

# KleinLife Update

Active Adult Life

September-October 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 downstairs Braemer 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](mailto:gkorostoff@kleinlife.org).

## Joke of the Month

Why didn't the computerized shofar work on Rosh Hashanah?

*The rabbi didn't buy enough RAM.*

## 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

### 11:00am-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.*



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 downstairs Braemer Auditorium. There is plenty of accessible parking in the main parking lot. Do NOT park or enter at the upper entrance of the synagogue for the duration of the summer.
- Reservations are preferred. Call 215-635-5244 or email [gkorostoff@kleinlife.org](mailto: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**

*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 1</b> <b>1:30pm*</b> <b>Yoga &amp; Meditation</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Active Adult Life Closed Labor Day</b>	10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop	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	10:30am Chair Yoga with Sandy Saull 10:30am Opera: Strong Man Syndrome 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Lunch and Learn with Freedom Credit Union 3:00pm* EnhanceFitness	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>3:00pm*</b> <b>EnhanceFitness</b>	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 IT Workshop	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm The African American Musical Tradition with Dr. George L. Starks Part 1	10:30am Chair Yoga with Sandy Saull 10:30am Opera: Strong Man Syndrome 11:00am Grab & Go Meal Pick Up 11:45am Rosh Hashanah Lunch 12:00pm LGBTQ+ Discussion 3:00pm* EnhanceFitness	<b>1:30pm*</b> <b>Yoga &amp; Meditation</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>3:00pm*</b> <b>EnhanceFitness</b>	10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Voter Services with Brandon Yett	10:30am Chair Yoga with Sandy Saull 10:30am Opera: Strong Man Syndrome 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Arts & Crafts: Flower Hammering 3:00pm* EnhanceFitness	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Active Adult Life Closed Yom Kippur</b>	10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm The African American Musical Tradition with Dr. George L. Starks Part 2	10:00am Vaccine Clinic 10:30am Chair Yoga with Sandy Saull 10:30am Opera: Strong Man Syndrome 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Ask the Therapist with Su Siegelman 3:00pm* EnhanceFitness	<b>1:30pm*</b> <b>Yoga &amp; Meditation</b>

Programs subject to change \*virtual

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>October 2</b></p> <p>3:00pm* EnhanceFitness</p>	<p>3</p> <p>10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop</p>	<p>4</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>5</p> <p>10:30am Chair Yoga with Sandy Saull 10:30am Opera: Strong Man Syndrome 11:00am Grab &amp; Go Meal Pick Up 11:45am Lunch 12:00pm Medicare Refresh for 2024 3:00pm* EnhanceFitness</p>	<p>6</p>
<p>9</p> <p>3:00pm* EnhanceFitness</p>	<p>10</p> <p>10:00am Chess with Joel 10:30am Blood Pressure Checks with Visiting Angels 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop</p>	<p>11</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm TED Talk with Julie Cohen</p>	<p>12</p> <p>10:30am Chair Yoga with Sandy Saull 10:30am Opera: Strong Man Syndrome 11:00am Grab &amp; Go Meal Pick Up 11:45am Lunch 12:00pm LGBTQ+ Discussion 3:00pm* EnhanceFitness</p>	<p>13</p> <p>1:30pm* Yoga &amp; Meditation</p>
<p>16</p> <p>3:00pm* EnhanceFitness</p>	<p>17</p> <p>10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop</p>	<p>18</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Word Games with JEVS Care at Home</p>	<p>19</p> <p>10:30am Chair Yoga with Sandy Saull 10:30am Opera: Strong Man Syndrome 11:00am Grab &amp; Go Meal Pick Up 11:45am Lunch 12:00pm Arts &amp; Crafts: Paint the Moon 3:00pm* EnhanceFitness</p>	<p>20</p>
<p>23</p> <p>3:00pm* EnhanceFitness</p>	<p>24</p> <p>10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm IT Workshop</p>	<p>25</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm KleinLife Book Club: Wishes &amp; Knishes Presented by Author Yona Diamond Dansky</p>	<p>26</p> <p>10:30am Chair Yoga with Sandy Saull 10:30am Opera: Strong Man Syndrome 11:00am Grab &amp; Go Meal Pick Up 11:45am Lunch 12:00pm Bingo with Humana 3:00pm* EnhanceFitness</p>	<p>27</p> <p>1:30pm* Yoga &amp; Meditation</p>
<p>30</p> <p>3:00pm* EnhanceFitness</p>	<p>31</p> <p>10:00am Chess with Joel 10:30am Healing Exercise with Donna Price - Halloween Bash 11:45am Lunch 12:00pm IT Workshop</p>			

