

KleinLife Update

Active Adult Life

May-June 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

What's the difference between spring rolls and summer rolls?

Seasoning.

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 215-635-5244.

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 2/17/23



Kleinlife

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Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">May 1</p> <p>3:00pm* EnhanceFitness</p>	<p style="text-align: right;">2</p> <p>10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing</p>	<p style="text-align: right;">3</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:15pm Vaccines & Healthy Eating 1:00pm* Yiddish with Marcia</p>	<p style="text-align: right;">4</p> <p>10:30am Chair Yoga with Sandy Saull 10:30am Opera: Hits & Myths 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm TED Talks with Gail 3:00pm* EnhanceFitness</p>	<p style="text-align: right;">5</p>
<p style="text-align: right;">8</p> <p>3:00pm* EnhanceFitness</p>	<p style="text-align: right;">9</p> <p>10:30am Healing Exercise with Donna Price 10:15am Blood Pressure Checks with Visiting Angels 11:45am Lunch 12:00pm IT Workshop 12:15pm Paint a Seascape with Donna 12:30pm Israeli Dancing</p>	<p style="text-align: right;">10</p> <p>10:00am Knitters Social 10:00am Healthy Steps for Older Adults 12:00pm Lunch 12:15pm History of the Bible with Russell Cohen</p>	<p style="text-align: right;">11</p> <p>10:30am Chair Yoga with Sandy Saull 10:30am Opera: Hits & Myths 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Bingo with Nicole Hersch from Humana 3:00pm* EnhanceFitness</p>	<p style="text-align: right;">12</p> <p>1:30pm* Yoga & Meditation</p>
<p style="text-align: right;">15</p> <p>3:00pm* EnhanceFitness</p>	<p style="text-align: right;">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 style="text-align: right;">17</p> <p>10:00am Knitters Social 10:00am Healthy Steps for Older Adults 12:00pm Lunch</p>	<p style="text-align: right;">18</p> <p>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</p>	<p style="text-align: right;">19</p>
<p style="text-align: right;">22</p> <p>3:00pm* EnhanceFitness</p>	<p style="text-align: right;">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 style="text-align: right;">24</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch + Birthday Cupcakes 12:15pm History of the Bible with Russell Cohen</p>	<p style="text-align: right;">25</p> <p>10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Strength Training Chat for Seniors 3:00pm* EnhanceFitness</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">Active Adult Life Closed Shavuot</p>
<p style="text-align: right;">29</p> <p style="text-align: center;">Active Adult Life Closed Memorial Day</p>	<p style="text-align: right;">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 style="text-align: right;">31</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Star Travel with Andrea Kimelheim</p>		

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			<u>June 1</u>	2
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3:00pm* EnhanceFitness 5	10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 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 12:15pm Bingo with Nicole Hersch from Humana 1:00pm* Yiddish with Marcia 7	10:30am Chair Yoga with Sandy Saull 10:30am Opera: Amazons Abound! 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Current Events 3:00pm* EnhanceFitness 8	1:30pm* Yoga & Meditation 9
3:00pm* EnhanceFitness 12	10:00am Chess with Joel 10:15am 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	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:15pm Town Meeting/ Participant Advisory Council 14	10:30am Chair Yoga with Sandy Saull 10:30am Opera: Amazons Abound! 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm LGBTQA+ Discussion 3:00pm* EnhanceFitness 15	16
3:00pm* EnhanceFitness 19	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 + Birthday Cupcakes 12:15pm Bingo with SarahCare 21	10:30am Chair Yoga with Sandy Saull 10:30am Opera: Amazons Abound! 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:15pm Crafts with Megan Bauerle from Visiting Angels 3:00pm* EnhanceFitness 22	1:30pm* Yoga & Meditation 23
3:00pm* EnhanceFitness 26	10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop 12:30pm Israeli Dancing 27	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:15pm Trivia with Nicole Hersch from Humana 28	10:30am Chair Yoga with Sandy Saull 10:30am Opera: Amazons Abound! 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Fun Topic TBA 3:00pm* EnhanceFitness 29	30

Programs subject to change *virtual

Tuesday	Wednesday	Thursday
<p style="text-align: right;">May 2</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;">3</p> <p>Baked Tilapia with Mustard Cream Sauce Sauteed spinach & carrots; Wide noodles; Whole wheat roll; Cinnamon applesauce</p>	<p style="text-align: right;">4</p> <p>Stuffed Peppers Green beans; Sweet corn; Challah roll; Fruit cocktail</p>
<p style="text-align: right;">9</p> <p>Asian Chicken Salad Asian pasta salad; Whole wheat bread; Fresh apple</p>	<p style="text-align: right;">10</p> <p>3-Cheese Omelet Scalloped tomatoes; O'Brien potatoes; Whole wheat bread; Chocolate chip cookie</p>	<p style="text-align: right;">11</p> <p>Sliced Beef Brisket Marsala Broccoli, carrot, and cauliflower; Kasha & bowties; Whole wheat bread; Fresh apple</p>
<p style="text-align: right;">16</p> <p>White Fish Salad Platter Lettuce, tomato, and onion; Cold couscous salad with diced peppers; Marinated cucumber dill salad; Whole wheat roll; Peaches</p>	<p style="text-align: right;">17</p> <p>Broccoli & Onion Kugel Tossed salad; Italian dressing; Roasted beets; Whole wheat roll; Peaches</p>	<p style="text-align: right;">18</p> <p>Pot Roast Peas; Wide Noodles; Whole wheat bread; Fresh orange</p>
<p style="text-align: right;">23</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;">24</p> <p>Cheese Omelet with Peppers & Onions Diced potatoes; Warm cinnamon & nutmeg spice peaches; Whole wheat bread; Oatmeal cookie; Birthday cupcakes</p>	<p style="text-align: right;">25</p> <p>Breaded Chicken Strips Broccoli; Sweet corn; Challah roll; Peaches</p>
<p style="text-align: right;">30</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;">31</p> <p>Baked Tilapia with Mustard Cream Sauce Sauteed spinach & carrots; Wide noodles; Whole wheat roll; Cinnamon applesauce</p>	

