFitness	15
18 3:00pm* EnhanceFitness	19 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing	20 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm The Berman Fund Concert with Marcus Chaney	21 10:30am Opera vs. Musicals 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Arts & Crafts with Sara 3:00pm* EnhanceFitness	22
25 <b>Active Adult Life Closed Happy</b>	26 <b>Active Adult Life Closed Holidays</b>	27 <b>Active Adult Life Closed &amp; New</b>	28 <b>Active Adult Life Closed Year</b>  3:00pm* EnhanceFitness	29

Tuesday	Wednesday	Thursday
	<p align="right"><b>November 1</b></p> <p><b>Baked Fish with Tarragon Sauce</b>  Honey butter carrots; Tossed salad with Italian dressing; Whole wheat roll; Tropical fruit salad</p>	<p align="right"><b>2</b></p> <p><b>Salisbury Steak with Gravy and Frizzled Onions</b>  Peas and carrots; Whipped potatoes; Whole wheat bread; Mandarin oranges</p>
<p align="right"><b>7</b></p> <p><b>White Fish Salad Platter</b>  Lettuce &amp; tomato; Pickled beet salad; Marinated Israeli salad; Bagel; Pineapples</p>	<p align="right"><b>8</b></p> <p><b>Lemon Pepper Fish</b>  Wide noodles; Cottage cheese; Carrot raisin salad; Peas; Whole wheat roll; Pineapples; Birthday cupcakes</p>	<p align="right"><b>9</b></p> <p><b>Sliced Beef Brisket with Gravy</b>  Harvard beets; Kasha &amp; bowties; Rye bread; Cinnamon applesauce</p>
<p align="right"><b>14</b></p> <p><b>Seafood Salad &amp; Cheese</b>  Lettuce &amp; tomato; Corn salsa; Macaroni salad; Whole wheat pita; Fruit cocktail</p>	<p align="right"><b>15</b></p> <p><b>Garden Omelet with Mushrooms &amp; Cheddar Cheese</b>  Baby spinach salad with balsamic vinaigrette; Herb roasted potatoes; Whole wheat bread; Fruit cocktail</p>	<p align="right"><b>16</b></p> <p><b>Meatballs with Penne Pasta</b>  Broccoli and cauliflower; Scalloped apples; Whole wheat bread; Oatmeal cookie</p>
<p align="right"><b>21</b></p> <p><b>Tuna Salad Platter</b>  Lettuce &amp; tomato; Marinated cauliflower salad with red peppers &amp; onions; Bowtie pasta salad; Whole wheat roll; Fruit cocktail</p>	<p align="right"><b>22</b></p> <p><b>Garlic Butter Ravioli with Spinach</b>  Carrots; Cauliflower; Fruit cocktail</p>	<p align="right"><b>23</b></p> <p align="center"><b>Active Adult Life Closed</b> <b>Happy Thanksgiving</b></p>
<p align="right"><b>28</b></p> <p><b>Cranberry Almond Chicken Spinach Salad</b>  Light vinaigrette; Cold couscous salad; Whole wheat roll; Mandarin oranges</p>	<p align="right"><b>29</b></p> <p><b>Baked Fish with Tarragon Sauce</b>  Honey butter carrots; Tossed salad with Italian dressing; Whole wheat roll; Tropical fruit salad</p>	<p align="right"><b>30</b></p> <p><b>Salisbury Steak with Gravy and Frizzled Onions</b>  Peas and carrots; Whipped potatoes; Whole wheat bread; Mandarin oranges</p>

Tuesday	Wednesday	Thursday
<b>December 5</b>	<b>6</b>	<b>7</b>
<b>White Fish Salad Platter</b> Lettuce & tomato; Pickled beet salad; Marinated Israeli salad; Bagel; Pineapples	<b>Lemon Pepper Fish</b> Wide noodles; Cottage cheese; Carrot raisin salad; Peas; Whole wheat roll; Pineapples	<b>Sliced Beef Brisket with Gravy</b> Harvard beets; Kasha & bowties; Rye bread; Cinnamon applesauce
<b>12</b>	<b>13</b>	<b>14</b>
<b>Seafood Salad &amp; Cheese</b> Lettuce & tomato; Corn salsa; Macaroni salad; Whole wheat pita; Fruit cocktail	<b>Garden Omelet with Mushrooms &amp; Cheddar Cheese</b> Baby spinach salad with balsamic vinaigrette; Herb roasted potatoes; Whole wheat bread; Fruit cocktail; Birthday cupcakes	<b>Meatballs with Penne Pasta</b> Broccoli and cauliflower; Scalloped apples; Whole wheat bread; Oatmeal cookie
<b>19</b>	<b>20</b>	<b>21</b>
<b>Tuna Salad Platter</b> Lettuce & tomato; Marinated cauliflower salad with red peppers & onions; Bowtie pasta salad; Whole wheat roll; Fruit cocktail	<b>Garlic Butter Ravioli with Spinach</b> Carrots; Cauliflower; Fruit cocktail	<b>Honey Dijon Grilled Chicken</b> Israeli salad; Couscous; Whole wheat pita; Applesauce
<b>26</b>	<b>27</b>	<b>28</b>
<b>Active Adult Life</b> <b>Closed</b> <b>Happy</b>	<b>Active Adult Life</b> <b>Closed</b> <b>Holidays &amp;</b>	<b>Active Adult Life</b> <b>Closed</b> <b>New Year</b>

