

# KleinLife Update

Active Adult Life

October 2021

## In-Person Program Schedule Continuing This Fall

We invite you back to our Montgomery County location. Our program schedule has one in-person exercise class 10:30-11:30am Tuesday through Thursday with some virtual classes still available. You **MUST** reserve your spot one week in advance in order to partake in the in-person classes.

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

A retired man who volunteers to entertain patients in nursing homes and hospitals went to one local hospital in Brooklyn and took his portable keyboard along. He told some jokes and sang some funny songs at patients' bedsides. When he finished he said, in farewell, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

## Grab & Go Meals

Thursdays

11:00am-12:00pm

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

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

**Kleinlife**



**Jewish Federation**  
of Greater Philadelphia

*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**

## **Dr. Gabriel & Alma Elias Center**

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

### **Reopening Plan Phase 1**

**Please read carefully the items listed below.**

- Phase 1 is a short term, 1 month minimum reopening to get everyone comfortable with socializing and new procedures.
- Classes are held Tuesday, Wednesday, and Thursday from 10:30-11:30am. Only exercise classes are offered during Phase 1.
- Classes are held in the upstairs Orleans B auditorium. This room's capacity is 30 people under the social distancing guidelines still in place. There are a limited handicapped parking spaces at that level and Transnet buses will use the upper entrance for drop off and pick up. All vaccinated participants will need to enter from the parking lot and use the stairs. All unvaccinated participants are requested to only use the upstairs entrance in order to have the least possible overlap with the unvaccinated nursery school children.
- Reservations are a MUST. NO WALK-INS! Call 215-635-5244 or email gkorostoff@kleinlife.org
- You MUST wear a mask in the public spaces, respect social distancing, and sign Adath Jeshurun's guidelines and screening form when entering.
- As per Adath Jeshurun building rules, unvaccinated individuals are allowed in the building, but MUST keep their masks on at all times and in all places.
- No meals will be served at this time. 5 Grab & Go frozen meals can be picked up Tuesday or Wednesday after class or Thursday at the regular drive through. Please make reservations for these meals one week in advance.