Tuesday	Wednesday	Thursday
<p style="text-align: right;"><b>September 5</b></p> <p><b>Cranberry Almond Chicken Spinach Salad</b> Light vinaigrette; Cold couscous salad; Whole wheat roll; Mandarin oranges</p>	<p style="text-align: right;"><b>6</b></p> <p><b>Baked Fish with Tarragon Sauce</b> Honey butter carrots; Tossed salad with Italian dressing; Whole wheat roll; Tropical fruit salad</p>	<p style="text-align: right;"><b>7</b></p> <p><b>Salisbury Steak with Gravy and Frizzled Onions</b> Peas and carrots; Whipped potatoes; Whole wheat bread; Mandarin oranges</p>
<p style="text-align: right;"><b>12</b></p> <p><b>White Fish Salad Platter</b> Lettuce &amp; tomato; Pickled beet salad; Marinated Israeli salad; Bagel; Pineapples</p>	<p style="text-align: right;"><b>13</b></p> <p><b>Lemon Pepper Fish</b> Wide noodles; Cottage cheese; Carrot raisin salad; Peas; Whole wheat roll; Pineapples; Birthday cupcakes</p>	<p style="text-align: right;"><b>14</b></p> <p style="text-align: center;"><b>Rosh Hashanah Meal</b></p> <p><b>Stuffed Capon</b> Potato knish; Whole green beans almandine; Sliced apples with honey; Challah roll; Honey cake; Apple juice</p>
<p style="text-align: right;"><b>19</b></p> <p><b>Seafood Salad &amp; Cheese</b> Lettuce &amp; tomato; Corn salsa; Macaroni salad; Whole wheat pita; Fruit cocktail</p>	<p style="text-align: right;"><b>20</b></p> <p><b>Garden Omelet with Mushrooms &amp; Cheddar Cheese</b> Baby spinach salad with balsamic vinaigrette; Herb roasted potatoes; Whole wheat bread; Fruit cocktail</p>	<p style="text-align: right;"><b>21</b></p> <p><b>Meatballs with Penne Pasta</b> Broccoli and cauliflower; Scalloped apples; Whole wheat bread; Oatmeal cookie</p>
<p style="text-align: right;"><b>26</b></p> <p><b>Tuna Salad Platter</b> Lettuce &amp; tomato; Marinated cauliflower salad with red peppers &amp; onions; Bowtie pasta salad; Whole wheat roll; Fruit cocktail</p>	<p style="text-align: right;"><b>27</b></p> <p><b>Garlic Butter Ravioli with Spinach</b> Carrots; Cauliflower; Fruit cocktail</p>	<p style="text-align: right;"><b>28</b></p> <p><b>Honey Dijon Grilled Chicken</b> Israeli salad; Couscous; Whole wheat pita; Applesauce</p>

Menu subject to change

## Live Entertainment & Memorable Moments Coming

*Sponsored by the George and Lillian Berman Fund*



# SAVE THE DATES



**Maggie Griffin Smith • November 22 • 12:00-1:00pm**

**Marcus Chaney • December 20 • 12:00-1:00pm**

Tuesday	Wednesday	Thursday
<p style="text-align: right;"><b>October 3</b></p> <p><b>Cranberry Almond Chicken Spinach Salad</b> Light vinaigrette; Cold couscous salad; Whole wheat roll; Mandarin oranges</p>	<p style="text-align: right;"><b>4</b></p> <p><b>Baked Fish with Tarragon Sauce</b> Honey butter carrots; Tossed salad with Italian dressing; Whole wheat roll; Tropical fruit salad</p>	<p style="text-align: right;"><b>5</b></p> <p><b>Salisbury Steak with Gravy and Frizzled Onions</b> Peas and carrots; Whipped potatoes; Whole wheat bread; Mandarin oranges</p>
<p style="text-align: right;"><b>10</b></p> <p><b>White Fish Salad Platter</b> Lettuce &amp; tomato; Pickled beet salad; Marinated Israeli salad; Bagel; Pineapples</p>	<p style="text-align: right;"><b>11</b></p> <p><b>Lemon Pepper Fish</b> Wide noodles; Cottage cheese; Carrot raisin salad; Peas; Whole wheat roll; Pineapples</p>	<p style="text-align: right;"><b>12</b></p> <p><b>Sliced Beef Brisket with Gravy</b> Harvard beets; Kasha &amp; bowties; Rye bread; Cinnamon applesauce</p>
<p style="text-align: right;"><b>17</b></p> <p><b>Seafood Salad &amp; Cheese</b> Lettuce &amp; tomato; Corn salsa; Macaroni salad; Whole wheat pita; Fruit cocktail</p>	<p style="text-align: right;"><b>18</b></p> <p><b>Garden Omelet with Mushrooms &amp; Cheddar Cheese</b> Baby spinach salad with balsamic vinaigrette; Herb roasted potatoes; Whole wheat bread; Fruit cocktail; Birthday cupcakes</p>	<p style="text-align: right;"><b>19</b></p> <p><b>Meatballs with Penne Pasta</b> Broccoli and cauliflower; Scalloped apples; Whole wheat bread; Oatmeal cookie</p>
<p style="text-align: right;"><b>24</b></p> <p><b>Tuna Salad Platter</b> Lettuce &amp; tomato; Marinated cauliflower salad with red peppers &amp; onions; Bowtie pasta salad; Whole wheat roll; Fruit cocktail</p>	<p style="text-align: right;"><b>25</b></p> <p><b>Garlic Butter Ravioli with Spinach</b> Carrots; Cauliflower; Fruit cocktail</p>	<p style="text-align: right;"><b>26</b></p> <p><b>Honey Dijon Grilled Chicken</b> Israeli salad; Couscous; Whole wheat pita; Applesauce</p>
<p style="text-align: right;"><b>31</b></p> <p><b>Cranberry Almond Chicken Spinach Salad</b> Light vinaigrette; Cold couscous salad; Whole wheat roll; Mandarin oranges</p>		

