

KleinLife Update

Active Adult Life

January-February 2024

Our Staff is Here for You! Gail Korostoff, *Program Director*
Sanjila Sardar, *Program Assistant* • Caren Hertz, *Kitchen Coordinator*

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.

Joke of the Month

How do mountains stay
warm in winter?

They put on their snowcaps.

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.



Montgomery County
Office of Senior Services



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
- 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>January 1</p> <p>Active Adult Life Closed</p> <p>Happy New Year!</p>	<p>2</p> <p>10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:30pm Israeli Dancing</p>	<p>3</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 12:30pm My Life, My Health 1:00pm* Yiddish with Marcia</p>	<p>4</p> <p>10:30am Chair Yoga with Sandy Saull 10:30am Opera vs. Musicals 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm YWCA Foster Grandparent Program 3:00pm* EnhanceFitness</p>	<p>5</p> <p>1:45pm* Yoga & Meditation</p>
<p>8</p> <p>3:00pm* EnhanceFitness</p>	<p>9</p> <p>10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 10:15am Blood Pressure Checks with Visiting Angels 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing</p>	<p>10</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:30pm My Life, My Health</p>	<p>11</p> <p>10:30am Opera: Please Vote 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Life Care at Home 3:00pm* EnhanceFitness</p>	<p>12</p>
<p>15</p> <p>3:00pm* EnhanceFitness</p>	<p>16</p> <p>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>17</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:30pm My Life, My Health</p>	<p>18</p> <p>10:30am Opera: Please Vote 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm LGBTQ+ Discussion 3:00pm* EnhanceFitness</p>	<p>19</p>
<p>22</p> <p>3:00pm* EnhanceFitness</p>	<p>23</p> <p>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>24</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:30pm My Life, My Health</p>	<p>25</p> <p>10:30am Opera: Please Vote 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</p>	<p>26</p>
<p>29</p> <p>3:00pm* EnhanceFitness</p>	<p>30</p> <p>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>31</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:30pm My Life, My Health</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
			February 1 10:30am Opera: Please Vote 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Winter Foods & Your Health 3:00pm* EnhanceFitness	2 1:30pm* Yoga & Meditation
3:00pm* EnhanceFitness 5	10:00am Chess with Joel 10:15am Healing Exercise with Donna Price: Lunar New Year 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing 6	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Sing Along with Michael McCormack 12:30pm My Life, My Health 1:00pm* Yiddish with Marcia 7	10:30am Opera: Please Vote 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Trivia with Humana 3:00pm* EnhanceFitness 8	9
3:00pm* EnhanceFitness 12	10:00am Chess with Joel 10:30am Blood Pressure Checks with Visiting Angels 10:30am Healing Exercise with Donna Price: Mardi Gras Music 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing 13	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Love Yourself: Guided Meditation & Sound Healing with SarahCare 14	10:30am Opera: Please Vote 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	16
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Programs subject to change *virtual

Tuesday	Wednesday	Thursday
<p style="text-align: right;">January 2</p> <p>Asian Chicken Salad Sesame cucumber salad; Asian pasta salad; Whole wheat roll; Pineapples</p>	<p style="text-align: right;">3</p> <p>Baked Ziti with Spinach Warm spiced peaches; California blend vegetables; Oatmeal cookie</p>	<p style="text-align: right;">4</p> <p>Sweet & Sour Meatballs Mixed vegetables; Brown rice with bell peppers; Pumpnickel bread; Pineapples</p>
<p style="text-align: right;">9</p> <p>Corned Beef Sandwich Potato salad; Health salad; Whole wheat hamburger roll; Peaches</p>	<p style="text-align: right;">10</p> <p>Italian Baked Fish with Tomato & Olive Sauce Caesar salad; Couscous; Whole wheat roll; Pineapples</p>	<p style="text-align: right;">11</p> <p>Breaded Chicken Strips Sweet potato cubes; Peas; Whole wheat roll; Peaches</p>
<p style="text-align: right;">16</p> <p>White Fish Salad Tomato & onion slices; Marinated green bean salad; Vegetable pasta salad; Small mini bagel; Mandarin oranges</p>	<p style="text-align: right;">17</p> <p>Spanish Omelet with Peppers, Tomato, & Onions Home fries; Corn & red peppers; Whole wheat roll; Mandarin oranges</p>	<p style="text-align: right;">18</p> <p>Beef Brisket with Tomato Gravy Kasha & bowties; Green beans; Rye Bread; Fresh orange</p>
<p style="text-align: right;">23</p> <p>Turkey Wrap Lettuce & tomato; Chickpea salad; Whole wheat tortilla wrap; Peaches</p>	<p style="text-align: right;">24</p> <p>Panko Crusted Tilapia Green beans; Scalloped potatoes; Whole wheat bread; Fresh apple</p>	<p style="text-align: right;">25</p> <p>Baked Honey BBQ Chicken Cole slaw; Baked sweet potato cubes; Whole wheat roll; Peaches</p>
<p style="text-align: right;">30</p> <p>Asian Chicken Salad Sesame cucumber salad; Asian pasta salad; Whole wheat roll; Pineapples</p>	<p style="text-align: right;">31</p> <p>Baked Ziti with Spinach Warm spiced peaches; California blend vegetables; Oatmeal cookie</p>	

Tuesday	Wednesday	Thursday
		<p align="right">February 1</p> <p>Sweet & Sour Meatballs Mixed vegetables; Brown rice with bell peppers; Pumpnickel bread; Pineapples</p>
<p align="right">6</p> <p>Corned Beef Sandwich Potato salad; Health salad; Whole wheat hamburger roll; Peaches</p>	<p align="right">7</p> <p>Italian Baked Fish with Tomato & Olive Sauce Caesar salad; Couscous; Whole wheat roll; Pineapples</p>	<p align="right">8</p> <p>Breaded Chicken Strips Sweet potato cubes; Peas; Whole wheat roll; Peaches</p>
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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

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

Let Donna lead you through a series of exercises designed to put your mind, body and soul back into balance. On 2/6, wear some red for good luck in honor of the Lunar New Year and we'll practice easy T'ai Chi and the ribbon dance. On 2/13, wear your beads and strut your stuff to the rhythm of New Orleans in honor of Mardi Gras.

