

KleinLife Update

Active Adult Life

May-June 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

Why don't scientists trust atoms?
Because they make up everything!

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
		<u>May 1</u>	2	3
		10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm History of the Bible with Russell Cohen 1:00pm* Yiddish with Marcia	10:30am Chair Yoga with Sandy Saull 10:30am Opera: The Triumph of the Comic Spirit 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Real Estate Issues for Seniors 3:00pm* EnhanceFitness	
3:00pm* EnhanceFitness 6	7 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing	8 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Word Games	9 10:30am Chair Yoga with Sandy Saull 10:30am Opera: The Russian Variety 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm LGBTQ+ Discussion 3:00pm* EnhanceFitness	10
3:00pm* EnhanceFitness 13	14 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 Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing	15 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:30pm A St. Louis Story with Ronnie Breslow	16 10:30am Chair Yoga with Sandy Saull 10:30am Opera: The Russian Variety 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Arts & Crafts with Sara 3:00pm* EnhanceFitness	17
3:00pm* EnhanceFitness 20	21 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing	22 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Self Care with Sarah Care: Meditation	23 10:30am Chair Yoga with Sandy Saull 10:30am Opera: The Russian Variety 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm TED Talk with Julie 3:00pm* EnhanceFitness	24
27 Active Adult Life Closed Memorial Day	28 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing	29 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:30pm Town Meeting	30 10:30am Chair Yoga with Sandy Saull 10:30am Opera: The Russian Variety 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Crosswords with Jonathan Schmaltzbach 3:00pm* EnhanceFitness	31

Programs subject to change

*virtual

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">June 3</p> <p>3:00pm* EnhanceFitness</p>	<p style="text-align: right;">4</p> <p>10:00am Chess with Joel 10:15am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing</p>	<p style="text-align: right;">5</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 style="text-align: right;">6</p> <p>10:30am Chair Yoga with Sandy Saull 10:30am Opera: The Russian Variety 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Program TBA 3:00pm* EnhanceFitness</p>	<p style="text-align: right;">7</p>
<p style="text-align: right;">10</p> <p>3:00pm* EnhanceFitness</p>	<p style="text-align: right;">11</p> <p>10:00am Chess with Joel 10:30am Blood Pressure Checks with Visiting Angels 10:15am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">Active Adult Life Closed</p> <p style="text-align: center;">Shavuot</p>	<p style="text-align: right;">13</p> <p style="text-align: center;">Active Adult Life Closed</p> <p style="text-align: center;">Shavuot</p>	<p style="text-align: right;">14</p>
<p style="text-align: right;">17</p> <p>3:00pm* EnhanceFitness</p>	<p style="text-align: right;">18</p> <p>10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing</p>	<p style="text-align: right;">19</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Self Care with Sarah Care: Snack Savvy</p>	<p style="text-align: right;">20</p> <p>10:30am Chair Yoga with Sandy Saull 10:30am Opera: The Russian Variety 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Arts & Crafts with Sara 3:00pm* EnhanceFitness</p>	<p style="text-align: right;">21</p>
<p style="text-align: right;">24</p> <p>3:00pm* EnhanceFitness</p>	<p style="text-align: right;">25</p> <p>10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing</p>	<p style="text-align: right;">26</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Jewelry Making with Gail</p>	<p style="text-align: right;">27</p> <p>10:30am Chair Yoga with Sandy Saull 10:30am Opera: The Russian Variety 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm TED Talk with Julie 3:00pm* EnhanceFitness</p>	<p style="text-align: right;">28</p>

Programs subject to change

*virtual

Tuesday	Wednesday	Thursday
	<p style="text-align: right;">May 1</p> <p>Italian Baked Fish with Tomato & Olive Sauce Caesar salad; Couscous; Whole wheat roll; Pineapples</p>	<p style="text-align: right;">2</p> <p>Breaded Chicken Strips Sweet potato cubes; Peas; Whole wheat roll; Peaches</p>
<p style="text-align: right;">7</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;">8</p> <p>Spanish Omelet with Peppers, Tomato, & Onions Home fries; Corn & red peppers; Whole wheat roll; Mandarin oranges</p>	<p style="text-align: right;">9</p> <p>Beef Brisket with Tomato Gravy Kasha & bowties; Green beans; Rye Bread; Fresh orange</p>
<p style="text-align: right;">14</p> <p>Turkey Wrap Lettuce & tomato; Chickpea salad; Whole wheat tortilla wrap; Peaches</p>	<p style="text-align: right;">15</p> <p>Panko Crusted Tilapia Green beans; Scalloped potatoes; Whole wheat bread; Fresh apple</p>	<p style="text-align: right;">16</p> <p>Baked Honey BBQ Chicken Cole slaw; Baked sweet potato cubes; Whole wheat roll; Peaches</p>
<p style="text-align: right;">21</p> <p>Asian Chicken Salad Sesame cucumber salad; Asian pasta salad; Whole wheat roll; Pineapples</p>	<p style="text-align: right;">22</p> <p>Baked Ziti with Spinach Warm spiced peaches; California blend vegetables; Oatmeal cookie</p>	<p style="text-align: right;">23</p> <p>Sweet & Sour Meatballs Mixed vegetables; Brown rice with bell peppers; Pumpernickel bread; Pineapples</p>
<p style="text-align: right;">28</p> <p>Corned Beef Sandwich Potato salad; Health salad; Whole wheat hamburger roll; Peaches</p>	<p style="text-align: right;">29</p> <p>Italian Baked Fish with Tomato & Olive Sauce Caesar salad; Couscous; Whole wheat roll; Pineapples</p>	<p style="text-align: right;">30</p> <p>Breaded Chicken Strips Sweet potato cubes; Peas; Whole wheat roll; Peaches</p>