Menu subject to change

# 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.

### **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.*

### **Sing Along with Michael McCormick • Wednesday, September 6 & October 4, 12:00pm**

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

### **Lunch & Learn with Freedom Credit Union • Thursday, September 7, 12:00pm**

Learn about the Current offerings from Freedom Credit Union.

### **Blood Pressure Checks with Visiting Angels • Tuesday, September 12 & October 10, 10:30am**

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

### **The African American Musical Tradition • Wednesday, September 13 (Part 1) & September 27 (Part 2), 12:00pm**

Be a part of these interactive listening sessions and participate in a lively discussion about the African American musical tradition and how it reflects the black experience in this country from enslavement to the 1960s. Led by Dr. George L. Starks, Jr., a professor emeritus of music at Drexel University.

### **Voter Services with Brandon Yett • Wednesday, September 20, 12:00pm**

Learn more about the importance of voting and about registration services offered in Montgomery County.

### **Arts & Crafts • Wednesday, September 21 & October 19, 12:00pm**

Join Sara Tecavec for two wonderful projects: flower hammering (9/21) and paint the moon (10/19).

### **Vaccine Clinic • Thursday, September 28, 10:00am**

Brought to us by Giant Pharmacy with no appointment needed. Vaccines that will be available are SHINGRIX (for anyone aged 50+ & 2nd shot is scheduled for 9/28), pneumonia vaccines Prevnar 20 and Pneumovax 23 (recommended for anyone 65+), and an additional Covid-19 bivalent booster (recommended for 65+). Please bring your Medicare cards & pharmacy insurance cards.

### **Ask the Therapist with Su Siegelman • Thursday, September 28, 12:00pm**

Here is your opportunity to ask your important questions to a mental health professional.

### **Medicare Refresh for 2024 • Thursday, October 5, 12:00pm**

It's time for Medicare open enrollment. Learn how it works and about the options and programs to choose from.

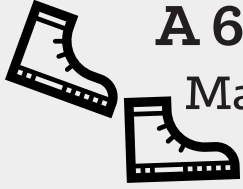
### **TED Talk with Julie Cohen • Wednesday, October 11, 12:00pm**

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

### **Word Games with JEVS Care at Home • Wednesday, October 18, 12:00pm**

Join Rachel Fein from JEVS Care at Home in some fun games to exercise your brain.

# WALK WITH EASE



A 6 week program starting Tuesday, November 7  
Manage Arthritis • Learn Tips • Gain Strength & Support

MORE INFORMATION TO FOLLOW

## Virtual Weekly Programs:

**EnhanceFitness • Mondays & Thursdays, 3:00pm (except September 4 & 25)**

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.

## Virtual Special Programs:

**Yoga & Meditation\* • Friday, September 1, 15, 29, October 13, 27, 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.

**Yiddish with Marcia • Wednesday, September 6 & October 4, 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*



**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](http://talking-tech.org)



# KleinLife: Montgomery County *The Elias Center*

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

## Opera: Strong Man Syndrome

Thursday, September 7, 14, 21, 28,  
October 5, 12, 19, 26 • 10:30am-12:00pm  
in Congregation Adath Jeshurun's Chapel  
\$75/8 sessions • All are welcome

We will view, discuss, and analyze four operas featuring the Strong Man Syndrome to see how physical, moral, and spiritual strengths can dominate the masculine psyche.

*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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**Jewish Federation  
of Greater Philadelphia**

Active Adult Life

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

### Opera: Strong Man Syndrome 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](http://starrtours.com/kleinlife)

Or, call Us:  
609-587-0626