**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.*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>September 27</b> <b>3:00pm*</b> <b>EnhanceFitness</b>	<b>28</b> <b>10:30am</b> <b>Healing Exercise</b> <b>with Donna Price</b>	<b>29</b> <b>10:30am</b> <b>Let Your Yoga</b> <b>Dance with Elayne</b> <b>Goldstein</b>	<b>30</b> <b>10:30am</b> <b>Stretch, Strength</b> <b>&amp; Balance with</b> <b>Peggy Mandell</b> <b>11:00am</b> <b>Grab &amp; Go Meal</b> <b>Pick Up</b> <b>1:00pm*</b> <b>Travel with Andrea</b> <b>3:00pm*</b> <b>EnhanceFitness</b>	<b>October 1</b> <b>11:00am*</b> <b>The Knitters Social</b> <b>11:00am*</b> <b>Oneg Shabbat with</b> <b>Rabbi Berliner</b> <b>1:30pm*</b> <b>Yoga &amp; Meditation</b> <b>with Roxanne</b>
<b>4</b> <b>3:00pm*</b> <b>EnhanceFitness</b>	<b>5</b> <b>10:30am</b> <b>Healing Exercise</b> <b>with Donna Price</b>	<b>6</b> <b>10:30am</b> <b>Let Your Yoga</b> <b>Dance with Elayne</b> <b>Goldstein</b> <b>1:00pm*</b> <b>Yiddish with</b> <b>Marcia</b>	<b>7</b> <b>10:30am</b> <b>Stretch, Strength</b> <b>&amp; Balance with</b> <b>Peggy Mandell</b> <b>10:30am</b> <b>Opera: Roman</b> <b>Holiday</b> <b>11:00am</b> <b>Grab &amp; Go Meal</b> <b>Pick Up</b> <b>1:00pm*</b> <b>Travel with Andrea</b> <b>3:00pm*</b> <b>EnhanceFitness</b>	<b>8</b> <b>11:00am*</b> <b>The Knitters Social</b> <b>11:00am*</b> <b>Oneg Shabbat with</b> <b>Rabbi Berliner</b>
<b>11</b> <b>3:00pm*</b> <b>EnhanceFitness</b>	<b>12</b> <b>10:30am</b> <b>Healing Exercise</b> <b>with Donna Price</b> <b>12:30pm*</b> <b>A Brief History of</b> <b>Citizenship</b>	<b>13</b> <b>10:30am</b> <b>Let Your Yoga</b> <b>Dance with Elayne</b> <b>Goldstein</b>	<b>14</b> <b>10:30am</b> <b>Stretch, Strength</b> <b>&amp; Balance with</b> <b>Peggy Mandell</b> <b>10:30am</b> <b>Opera: Roman</b> <b>Holiday</b> <b>11:00am</b> <b>Grab &amp; Go Meal</b> <b>Pick Up</b> <b>1:00pm*</b> <b>Travel with Andrea</b> <b>3:00pm*</b> <b>EnhanceFitness</b>	<b>15</b> <b>11:00am*</b> <b>The Knitters Social</b> <b>11:00am*</b> <b>Oneg Shabbat with</b> <b>Rabbi Berliner</b> <b>1:30pm*</b> <b>Yoga &amp; Meditation</b> <b>with Roxanne</b>
<b>18</b> <b>3:00pm*</b> <b>EnhanceFitness</b>	<b>19</b> <b>10:30am</b> <b>Healing Exercise</b> <b>with Donna Price</b>	<b>20</b> <b>10:30am</b> <b>Let Your Yoga</b> <b>Dance with Elayne</b> <b>Goldstein</b>	<b>21</b> <b>10:30am</b> <b>Stretch, Strength</b> <b>&amp; Balance with</b> <b>Peggy Mandell</b> <b>10:30am</b> <b>Opera: Roman</b> <b>Holiday</b> <b>11:00am</b> <b>Grab &amp; Go Meal</b> <b>Pick Up</b> <b>1:00pm*</b> <b>Travel with Andrea</b> <b>3:00pm*</b> <b>EnhanceFitness</b>	<b>22</b> <b>11:00am*</b> <b>The Knitters Social</b> <b>11:00am*</b> <b>Oneg Shabbat with</b> <b>Rabbi Berliner</b>
<b>25</b> <b>3:00pm*</b> <b>EnhanceFitness</b>	<b>26</b> <b>10:30am</b> <b>Healing Exercise</b> <b>with Donna Price</b>	<b>27</b> <b>10:30am</b> <b>Let Your Yoga</b> <b>Dance with Elayne</b> <b>Goldstein</b>	<b>28</b> <b>10:30am</b> <b>Stretch, Strength</b> <b>&amp; Balance with</b> <b>Peggy Mandell</b> <b>10:30am</b> <b>Opera: Roman</b> <b>Holiday</b> <b>11:00am</b> <b>Grab &amp; Go Meal</b> <b>Pick Up</b> <b>1:00pm*</b> <b>Travel with Andrea</b> <b>3:00pm*</b> <b>EnhanceFitness</b>	<b>29</b> <b>11:00am*</b> <b>The Knitters Social</b> <b>11:00am*</b> <b>Oneg Shabbat with</b> <b>Rabbi Berliner</b> <b>1:30pm*</b> <b>Yoga &amp; Meditation</b> <b>with Roxanne</b>

## **In-Person Weekly Programs:**

Call 215-635-5244 to reserve your spot.

### **Healing Exercise with Donna Price • Tuesdays, 10:30am**

Let Donna/Michael lead you through a series of exercises designed to put your mind, body and soul back into balance.

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

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

### **Strength, Stretch & Balance with Peggy Mandell • 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.

## **Virtual Weekly Programs:**

### **EnhanceFitness • Mondays & Thursdays, 3:00pm**

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.

