

KleinLife Update

Active Adult Life January-February-March/Январь-февраль-мартъ 2024

THE BIG UPDATE

This Update is **THREE MONTHS!** You can plan ahead as we continue to add more great programs to our calendar.

THIS ISSUE'S PROGRAM HIGHLIGHTS:

Critical Thinking

Starting Tues., Jan. 2, 10:30am • \$50/5 sessions

100 Years of the Best American Short Stories

Starting Thurs., Jan. 4, 10:30am • \$48/8 sessions

China: Yesterday, Today, and Tomorrow

Starting Mon., Jan. 8, 12:30pm • \$30/5 sessions

Tu B'Shevat & January Birthday Party

Thurs., Jan. 25, 11:30am

February Birthday Party • Tues., Feb. 13, 11:30am

Winter Wonderland Party • Thurs., Feb. 22, 11:30am

First Ladies • Tues., Feb. 27, 12:45pm • \$3

March Birthday Party • Wed., Mar. 13, 11:30am

Purim Party • Thurs., Mar. 21, 11:30am

Suffrage: The Fight for Women's Rights

Wed., Mar. 26, 12:45pm • \$3

The Tech Center is OPEN

**Monday through Friday
10:00am-2:00pm**

Take advantage of **FREE** use of a computer with some instruction if needed for technology topics such as iPad, cell phones, Zoom, and more!



Joke of the Update

How do mountains stay
warm in winter?

They put on their snowcaps.

Kleinlife

A Unit of The National Council on the Aging
NISC
ACCREDITED BY
NATIONAL INSTITUTE OF SENIOR CENTERS



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



COVID-19 Facility Guidelines & Procedures for the Active Adult Life Center

As of March 9, 2022, the City of Philadelphia is in Response Level 1, which means that the mask mandate has been lifted. We are permitting anyone who enters our facilities to make their own choice based on their own comfort. If Philadelphia's Response Level goes up, we will amend this guideline.

Per the Pennsylvania Department of Aging, senior centers, including KleinLife, cannot require participants, staff, or volunteers to be vaccinated to attend or participate in center activities. KleinLife also may not request proof of vaccination, nor deny services to individuals who are not vaccinated or refuse to disclose their vaccination status. However, KleinLife may ask for the voluntary disclosure of vaccination status.

Based on the strong recommendation of the Pennsylvania Department of Aging, the following guidelines will be used:

- All participants, staff, and volunteers to may choose to wear face coverings, regardless of vaccination status
- All participants, staff, and volunteers will be notified of any necessary operational changes related to COVID-19
- Utilize a reservation system program (to reserve, call 215-698-7300 x0 for an exercise program, x155 for a Russian Speaking program, or x193 all other programs)
- Host congregate meals with limited participants per table for social distancing
- Continue the use of virtual programming as scheduling allows

The Septa Shared Ride program (CCT) is available to travel to KleinLife!

We hope that this service will enable you to attend our great programs. Please note the following:

- You must be a resident of Philadelphia over age 65 and have a CCT card and number.
- Rides to and from KleinLife are available Monday through Friday before 7:15am, between 9:30am-2:00pm, and after 4:00pm.
- Rides are subsidized, making the cost is \$1 each way. Payment is made at KleinLife and not to the driver.
- Ride requests are submitted to CCT by Wednesday at 12:00pm for the following week.

Contact Andrea Kimelheim at 215-698-7300 x176 to schedule your ride. If you leave a message, please leave your name, address, phone number, CCT ID number and date and time for your rides. Your message will be returned to confirm your request.

