

KleinLife Update

Active Adult Life

March-April 2023

Come Eat Lunch with Us!

We're eating lunch together 3x a week! Every Tuesday*, Wednesday, and Thursday at 11:45am-12:45pm in the upstairs 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 did the matzah quit his job?

Because he didn't get a raise.

Grab & Go Meals

Thursdays

11:00am-12:00pm

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.

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 215-698-5244.

Thank you for your support.

**suggested donation: \$65*



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 B auditorium. There are limited handicapped parking spaces at that level and Transnet buses will use the upper entrance for drop off and pick up.
- 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 2/17/22



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
		<u>March 1</u>	2	3
		9:45am Walk with Ease 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:15pm Town Meeting/ Participant Advisory Council 1:00pm* Yiddish with Marcia	9:45am Walk with Ease 10:30am Chair Yoga with Sandy Saull 10:30am Opera: Early Works 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm TED Talks with Julie 3:00pm* EnhanceFitness	1:30pm* Yoga & Meditation
3:00pm* EnhanceFitness 6	9:45am 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 7	9:45am Walk with Ease 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 8	9:45am Walk with Ease 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 1:00pm* Travel with Andrea 3:00pm* EnhanceFitness 9	10
3:00pm* EnhanceFitness 13	10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing 14	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:15pm Bingo 15	10:30am Chair Yoga with Sandy Saull 10:30am Opera: Hits & Myths 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Sing Along with Tobi 3:00pm* EnhanceFitness 16	1:30pm* Yoga & Meditation 17
3:00pm* EnhanceFitness 20	10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing 21	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch + Birthday Cupcakes 12:00pm History of the Bible with Russell Cohen 22	10:30am Chair Yoga with Sandy Saull 10:30am Opera: Hits & Myths 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm LGBTQ+ Discussion 3:00pm* EnhanceFitness 23	24
3:00pm* EnhanceFitness 27	10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing 28	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Passover 101 29	10:30am Chair Yoga with Sandy Saull 10:30am Opera: Hits & Myths 11:00am Grab & Go Meal (Double) Pick Up 11:45am Lunch 12:00pm TED Talks with Julie 3:00pm* EnhanceFitness 30	1:30pm* Yoga & Meditation 31

Monday	Tuesday	Wednesday	Thursday	Friday
April 3 3:00pm* EnhanceFitness	4 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing	5 Active Adult Life Closed Passover	6 Active Adult Life Closed Passover	7 1:30pm* Yoga & Meditation
10 3:00pm* EnhanceFitness	11 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing	12 Active Adult Life Closed Passover	13 Active Adult Life Closed Passover	14 11:00am Special Grab & Go Meal Pick Up
17 3:00pm* EnhanceFitness	18 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing	19 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch + Birthday Cupcakes 12:15pm Bingo	20 10:30am Chair Yoga with Sandy Saull 10:30am Opera: Hits & Myths 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm LGBTQ+ Discussion 3:00pm* EnhanceFitness	21 1:30pm* Yoga & Meditation
24 3:00pm* EnhanceFitness	25 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing	26 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:15pm Trivia	27 10:30am Chair Yoga with Sandy Saull 10:30am Opera: Hits & Myths 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Sing Along with Tobi 3:00pm* EnhanceFitness	28

Tuesday	Wednesday	Thursday
<p style="text-align: right;">February 31</p> <p>Corned Beef Sandwich on Rye Coleslaw; 1000 island dressing Corn, black bean, and red pepper salad; Peaches</p>	<p style="text-align: right;">March 1</p> <p>Cheese Omelet with Peppers & Onions Diced potatoes; Warm cinnamon & nutmeg spice peaches; Whole wheat bread; Oatmeal cookie</p>	<p style="text-align: right;">2</p> <p>Breaded Chicken Strips Broccoli; Sweet corn; Challah roll; Peaches</p>
<p style="text-align: right;">7</p> <p>Garden Salad with Chicken French dressing; Chopped carrots, cucumbers, onions, tomatoes; Macaroni salad; Whole wheat bread; Fruit cocktail</p>	<p style="text-align: right;">8</p> <p>Baked Tilapia with Mustard Cream Sauce Sauteed spinach & carrots; Wide noodles; Whole wheat roll; Cinnamon applesauce</p>	<p style="text-align: right;">9</p> <p>Stuffed Peppers Green beans; Sweet corn; Challah roll; Fruit cocktail</p>
<p style="text-align: right;">14</p> <p>Asian Chicken Salad Asian pasta salad; Whole wheat bread; Fresh apple</p>	<p style="text-align: right;">15</p> <p>3-Cheese Omelet Scalloped tomatoes; O'Brien potatoes; Whole wheat bread; Chocolate chip cookie</p>	<p style="text-align: right;">16</p> <p>Sliced Beef Brisket Marsala Broccoli, carrot, and cauliflower; Kasha & bowties; Whole wheat bread; Fresh apple</p>
<p style="text-align: right;">21</p> <p>Ruby Red Salad with Chicken Marinated beet salad; Marinated broccoli salad; Whole wheat roll; Fresh orange</p>	<p style="text-align: right;">22</p> <p>Broccoli & Onion Kugel Tossed salad; Italian dressing; Roasted beets; Whole wheat roll; Peaches; Birthday cupcakes</p>	<p style="text-align: right;">23</p> <p>Pot Roast Peas; Wide Noodles; Whole wheat bread; Fresh orange</p>
<p style="text-align: right;">28</p> <p>Corned Beef Sandwich on Rye Coleslaw; 1000 island dressing Corn, black bean, and red pepper salad; Peaches</p>	<p style="text-align: right;">29</p> <p>Cheese Omelet with Peppers & Onions Diced potatoes; Warm cinnamon & nutmeg spice peaches; Whole wheat bread; Oatmeal cookie</p>	<p style="text-align: right;">30</p> <p>Breaded Chicken Strips Broccoli; Sweet corn; Challah roll; Peaches</p>