Menu subject to change

Tuesday	Wednesday	Thursday
		<p style="text-align: right;">June 1</p> <p>Stuffed Peppers Green beans; Sweet corn; Challah roll; Fruit cocktail</p>
<p style="text-align: right;">6</p> <p>Asian Chicken Salad Asian pasta salad; Whole wheat bread; Fresh apple</p>	<p style="text-align: right;">7</p> <p>3-Cheese Omelet Scalloped tomatoes; O'Brien potatoes; Whole wheat bread; Chocolate chip cookie</p>	<p style="text-align: right;">8</p> <p>Sliced Beef Brisket Marsala Broccoli, carrot, and cauliflower; Kasha & bowties; Whole wheat bread; Fresh apple</p>
<p style="text-align: right;">13</p> <p>White Fish Salad Platter Lettuce, tomato, and onion; Cold couscous salad with diced peppers; Marinated cucumber dill salad; Whole wheat roll; Peaches</p>	<p style="text-align: right;">14</p> <p>Broccoli & Onion Kugel Tossed salad; Italian dressing; Roasted beets; Whole wheat roll; Peaches</p>	<p style="text-align: right;">15</p> <p>Pot Roast Peas; Wide Noodles; Whole wheat bread; Fresh orange</p>
<p style="text-align: right;">20</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;">21</p> <p>Cheese Omelet with Peppers & Onions Diced potatoes; Warm cinnamon & nutmeg spice peaches; Whole wheat bread; Oatmeal cookie; Birthday cupcakes</p>	<p style="text-align: right;">22</p> <p>Breaded Chicken Strips Broccoli; Sweet corn; Challah roll; Peaches</p>
<p style="text-align: right;">27</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;">28</p> <p>Baked Tilapia with Mustard Cream Sauce Sauteed spinach & carrots; Wide noodles; Whole wheat roll; Cinnamon applesauce</p>	<p style="text-align: right;">29</p> <p>Stuffed Peppers Green beans; Sweet corn; Challah roll; Fruit cocktail</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 (except May 2, 9, & June 20)

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

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: *Call 215-635-5244 to reserve your spot.*

Vaccines & Healthy Eating • Wednesday, May 3, 12:15pm

Come learn about adult vaccines, expanded access for individuals with Medicare Part D, and tips on healthy eating presented by Giant Pharmacy.

TED Talks with Gail • Thursday, May 4 & June 1, 12:00pm

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

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

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

Paint a Seascape with Donna • Tuesday, May 9, 12:15pm

Join Donna for some watercolor fun during this workshop for beginners. Must register with Gail by May 4.

Healthy Steps for Older Adults • Wednesday, May 10 & 17, 10:00am

Have fun and learn what steps you can take to prevent falls during this 2-hour workshop sessions.

History of the Bible with Russell Cohen • Wednesday, May 10 & 24, 12:15pm

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 with Humana • Thursday, May 11, Wednesday, June 7 & 28 (trivia), 12:15pm

Nicole Hersch will lead us in a fun game of Bingo (trivia on June 28) with prizes.

LGBTQ+ Discussion Group with Doug Alderfer • Thursday, May 18 & June 15, 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.

Strength Training Chat for Seniors • Thursday, May 25, 12:15pm

Join Jay Raju, EPPT in a discussion about the benefits of strengthening and physical therapy for the aging adult.

Star Travel with Andrea Kimelheim • Wednesday, May 31, 12:15pm

Looking for a great trip? Andrea knows where to go especially with Star Tours.

In-Person Special Programs (cont.): *Call 215-635-5244 to reserve your spot.*

Current Events • Thursday, June 8, 12:15pm

Join the lively discussion about what's happening in the world today.

Town Meeting/Participant Advisory Council • Wednesday, June 14, 12:15pm

Hear all program announcements and voice your opinions and concerns.

Crafts with Megan Bauerle from Visiting Angels • Thursday, June 22, 12:15pm

Be a part of a fun craft activity to ease yourself into the afternoon.

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, May 3 & June 7, 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* • Friday, May 12, June 9 & 23, 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: Amazons Abound!

Thursday, June 8, 15, 22, 29,
July 6, 13, 20, 27 • 10:30am-12:00pm
in Congregation Adath Jeshurun's Chapel
\$75/8 sessions • All are welcome

Strong positive women dominate the world of opera. We will view, discuss and analyze 5 operas that portray these exemplary women.

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: Amazons Abound! 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