Menu subject to change



**Don't be an "angry duck" and trash your electronics.**

If you and "angry duck" have anything in common or you have a New Year's resolution with the word technology anywhere in it then come out to the **IT Workshop and talk tech with local expert Wayne on Tuesdays at 12:00pm.**

**You've got questions; we've got answers!**



talking-tech.org

# Join a Club

Have an interest in chess, knitting, or technology?  
We got a club for each interest! *All are welcome.*  
Check the program descriptions for more information.

## In-Person Weekly Programs:

### Chess • Tuesdays, 10:00am (except Dec. 26)

Learn to play chess with instructor Joel Grubman or join other players in a friendly game (or two).

### Healing Exercise with Donna Price • Tuesdays, 10:30am (except Dec. 26)

Let Donna lead you through a series of exercises designed to put your mind, body and soul back into balance. On 11/28, bring a scarf to class for some fun routines with a little bit of belly dancing.

### IT Workshop • Tuesdays, 12:00pm (except Dec. 26)

Learning something new or practicing what you know helps when it comes to your gadgets, especially with IT expert Wayne Hunter.

### Israeli Dancing • Tuesdays, 12:30pm (except Dec. 26)

Dancing is fun and a great way to exercise. Enjoy movement set to an assortment of Israeli & world music.

### Knitters Social • Wednesdays, 10:00am (except Dec. 27)

Love to knit? Love to socialize? Join us for a bit of both.

### Let Your Yoga Dance with Elayne Goldstein • Wednesdays, 10:30am (except Dec. 27)

Enjoy a blend of movement and yoga that is just right for you. Choose to participate by sitting, standing or moving around the room.

### Chair Yoga with Sandy Saull • Thursdays, 10:30am (except Dec. 28)

Wind down and feel your body relax with a series of stretches both sitting and standing with a chair. You will ease your mind, body, and spirit.

## In-Person Special Programs:

### Sing Along with Michael McCormick • Wednesday, November 1 & December 6, 12:00pm

Sing along to some of your favorites with Michael McCormick. All are welcome!

### Opera vs. Musicals • Thursday, Nov. 2, 9, 16, 30, Dec. 7, 14, 21, Jan. 4 • 10:30am • \$75/8 sessions

Musicals? Operas? What's the distinction? Not all sizes fit. Gerald Tremblay will examine the similarities and differences in 4 examples of each genre. Videos will be viewed, discussed and analyzed, to recognize their particular gifts. Come enjoy and learn!

### Talking with Your Doctor • Thursday, November 2, 12:00pm

Join Debbie Jankowski, M.Ed, CHES from Temple University and learn about how to make the most of your doctor visits. Know the right questions to ask when you have your doctor's attention.

### Walk with Ease • Starting Tuesday, November 7, 9:30am (Tues., Wed., Thurs./6 weeks)

Manage your arthritis, learn helpful tips, and gain strength & support with each session.

### TED Talk with Julie Cohen • Wednesday, November 8 & Thursday, December 7, 12:00pm

Watch a short lecture given at a TED talk and then join the discussion.

### Lunch & Learn: Kristallnacht • Thursday, November 9, 11:30am

On the 86th anniversary of the *Night of Broken Glass*, join Ronnie Breslow in a discussion about when the Nazi regime coordinated a wave of antisemitic violence.

### LGBTQ+ Discussion • Thursday, November 9 & December 14, 12:00pm

Open to all who care about the LGBTQ+ community, and want to share stories, ask questions, and learn more.

### Blood Pressure Checks with Visiting Angels • Tuesday, November 14 & December , 10:30am

Ease your mind by getting your blood pressure taken by a Visiting Angels staff member.

### Cancer Prevention and Screenings • Wednesday, November 15, 12:00pm

Learn about the best practices to help prevent cancer from Julianna Maita of Fox Chase Cancer Center. She will also host screenings during this time.

## **In-Person Special Programs (cont.):**

### **Arts & Crafts • Thursday, November 16 & December 21, 12:00pm**

Join Sara Tecavec for two wonderful and fun projects.

### **The Berman Fund Concert Series • Wednesday, November 22 & December 20, 12:00pm**

Enjoy live entertainment & memorable moments sponsored by the George and Lillian Berman Fund. On 11/22, Maggie Griffin Smith, a professional singer for over 20 years in musical theater, shares her talents in a spectacular showcase. On 12/20, Marcus Chaney, a Broadway and touring performer, uses his dynamic personality and voice to perform a large, diverse repertoire ranging from motown to crooning & so much more!