Monday понеделник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
January • Январь 1 Active Adult Life Closed Happy New Year	2 10:00am Total Body Strength 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Critical Thinking 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 11:30am Drawing & Painting: A Multi-Media Art Course 11:45am Lunch/Обед 12:00pm Pinochle	3 10:00am Yoga with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Art Therapy & Relaxation with Masha 10:30am Лекция/Классическая музыка/Инна Шифф 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Israeli Dancing 1:00pm* Yiddish with Marcia 2:00pm Chess Club	4 9:30am Healing Movement with Donna Price 9:30am Компьютеры 10:00am Open Tech Center 10:00am Korean Social Circle 10:00am Low Visions 10:30am 100 Years of the Best American Short Stories 10:30am Mah Jong 10:30am Арт терапия с Машей 10:45am BOOM Muscle 11:45am Lunch/Обед 12:00pm Pinochle 12:30pm Игры 12:30pm Bingo 3:00pm* EnhanceFitness	5 9:30am Англ./ Юлия 9:30am Chair Zumba 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Oneg Shabbat 10:30am Традиции и культура/ Суккот/Александр Шрайбман 11:45am Lunch/Обед 11:45am The Rabbi's Tisch 12:30pm Шаббат 12:30pm Silver Screenings: All the Light We Cannot See 1:45pm Yoga & Meditation*
8 10:00am Zumba with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:00am Advisory Council Meeting 10:30am Current Events w/Chuck 10:30am Canasta 10:30am Лекция/ История Израиля и иудаизма/ Илья 11:45am Lunch/Обед 12:30pm Canasta 12:30pm Knitting Nook 12:30pm China: Yesterday, Today, and Tomorrow 12:30pm Line Dancing/Урок танцев/ Стив 3:00pm* EnhanceFitness	9 10:00am Total Body Strength 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Critical Thinking 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 11:30am Drawing & Painting: A Multi-Media Art Course 11:45am Lunch/Обед 12:00pm Pinochle	10 10:00am Yoga with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Art Therapy & Relaxation with Masha 10:30am Лекция 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Israeli Dancing 2:00pm Chess Club	11 9:30am Healing Movement with Donna Price 9:30am Компьютеры 10:00am Open Tech Center 10:00am Korean Social Circle 10:00am Low Visions 10:30am 100 Years of the Best American Short Stories 10:30am Mah Jong 10:30am SOWN 10:30am Арт терапия с Машей 10:45am BOOM Muscle 11:45am Lunch 12:00pm Pinochle 12:30pm Игры 1:30pm* Лекция/ Вера Лернер 3:00pm* EnhanceFitness	12 9:30am Англ./ Юлия 9:30am Chair Zumba 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Oneg Shabbat 10:30am Традиции и культура/ Александр Шрайбман 11:45am Lunch/Обед 11:45am The Rabbi's Tisch 12:30pm Шаббат 12:30pm Silver Screenings: All the Light We Cannot See
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*virtual; ^hybrid

Programs subject to change

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January • Январь 22 10:00am Zumba with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Current Events w/Chuck 10:30am Canasta 10:30am Лекция/ Эльмира Каплан 11:45am Lunch/Обед 12:30pm Canasta 12:30pm Knitting Nook 12:30pm China: Yesterday, Today, and Tomorrow 3:00pm* EnhanceFitness	23 10:00am Total Body Strength 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Critical Thinking 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 11:30am Drawing & Painting: A Multi-Media Art Course 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm Информационная сессия 12:30pm Tai Chi with Dr. Joseph Wang	24 10:00am Yoga with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Art Therapy & Relaxation with Masha 10:30am Угадай мелодию/ Рита Ломазова 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Israeli Dancing 2:00pm Chess Club	Tu B'Shevat & January Birthday Party 25 9:30am Healing Movement with Donna Price 9:30am Компьютеры 10:00am Open Tech Center 10:00am Korean Social Circle 10:00am Low Visions 10:30am 100 Years of the Best American Short Stories 10:30am Арт терапия с Машей 10:30am Mah Jong 10:30am SOWN 10:45am BOOM Muscle 11:45am January Birthday Lunch/ Обед 12:00pm Pinochle 12:30pm Tu B'Shevat Celebration with J.T. Trinacria 12:30pm Игры 3:00pm* EnhanceFitness	26 9:30am Англ./ Юлия 9:30am Chair Zumba 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Oneg Shabbat: Tu B'Shevat 10:30am Традиции и культура/ Ту Бишват/ Александр Шрайбман 11:45am Lunch/Обед 11:45am The Rabbi's Tisch 12:30pm Шаббат 12:30pm Silver Screenings: All the Light We Cannot See
29 10:00am Zumba with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Current Events w/Chuck 10:30am Canasta 10:30am Лекция/ История Израиля и иудаизма/ Илья 11:45am Lunch/Обед 12:30pm Canasta 12:30pm Knitting Nook 12:30pm China: Yesterday, Today, and Tomorrow 12:30pm Line Dancing/Урок танцев/Стив 3:00pm* EnhanceFitness	30 10:00am Total Body Strength 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Critical Thinking 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 11:30am Drawing & Painting: A Multi-Media Art Course 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm Информационная сессия 4:00pm* Музыка и духовность с кантором Ларисой	31 10:00am Yoga with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Art Therapy & Relaxation with Masha 10:30am День именинника 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Israeli Dancing 2:00pm Chess Club	February • февраль 1 9:30am Healing Movement with Donna Price 9:30am Компьютеры 10:00am Open Tech Center 10:00am Korean Social Circle 10:00am Low Visions 10:30am 100 Years of the Best American Short Stories 10:30am Арт терапия с Машей 10:30am Mah Jong 10:45am BOOM Muscle 11:45am Lunch/Обед 12:00pm Pinochle 12:30pm Игры 3:00pm* EnhanceFitness	2 9:30am Англ./ Юлия 9:30am Chair Zumba 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Oneg Shabbat 10:30am Ask a Doctor: Winter Skin 10:30am Традиции и культура/ Александр Шрайбман 11:45am Lunch/Обед 11:45am The Rabbi's Tisch 12:30pm Шаббат 12:30pm Silver Screenings 1:45pm Yoga & Meditation*