IT Workshop • Tuesdays, 12:00pm (except Jan. 2)

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

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

Knitters Social • Wednesdays, 10:00am

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

Let Your Yoga Dance with Elayne Goldstein • Wednesdays, 10:30am

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

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, January 3 & February 7, 12:00pm

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

My Life, My Health • Wednesday, January 3, 10, 17, 24, 31, February 7 • 12:30-2:30pm

Millions of adults live with one or more chronic health conditions. Our programs will help people and their caregivers manage their symptoms, improve their quality of life, and reduce healthcare costs. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Physicians and other health professionals both at Stanford and in the community have reviewed all materials in the workshop.

YWCA Foster Grandparent Program • Thursday, January 4, 12:00pm

Through the Foster Grandparents program, seniors can stay active by serving youth in their communities. Learn about this volunteer program and how you can share your knowledge, warmth, and compassion with children.

Blood Pressure Checks with Visiting Angels • Tuesday, January 9 & February 13, 10:15am

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

Opera: Please Vote • Thursday, Jan. 11, 18, 25, Feb. 1, 8, 15, 22, 29 • 10:30am • \$75/8 sessions

In an election year, the scrutiny of leaders in an important issue. The need for admirable, competent leaders is the fate of any hopeful society. We will review, analyze and discuss four operas that dramatize this far-too-often rare breed.

Friends Life Care • Thursday, January 11, 12:00pm

This aging in place membership program has proven results through a focus on prevention, holistic wellbeing and financial security. Learn more about why the program has been so successful with local older adults.

LGBTQ+ Discussion • Thursday, January 18 & February 15, 12:00pm

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

Arts & Crafts • Thursday, January 25 & February 22, 12:00pm

Join Sara Tecavec for two wonderful and fun projects.

In-Person Special Programs (cont.):

Winter Foods & Your Health • Thursday, February 1, 12:00pm

Join Teri Wassel, RD, MS with a look at the best seasonal foods and how they improve your health.

Trivia with Humana • Thursday, February 8, 12:00pm

Join Nicole Hersch for some fun trivia games to improve your brain function while having a great time.

Love Yourself: Guided Meditation & Sound Healing • Wednesday, February 14, 12:00pm

Provided by SarahCare, enjoy a free sound bath while meditating with certified sound healer, Jaquay Murray. Bringing your own mat(BYOM) is encouraged, but not mandatory. We will have a supply of mats available. The experience evokes deep relaxation and it isn't uncommon for someone to fall asleep, so while chairs can work, for some, a chair may not be the best.

Samuel's Prophecies • Wednesday, February 21, 12:00pm

Russell Cohen leads us through the books of Samuel under the Kingdoms of Saul and David.

African American Music • Wednesday, February 28, 12:00pm

In honor of Black History Month, be a part of these interactive listening sessions and participate in a lively discussion about the African American musical tradition.. Led by Dr. George L. Starks, Jr., a professor emeritus of music at Drexel University.

TED Talk with Julie Cohen • Thursday, February 29, 12:00pm

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

Virtual Weekly Programs:

EnhanceFitness • Mondays & Thursdays, 3:00pm (except January 1)

To receive the link to this class, contact Inna at 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, January 3 & February 7, 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, January 5 & February 2, 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

MY LIFE, MY HEALTH



Montgomery County
Department of
Health and Human Services

Office of Senior Services

To Register: Contact Gail at 215-635-5244 or
Gkorostoff@kleinlife.org

PROGRAM OFFERED in person

Program Topics

- Managing symptoms
- Working with your healthcare team
- Setting weekly goals
- Effective problem solving
- How to relax and handle difficult emotions
- Tips for eating well and increasing activity
- Techniques to help manage fatigue and pain
- Effective communication
- Getting a good night's sleep

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

My Life, My Health is a FREE Evidence-Based Chronic Disease Self-Management Program. This 6-week program is offered 1-day/week for 2 hour sessions. People with different chronic health problems attend together. Through mutual support and success, participants build confidence in their ability to manage their health and maintain active and fulfilling lives.

KleinLife: Montgomery County
Active Adult Life Center
7763 Old York Road
Elkins Park, PA 19027

Class starts Wednesday, January 3, 2024 at 12:30 pm – 2:30 pm and runs every Wednesday through February 7, 2024

KleinLife: Montgomery County The Elias Center

For more information, contact Gail Korostoff at
215-635-5244 or gkorostoff@kleinlife.org

Opera: Please Vote

Thursday, January 11, 18, 25,
February 1, 8, 15, 22, 29 • 10:30am-12:00pm
in Congregation Adath Jeshurun's Chapel
\$75/8 sessions • All are welcome

In an election year, the scrutiny of leaders in an important issue. The need for admirable, competent leaders is the fate of any hopeful society. We will review, analyze and discuss four operas that dramatize this far-too-often rare breed.

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?

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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: Please Vote 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