### **Bingo with Humana • Wednesday, November 29, 12:00pm**

Here is your opportunity to ask your important questions to a mental health professional.

### **Making Lifestyle Changes • Thursday, November 30, 12:00pm**

Join Debbie Jankowski, M.Ed, CHES from Temple University and learn about how making changes, big and small, can make a big difference in your quality of life.

### **Chanukah & Christmas Stories • Wednesday, December 13, 12:00pm**

Russell Cohen leads us through historical Jewish events that give us a deeper understanding of the holidays.

## **Virtual Weekly Programs:**

### **EnhanceFitness • Mondays & Thursdays, 3:00pm (except November 23 & December 25)**

To receive the link to this class, contact Inna at [igulko@kleinlife.org](mailto:igulko@kleinlife.org).

Join Janet Ford for this lively and interactive hour-long class filled with variety. It combines the three key components of fitness: strength training, flexibility, and cardiovascular conditioning.

## **Virtual Special Programs:**

### **Yiddish with Marcia • Wednesday, November 1 & December 6, 1:00pm**

Link: <https://bit.ly/KLyiddish> ; Meeting ID: 816 1385 9485; Passcode: 122333

During this program, led by Marcia Babbitt, we'll be trying to pull up those vocabulary words from our youth through an assorted discussion of topics in a combination of English and Yiddish.

### **Yoga & Meditation\* • Friday, November 3 & December 1, 1:30pm**

Link: <https://bit.ly/32YFoig> ; Meeting ID: 674 851 9895 ; Passcode: UZoom19895

You'll follow a routine of gentle stretches from a seated position and a focus on meditation to help you be active and relieve some of the stress you may be feeling.

## **HOW TO ACCESS ZOOM PROGRAMS:**

### **Through your computer**

- Type in the Meeting Link web address into your web browser (i.e. Internet Explorer, Google Chrome, Mozilla Firefox, Safari, etc.)
- If accessing through the Zoom app directly, type in the Meeting ID (& Passcode if mentioned)
- Once we begin the meeting, you'll be let in instantly.

### **Through your phone**

- Dial 1-929-205-6099 (or 1-646-558-8656 for the \* programs)
- Dial the Meeting ID provided for the program you want to access and press #
- Press # again, since you don't need a participant ID
- Dial the meeting passcode (unless it is a \* program) and press #
- And that's it! Once we begin the meeting, you'll be let in instantly.
- Note: Press \*6 to mute/unmute yourself and \*9 to raise your hand to ask a question.

*Disclaimer: If you decide to use your phone to join a Zoom meeting, you will be charged based on the rates of your phone service provider. Most cell phone services include nationwide calling. Please check with your phone service provider*



# KleinLife: Montgomery County The Elias Center

For more information, contact Gail Korostoff at  
215-635-5244 or [gkorostoff@kleinlife.org](mailto:gkorostoff@kleinlife.org)

## Opera vs. Musicals

Thursday, Nov. 2, 9, 16, 30, Dec. 7, 14, 21,  
Jan. 4 • 10:30am-12:00pm

in Congregation Adath Jeshurun's Chapel

\$75/8 sessions • All are welcome

Musicals? Operas? What's the distinction? Not all sizes fit. We will examine the similarities and differences in 4 examples of each genre. Videos will be viewed, discussed and analyzed, to recognize their particular gifts. Come enjoy and learn!

*Gerald Tremblay, M.A., Professor, Psychotherapist*



### Did you know...

that taking a class in just about anything can improve your cognitive abilities and rejuvenate your memory while you have fun at the same time?

**Kleinlife**

Active Adult Life



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Montgomery County

Congregation Adath Jeshurun • 7763 Old York Road • Elkins Park, PA 19027



Jewish Federation  
of Greater Philadelphia

### Opera vs. Musicals at KleinLife: Montgomery County Registration Form

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Email: \_\_\_\_\_

\$75 for full series

Total: \$ \_\_\_\_\_

Send checks payable to *KleinLife* to:  
KleinLife: Montgomery County  
7763 Old York Road  
Elkins Park, PA 19027

# Winter Concert Series at KleinLife: Montgomery County

*Sponsored by the George and Lillian Berman Fund*

## STARRING



**Maggie Griffin Smith**

**Wednesday, November 22 • 12:00pm**

Maggie Griffin Smith, a professional singer for over 20 years in musical theater, shares her talents in a spectacular showcase.



**Marcus Chaney**

**Wednesday, December 20 • 12:00pm**

Marcus Chaney, a Broadway and touring performer, uses his dynamic personality and voice to perform a large, diverse repertoire ranging from motown to crooning & so much more!

**Viennese Dessert Table and Door Prizes**

**Included at This FREE Event!**

**For more information, call 215-635-5244**



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of Greater Philadelphia

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