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Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
March • мартъ 18 10:00am Zumba with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:00am Town Meeting 10:30am Current Events w/Chuck 10:30am Canasta 10:30am Лекция 11:45am Lunch/Обед 12:30pm Canasta 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/Стив 3:00pm* EnhanceFitness	19 10:00am Total Body Strength 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm Информационная сессия 12:30pm Tai Chi with Dr. Joseph Wang 12:30pm Help Yourself to Health 4:00pm* Музыка и духовность с кантором Ларисой	20 10:00am Yoga with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Art Therapy & Relaxation with Masha 10:30am Лекция 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Israeli Dancing 2:00pm Chess Club	Purim Party 21 9:30am Healing Movement with Donna Price 9:30am Компьютеры 10:00am Open Tech Center 10:00am Korean Social Circle 10:00am Low Visions 10:30am Арт терапия с Машей 10:30am Mah Jong 10:45am BOOM Muscle 11:45am Purim Party Lunch/Обед 12:00pm Pinochle 12:30pm Игры 12:30pm Purim Party with Ken Ulansey and Phyllis Chapell 3:00pm* EnhanceFitness	22 9:30am Англ./ Юлия 9:30am Chair Zumba 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Oneg Shabbat 10:30am Традиции и культура/ Александр Шрайбман 11:45am Lunch/Обед 11:45am The Rabbi's Tisch 12:30pm Шаббат
25 10:00am Zumba with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Current Events w/Chuck 10:30am Canasta 10:30am Лекция 11:45am Lunch/Обед 12:30pm Canasta 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/Стив 3:00pm* EnhanceFitness	26 10:00am Total Body Strength 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm Информационная сессия 12:30pm Help Yourself to Health 12:45pm Suffrage: The Fight for Women's Rights with Trish Chambers	27 10:00am Yoga with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Art Therapy & Relaxation with Masha 10:30am Лекция 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Israeli Dancing 2:00pm Chess Club	28 9:30am Healing Movement with Donna Price 9:30am Компьютеры 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Арт терапия с Машей 10:30am Mah Jong 10:30am SOWN 10:45am BOOM Muscle 11:45am Lunch/Обед 12:00pm Pinochle 12:30pm Игры 12:30pm Bingo 1:30pm* Лекция/ Вера Лернер 3:00pm* EnhanceFitness	29 9:30am Англ./ Юлия 9:30am Chair Zumba 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Oneg Shabbat 10:30am Традиции и культура/ Александр Шрайбман 11:45am Lunch/Обед 11:45am The Rabbi's Tisch 12:30pm Шаббат