### **Travel with Andrea • Thursdays, 1:00pm**

Link: <https://bit.ly/2HLR4hh> ; Meeting ID: 845 2934 3036; Passcode: 122333

Go on a virtual adventure with Andrea Kimelheim with a new place to enjoy each time.

### **The Knitters Social • Fridays, 11:00am**

Link: <https://bit.ly/3kI8GcH> ; Meeting ID: 886 229 9711

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

### **Oneg Shabbat with Rabbi Berliner\* • Fridays, 11:00am**

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

Rabbi Berliner welcomes you and Shabbat.

## **Virtual Special Programs:**

### **Yiddish with Marcia • Wednesday, October 6, 1:00pm**

Link: <https://us02web.zoom.us/j/81613859485> ; Meeting ID: 816 1385 9485

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 with Roxanne\* • Friday, October 1, 15, 29, 1:30pm**

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

Roxanne Nelson will show you 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 any \* classes)
- Dial the Meeting ID provided for the program you want to access and press #
- Since you are not the host and you do not need a participant ID, press # another time.
- 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 Dr. Gabriel & Alma Elias<sup>7th</sup> Center

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

## Opera: Roman Holiday

Thursday, October 7, 14, 21, 28,  
November 4, 11, 18, December 2 • 10:30am-12:00pm  
in Congregation Adath Jeshurun's Chapel  
\$75/8 sessions • All are welcome

An operatic journey through Rome through the ages,  
we will view, discuss, analyze four operas – Baroque,  
Classical, Romantic, and Modern – that feature Roman  
history. Come enjoy these eternal masterpieces of the  
Eternal City.

*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**

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

Active Adult Life

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



### Opera 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

# OLLI at Widener University presents **3 Lectures, 1 Series**

in partnership with KleinLife

**Tuesday, October 12, November 9, &  
December 14 • 12:30pm • \$5 per session**

*This course will take place via Zoom*

## **October 12: A Brief History of Citizenship**

Being a citizen is an idea that most of us assume we understand. However, the idea has had multiple meanings throughout history and is, primarily, a western concept. What did the term originally mean? Where did it develop? How has the meaning changed? What does it mean today? There is less agreement than one might assume.

## **December 14: Abraham's Children: The Origins of Our Monotheistic Family**

To better understand the commonalities and differences between Judaism, Christianity and Islam, F.E. Peters suggests that we consider the latter two as Jewish reform groups. While some might disagree, thinking this way is helpful in creating a context for discussion. This presentation will consider the nature of God, the role of Jesus, different interpretations of the

## **November 9: Barbarians at the Gates: The History of Walls**

As early as 8,000 BCE, man constructed walls to surround towns and cities. Ultimately, the purpose was to provide security for themselves and their "property". It was a communal effort by the "civilized" in fear of the "barbarian". This lecture gives an overview of: by whom, why, and where walls have been built. What does building a wall say to both those inside and those outside of the barrier? Do walls work? Are we building walls today? If we are, is it for the same old reasons? If we are not, why not?

Garden of Eden, different interpretations of Abraham's willingness to sacrifice his son and the cultural worlds in which each set of adherents lived and began their faith journey. The role of holy texts and views toward science and change will be considered.

*Mr. Jeff Heim (MA & BA, Pennsylvania State University; MA, Temple University) has taught high school for 37 years in both Maryland & Pennsylvania. He was a National Endowment for the Humanities Fellow and spent a year in India as a Fulbright Fellow. Now retired, Jeff enjoys teaching for OLLI at Widener University & the Lifelong Learning Institute at Immaculata University.*



**For more information & registration,  
contact OLLI at Widener University, at  
[olli@widener.edu](mailto:olli@widener.edu) or 610-499-4279.**

**Kleinlife**



Widener University



Jewish Federation  
of Greater Philadelphia

**PCA**

PHILADELPHIA CORPORATION FOR AGING™

Active Adult Life

Northeast Philadelphia Raymond & Miriam Klein Building • 10100 Jamison Avenue • Philadelphia, PA 19116