Tuesday	Wednesday	Thursday
<p style="text-align: right;"><u>April</u> 4</p> <p>Cheese Omelet with Peppers & Onions Diced potatoes; Warm cinnamon & nutmeg spice peaches; Matzah</p>	<p style="text-align: right;">5</p> <p style="text-align: center;">Program Closed for Passover</p>	<p style="text-align: right;">6</p> <p style="text-align: center;">Program Closed for Passover</p>
<p style="text-align: right;">11</p> <p>Asian Chicken Salad Matazah; Fresh apple</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">Program Closed for Passover</p>	<p style="text-align: right;">13</p> <p style="text-align: center;">Program Closed for Passover</p>
<p style="text-align: right;">18</p> <p>Ruby Red Salad with Chicken Marinated beet salad; Marinated broccoli salad; Whole wheat roll; Fresh orange</p>	<p style="text-align: right;">19</p> <p>Broccoli & Onion Kugel Tossed salad; Italian dressing; Roasted beets; Whole wheat roll; Peaches; Birthday cupcakes</p>	<p style="text-align: right;">20</p> <p>Pot Roast Peas; Wide Noodles; Whole wheat bread; Fresh orange</p>
<p style="text-align: right;">25</p> <p>Corned Beef Sandwich on Rye Coleslaw; 1000 island dressing Corn, black bean, and red pepper salad; Peaches</p>	<p style="text-align: right;">26</p> <p>Cheese Omelet with Peppers & Onions Diced potatoes; Warm cinnamon & nutmeg spice peaches; Whole wheat bread; Oatmeal cookie</p>	<p style="text-align: right;">27</p> <p>Breaded Chicken Strips Broccoli; Sweet corn; Challah 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: *Call 215-635-5244 to reserve your spot.*

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.

IT Workshop • 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 April 5 & 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 April 5 & 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 April 6 & 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: *Call 215-635-5244 to reserve your spot.*

Town Meeting/Participant Advisory Council • Wednesday, March 1, 12:00pm

Hear all program announcements and voice your opinions and concerns.

TED Talks with Julie Cohen • Thursday, March 2 & 30, 12:00pm

Watch a short lecture given at a TED talk and then join the discussion. Julie Cohen is the CEO of Work. Life. Leader. – and an Executive Coach.

History of the Bible with Russell Cohen • Wednesday, March 8 & 22, 12:00pm

Join Russell Cohen, MA (Jewish Studies and Education) as he shares his interests and leads a discussion about Jewish history in the Bible.

Bingo/Trivia • Wednesday, March 15, April 19, 26, 12:30pm

An always fun program to be a part of with your center friends.

Sing Along with Tobi Goldberg Maguire • Thursday, March 16 & April 27, 12:15pm

Sing along to some of your favorites with Tobi Goldberg Maguire. All are welcome!

LGBTQ+ Discussion Group with Doug Alderfer • Thursday, March 23 & April 20, 12:15pm

Open to all who care about the LGBTQ+ community, and want to share stories, ask questions, and learn more. Lead by Doug Alderfer, trained teacher and therapist.

Passover 101 with Rav Shai Cherry • Wednesday, March 29, 12:00pm

Learn about the basics of Passover, use our KleinLife Haggadah, and discuss all your questions about the holiday with the wonderful Rav Shai Cherry of Congregation Adath Jeshurun.

Virtual Weekly Programs:

EnhanceFitness • Mondays & Thursdays, 3:00pm

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, March 1, 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.

Travel with Andrea • Thursday, March 9 & 23, 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. In March, we'll be exploring Savannah's historic homes and the Crystal Bridges Museum in Bentonville, Arkansas.

Yoga & Meditation* • Friday, March 3, 17, April 7, 21, 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



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



KleinLife: Montgomery County The Elias Center

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

Opera: Hits & Myths

Thursday, March 16, 23, 30, April 20, 27,
May 4, 11, 18 • 10:30am-12:00pm
in Congregation Adath Jeshurun's Chapel
\$75/8 sessions • All are welcome

A group of operas, classical and modern, mythical
in nature and musically admired, will be viewed,
discussed, and analyzed. Composers include
Mozart, Gounod, Strauss, and Menotti.

The myths are hits!

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



*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.*

Montgomery County

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



Jewish Federation
of Greater Philadelphia

Opera: Hits & Myths 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

Come Travel With Us!

Starr Tours, the region's leading tour provider, & KleinLife are thrilled to join together to bring you Starr Tours at KleinLife, a fantastic new travel program.



PROGRAM HIGHLIGHTS

-  Special access to Starr's full assortment of vacations departing right from KleinLife
-  Exclusive 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 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 region's leading Motorcoach vacation provider. Joining together with KleinLife in this exciting new program means that the you will have access to not only specially planned trips just for the KleinLife community, but also convenient access to the hundreds of other trips Starr offers throughout the year... all right from the KleinLife campus in Northeast Philadelphia! We hope you are as excited as we are!

starrtours.com/kleinlife

Or, call Us:
609-587-0626