Monday понеделник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
January • Январь 1 Active Adult Life Closed Happy New Year	2 Chicken Marsala Garden salad with French dressing Wide noodles Whole wheat roll Mandarin oranges	3 Baked Ziti with Spinach Warm spiced peaches California blend vegetables Oatmeal cookie	4 Sweet & Sour Meatballs Mixed vegetables Brown rice with bell peppers Pumpernickel bread Pineapples	5 Herb Roasted Chicken Quarter Peas & carrots Mashed potatoes Challah roll Fresh pear
8 Cheddar & Broccoli Omelette Scalloped tomatoes Diced potatoes with peppers & onions Whole wheat bread Fresh apple	9 Hearty Beef & Vegetable Stew Bowtie pasta Whole wheat bread Applesauce	10 Italian Baked Fish with Tomato & Olive Sauce Caesar salad Couscous Whole wheat roll Pineapples	11 Corned Beef Sandwich Potato salad Health salad Whole wheat hamburger roll Peaches	12 Matzah Stuffed Chicken with Apricot Jam Sauce Broccoli & cauliflower Roasted potatoes Challah roll Sweet muffin
15 Fish Cake Stewed tomatoes Brussel sprouts Whole wheat roll Pears	16 Honey Mustard Baked Chicken Quarter Dill cucumber and onion salad Whipped potatoes Whole wheat bread Sugar cookie	17 White Fish Salad Tomato & onion slices Marinated green bean salad Vegetable pasta salad Mini bagel Mandarin oranges	Tu B'Shevat & January Birthday Party 18 Beef Brisket with Tomato Gravy Kasha & bowties Green beans Rye bread Fresh orange Birthday cupcakes	19 Carmelized Onion Chicken Glazed carrots Sweet kugel Challah roll Applesauce
22 Raviolis with Roasted Red Pepper Sauce Broccoli Corn Fruit cocktail	23 Traditional Meatloaf with Gravy Peas & carrots Whipped potatoes Whole wheat bread Pears	24 Panko Crusted Tilapia Green beans Scalloped potatoes Whole wheat bread Fresh apple	25 Baked Honey BBQ Chicken Cole slaw Baked sweet potato cubes Whole wheat roll Peaches	26 Sliced Turkey with Stuffing & Orange Thyme Gravy Brussel sprouts with raisins Carrot Challah roll Sweet muffin
29 Tilapia with Creamy Dill Sauce Green bean almandine Vegetable couscous Whole wheat roll Unsweetened cinnamon applesauce	30 Chicken Marsala Garden salad with French dressing Wide noodles Whole wheat roll Mandarin oranges	31 Baked Ziti with Spinach Warm spiced peaches California blend vegetables Oatmeal cookie		

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
			February • Февраль 1 Sweet & Sour Meatballs Mixed vegetables Brown rice with bell peppers Pumpernickel bread Pineapples	2 Herb Roasted Chicken Quarter Peas & carrots Mashed potatoes Challah roll Fresh pear
5 Cheddar & Broccoli Omelette Scalloped tomatoes Diced potatoes with peppers & onions Whole wheat bread Fresh apple	6 Hearty Beef & Vegetable Stew Bowtie pasta Whole wheat bread Applesauce	7 Italian Baked Fish with Tomato & Olive Sauce Caesar salad Couscous Whole wheat roll Pineapples	8 Corned Beef Sandwich Potato salad Health salad Whole wheat hamburger roll Peaches	9 Matzah Stuffed Chicken with Apricot Jam Sauce Broccoli & cauliflower Roasted potatoes Challah roll Sweet muffin
12 Fish Cake Stewed tomatoes Brussel sprouts Whole wheat roll Pears	13 Honey Mustard Baked Chicken Quarter Dill cucumber and onion salad Whipped potatoes Whole wheat bread Sugar cookie	14 White Fish Salad Tomato & onion slices Marinated green bean salad Vegetable pasta salad Mini bagel Mandarin oranges	15 Beef Brisket with Tomato Gravy Kasha & bowties Green beans Rye bread Fresh orange	16 Carmelized Onion Chicken Glazed carrots Sweet kugel Challah roll Applesauce
19 Raviolis with Roasted Red Pepper Sauce Broccoli Corn Fruit cocktail	20 Traditional Meatloaf with Gravy Peas & carrots Whipped potatoes Whole wheat bread Pears	21 Panko Crusted Tilapia Green beans Scalloped potatoes Whole wheat bread Fresh apple	Winter Wonderland Party 22 Stuffed Cabbage White bean soup Mashed potatoes Tri-color mixed vegetables Black forrest cake	23 Sliced Turkey with Stuffing & Orange Thyme Gravy Brussel sprouts with raisins Carrot Challah roll Sweet muffin
26 Tilapia with Creamy Dill Sauce Green bean almandine Vegetable couscous Whole wheat roll Unsweetened cinnamon applesauce	27 Chicken Marsala Garden salad with French dressing Wide noodles Whole wheat roll Mandarin oranges	28 Baked Ziti with Spinach Warm spiced peaches California blend vegetables Oatmeal cookie	29 Sweet & Sour Meatballs Mixed vegetables Brown rice with bell peppers Pumpernickel bread Pineapples	