Tuesday	Wednesday	Thursday
<p style="text-align: right;">4</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;">5</p> <p>Spanish Omelet with Peppers, Tomato, & Onions Home fries; Corn & red peppers; Whole wheat roll; Mandarin oranges</p>	<p style="text-align: right;">6</p> <p>Beef Brisket with Tomato Gravy Kasha & bowties; Green beans; Rye Bread; Fresh orange</p>
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<p style="text-align: right;">25</p> <p>Corned Beef Sandwich Potato salad; Health salad; Whole wheat hamburger roll; Peaches</p>	<p style="text-align: right;">26</p> <p>Italian Baked Fish with Tomato & Olive Sauce Caesar salad; Couscous; Whole wheat roll; Pineapples</p>	<p style="text-align: right;">27</p> <p>Breaded Chicken Strips Sweet potato cubes; Peas; Whole wheat roll; Peaches</p>

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 5/21, bring your bandanas and western hats for exercise to some fun Country Western music. On 6/25, wear your Hawaiian lei or your tropical shirt, because it's time to run away to the islands with the relaxing music of the tropics and slow graceful movements.

Technology Discussion with Wayne Hunter • Tuesdays, 12:00pm

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 (except June 12)

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

Let Your Yoga Dance with Elayne Goldstein • Wednesdays, 10:30am (except June 12)

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 June 13)

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:

History of the Bible Series with Russell Cohen • Wednesday, May 1, 12:00pm

Russell will fill us in about the Babylonian Captivity and Exile, how it started with the rise and fall of King Solomon, and it's role in the history of the Bible.

Real Estate Issues for Seniors • Thursday, May 2, 12:00pm

Real Estate agent Angela McCracken shares her expertise in downsizing and organization.

Word Games • Wednesday, May 8, 12:00pm

Exercise your brain with some of the most fun word games. Flex your vocabulary skills with Rachel Fein from JEVS.

Opera: The Russian Variety • Thursday, May 9 16, 23, 30, June 6, 20, 27,

July 11 • 10:30am • \$75/8 sessions

Led by Gerald Tremblay, three Russian operas covering romance, history, and political satire will be viewed, analyzed, and discussed. Tchaikovsky, Mussorgsky, and Rimsky-Korsakov will be featured as we examine the treasures and range of Russian opera.

LGBTQ+ Discussion • Thursday, May 9, 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, May 14, 10:15am

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

A St. Louis Story with Ronnie Breslow • Wednesday, May 15, 12:00pm

Ronnie shares a slideshow about her time in St. Louis.

Arts & Crafts • Thursday, May 16 & June 20, 12:00pm

Join Sara Tecavec for two wonderful and fun projects.

In-Person Special Programs (cont.):

Self Care with Sarah Care: Meditation • Wednesday, May 22, 12:00pm

Sarah Care is back and will lead a guided meditation that will help give us insight and relax us.

TED Talk with Julie Cohen • Thursday, May 23 & June 27, 12:00pm

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

Town Meeting • Wednesday, May 29, 12:00pm

Stay up-to-date with the latest news. We'll also use this time to share the results from our recent survey.

Crosswords with Jonathan Schmalzbach • Thursday, May 30, 12:00pm

Crossword solving is all about making connections. In our time together, the history of the crossword puzzle will be discussed, some tips for solving crosswords will be shared, and if time allows we'll create our own crossword puzzle. Jonathan Schmalzbach has published over 40 puzzles in the New York Times, is an editor at Games magazine, and writes the monthly crossword for Hadassah magazine.

Sing Along with Michael McCormick • Wednesday, June 5, 12:00pm

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

Self Care with Sarah Care: Snack Savvy • Wednesday, June 19, 12:00pm

Sarah Care is back and will show us how to make healthy snacks, and even taste some samples!

Jewelry Making with Gail • Wednesday, March 13, 10:15am

Make a beaded bracelet or two that you'll love to wear.

Virtual Weekly Programs:

EnhanceFitness • Mondays & Thursdays, 3:00pm (except May 27 & June 13)

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, May 1 & June 5, 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.

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

Opera: The Russian Variety

Thursday, May 9, 16, 23, 30, June 6, 20, 27,
July 11 • 10:30am-12:00pm
in Congregation Adath Jeshurun's Chapel
\$75/8 sessions • All are welcome

Three Russian operas covering romance, history, and political satire will be viewed, analyzed, and discussed. Tchaikovsky, Mussorgsky, and Rimsky-Korsakov will be featured as we examine the treasures and range of Russian opera.

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

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Active Adult Life

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



Jewish Federation
of Greater Philadelphia

Opera: The Russian Variety at KleinLife: Montgomery County Registration Form

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Birth Date: _____ Email: _____

\$75/8 sessions

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

Take a trip in 2024!

Starr Tours, the region's leading tour provider, & KleinLife are thrilled to join together to bring you a wonderful selection of day and overnight trips.



PROGRAM HIGHLIGHTS



Special access to Starr's full assortment of vacations departing right from KleinLife



Convenient KleinLife Tours powered by Starr



Travel Education Program



Peace of Mind: Starr's Tour Protection available on all trips.



Join the private Starr at KleinLife Facebook Group!

Travel With
**Andrea
Kimelheim**
"Andrea's Adventures"



About our partnership



As leaders in the region and the Jewish community, Starr and KleinLife share similar values in bringing wonderful experiences and opportunities to our community. In Starr's 75 years of existence, they have evolved to be the area's leading motorcoach vacation provider. Both Starr and KleinLife are thrilled to offer opportunities for amazing travel experiences through Starr Tours, along with the convenience of departing right from the KleinLife campus in Northeast Philadelphia!

starrtours.com/kleinlife

Or, call Us:
609-587-0626