Monday понеделник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
				March • мартъ 1 Herb Roasted Chicken Quarter Peas & carrots Mashed potatoes Challah roll Fresh pear
Cheddar & Broccoli Omelette ⁴ Scalloped tomatoes Diced potatoes with peppers & onions Whole wheat bread Fresh apple	Hearty Beef & Vegetable Stew ⁵ Bowtie pasta Whole wheat bread Applesauce	Italian Baked Fish with Tomato & Olive Sauce ⁶ Caesar salad Couscous Whole wheat roll Pineapples	Corned Beef Sandwich ⁷ Potato salad Health salad Whole wheat hamburger roll Peaches	Matzah Stuffed Chicken with Apricot Jam Sauce ⁸ Broccoli & cauliflower Roasted potatoes Challah roll Sweet muffin
Fish Cake ¹¹ Stewed tomatoes Brussel sprouts Whole wheat roll Pears	Honey Mustard Baked Chicken Quarter ¹² Dill cucumber and onion salad Whipped potatoes Whole wheat bread Sugar cookie	White Fish Salad ¹³ Tomato & onion slices Marinated green bean salad Vegetable pasta salad Mini bagel Mandarin oranges	Beef Brisket with Tomato Gravy ¹⁴ Kasha & bowties Green beans Rye bread Fresh orange	Carmelized Onion Chicken ¹⁵ Glazed carrots Sweet kugel Challah roll Applesauce
Raviolis with Roasted Red Pepper Sauce ¹⁸ Broccoli Corn Fruit cocktail	Traditional Meatloaf with Gravy ¹⁹ Peas & carrots Whipped potatoes Whole wheat bread Pears	Panko Crusted Tilapia ²⁰ Green beans Scalloped potatoes Whole wheat bread Fresh apple	Purim Party ²¹ Barbecue Beef Brisket Honey carrots Potato knish Challah roll Juice Hamentaschen	Sliced Turkey with Stuffing & Orange Thyme Gravy ²² Brussel sprouts with raisins Carrot Challah roll Sweet muffin
Tilapia with Creamy Dill Sauce ²⁵ Green bean almandine Vegetable couscous Whole wheat roll Unsweetened cinnamon applesauce	Chicken Marsala ²⁶ Garden salad with French dressing Wide noodles Whole wheat roll Mandarin oranges	Baked Ziti with Spinach ²⁷ Warm spiced peaches California blend vegetables Oatmeal cookie	Sweet & Sour Meatballs ²⁸ Mixed vegetables Brown rice with bell peppers Pumpnickel bread Pineapples	Herb Roasted Chicken Quarter ²⁹ Peas & carrots Mashed potatoes Challah roll Fresh pear

PROGRAM DESCRIPTIONS

Call 215-698-7300 x193 to reserve your spot in the programs below unless otherwise noted.

In-Person Weekly Programs:

Zumba with Olga • Mondays, 10:00am (except Jan. 1)

Call 215-698-7300 x0 to reserve your spot.

Have fun working out with Olga Krupenkina. This Latin dance fusion exercise keeps you on your feet and looking forward to the next steps. Olga will keep you smiling with her positive energy.

Open Tech Center • Monday through Friday, 10:00am-2:00pm (except Jan. 1)

Call 215-698-7300 x125 to reserve your spot.

Take advantage of FREE use of a computer with some instruction (if needed) for technology topics such as iPad, cell phones, Zoom, and more! Space is limited. Please reserve your spot in advance to ensure that we are able to sanitize a computer space for you in a timely fashion.

Current Events with Chuck • Mondays, 10:30am (except Jan. 1)

Chuck Feldman leads a lively discussion-oriented class focusing on local, national and international issues, with an emphasis on politics.

Canasta • Mondays, 10:30am & 12:30pm (except Jan. 1)

Have fun playing this rummy-type card game. The 10:30am games are for beginners and the 12:30pm games are for more experienced players.

Knitting Nook • Mondays, 12:30pm (except Jan. 1)

Spend time using your knitting skills or learn something new from those around you while socializing.

Total Body Strength • Tuesdays, 10:00am;

Call 215-698-7300 x0 to reserve your spot.

Keep your energy going with a special and fun workout led by Mariya Ryemyen. Exercises will be done both sitting and standing.

Burt's Brain Games with Joe • Tuesdays, 10:30am

Join Joe for an assortment of trivia to have fun while keeping your brain active.

Pinochle • Tuesdays & Thursdays, 12:00pm

Join in on a friendly card game or two.

Yoga with Olga • Wednesdays, 10:00am

Call 215-698-7300 x0 to reserve your spot.

Wind down and feel your body relax with Olga Krupenkina. Through a series of stretches both sitting and standing, Mariya will help ease your mind, body, and spirit.

Art Therapy & Relaxation with Masha • Wednesdays, 12:30pm

Join Masha Keselman-Mekler, MA, ATR-BC, LPC to utilize art and psychology, relaxation techniques, and science-based approaches to gain tools to better navigate life's challenges and improve overall wellness.

Mah Jong • Wednesdays, 12:30pm; Thursdays, 10:30am

Play this tile-based game with others for an enjoyable time.

Israeli Dancing • Wednesdays, 12:30pm

Do you have Ruach (spirit)? Join Susan Novack to review the dances taught and work on some new ones! You'll do easy older and new dances with instruction. Come and have fun, exercise and see people! Bring a water bottle and wear sneakers.

Chess Club • Wednesdays, 2:00pm

Play a classic friendly game to keep your brain thinking.

Healing Movement with Donna Price • Thursdays, 9:30am

Enjoy this Tai Chi/Qigong influenced exercise that is done sitting or standing.

In-Person Weekly Programs (continued):

BOOM Muscle • Tuesdays, 10:00am;

Call 215-698-7300 x0 to reserve your spot.

You'll have fun doing athletic-based exercises that improve upper body conditioning with instructor Mariya Ryemyen. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

Chair Zumba • Fridays, 9:30am

Call 215-698-7300 x0 to reserve your spot.

Olga Krupenkina will have you sweating while having fun. With upbeat music and both sitting and standing (with chair support) exercises, you'll be energized and ready to take on the rest of the week.

Oneg Shabbat • Fridays, 10:30am

We welcome you and Shabbat for a special Friday program.

The Rabbi's Tisch • Fridays, 11:45am

Join Rabbi Berliner for lunch at her tisch (table). Each week she'll have something new to discuss as she offers her own version of food for the soul! Sign up for lunch and reserve your spot one week in advance.

In-Person Special Programs:

Critical Thinking • Tuesday, January 2, 9, 16, 23, 30, 10:30am • \$50/5 sessions

Today's issues make clear thinking, rational judgements, identifying rhetoric and analyzing issues difficult, at best. Critical thinking helps to identify reliable sources of information, and help self-awareness of one's own biases. Understanding how to ask relevant questions about information will help to identify if information is current, relevant, has authority, accuracy and purpose. This program will investigate principles of critical thinking and apply them with ground rules to issues and problems that concern us today.

100 Years of the Best American Short Stories • Thursday, January 4, 11, 18, 25,

February 1, 8, 15, 22, 10:30am • \$48/8 sessions

Join us as we tour the landscape of American short stories that reflect the changing culture of our country led by Merle Salkin. Beginning with Edna Ferber and ending with Nathan Englander (2012) and Lauren Groff (2014), we'll chart these "changes in America's literary artistry." Students should have a copy of 100 Years of the Best American Short Stories edited by Lorrie Moore and Heidi Pitlor published in 2015. Participants are expected to read stories before class discussions.

Bingo • Thursday, January 4, 18, February 8, 29, March 14, 28, 12:30pm

Play this fun classic game for FREE with some special games for \$.25.

Silver Screening • Friday, January 5, 12, 19, 26, 12:30pm

Sit back and relax with a movie right after lunch. We'll be viewing in January the Netflix miniseries, All the Light We Cannot See. The miniseries follows the lives of two teenagers during the height of World War II: Marie-Laure, a blind French girl and Werner Pfennig, a German boy forced to join and fight for the Nazi regime.

China: Yesterday, Today, and Tomorrow (OLLI) • Monday, January 8, 15, 22, 29,

February 5, 12:30pm • \$30/5 sessions

In this course led by David Hudiak, we will study the nation and people of China in order to better understand Chinese history and culture, as well as China's current place on the world stage and possible future course Chinese-American relations.

Line Dancing • Monday, January 8, 29, February 12, 26, March 11, 25, 12:30pm

Learn dances from the best out there and perfect your steps while having fun. Steven Mesh, owner of Spotlight Dance Studio, is a professional ballroom dancer, coach, adjudicator, and choreographer.

SOWN • Thursday, January 11, 25, February 8, 22, March 14, 28, 10:30am

The Supportive Older Women's Network helps make new connections, create innovative solutions, and share knowledge and resources. This FREE group provides a forum for women to support each other in the problems of everyday life. For more information, contact Gail Bober, MSW and Patty Davis, LCSW at 215-740-0221 x25.

In-Person Special Programs (continued):

Tai Chi with Dr. Joseph Wang • Tuesday, January 23, February 20, March 19, 12:30pm

Improve functional movement/motion of body joints, gain a greater awareness of their body in space and how their body moves as a complete unit, increase muscle, tendon and ligament flexibility and health and awareness of breath/chi flow throughout the body with movement.

Tu B'Shevat & January Birthday Party • Thursday, January 25, 11:30am

Join us for lunch with birthday cupcakes and entertainment by J. T. Trinacria. Have a birthday in January? Let us know by calling 215-698-7300 x193 or email info@kleinlife.org. Please reserve your lunch by 1/18/24 on the touch screen.

Oneg Shabbat: Tu B'Shevat • Friday, January 26, 10:30am

Why do we feel the need to recognize trees? Why did the Jewish People make an actual holiday out of this? We now live in a world where we finally understand the need to preserve ecology. Enjoy our Tu B'Shvat Seder with all of the tasty fruits and nuts grown on various trees.

Ask a Doctor: Winter Skin • Friday, February 2, 10:30am

Dr. Jacob Charny from Dermatology Partners discusses caring for your skin in winter to prevent dryness and itching, the importance of practicing skin safety in sun, and recognizing the warning signs for skin cancer. This is your opportunity to bring up your important questions about taking care of the largest organ of our body

February Birthday Party • Tuesday, February 13, 11:30am

Join us for lunch with birthday cupcakes and entertainment by singer Steve Pollack. Have a birthday in February? Let us know by calling 215-698-7300 x193 or email info@kleinlife.org. Please reserve your lunch by 2/6/24 on the touch screen.

Help Yourself to Health • Tuesday, February 20, 27, March 5, 12, 19, 26, 12:30pm

Do you have a chronic health condition or care for someone who does? Join this evidence-based program and learn how to self-manage your condition and symptoms! Through this highly interactive 6-week workshop you'll also gain support from others who have similar health issues.

Winter Wonderland Party • Thursday, February 22, 12:30pm

We're bringing together the best parts of winter with a delicious hot lunch, festive decor, and live music by Irene & Andy. Cozy up to our virtual fireplace and enjoy a lovely afternoon indoors. Please reserve your lunch by 2/15/24 on the touch screen.

First Ladies of the U.S. (1789-Present) • Tuesday, February 27, 12:45pm • \$3

Led by Trish Chambers, this program introduces you to all of the First Ladies from Martha Washington to Michelle Obama. It discusses many interesting and informative facts about each woman's legacies, contributions and their various roles in the expansion of responsibilities associated with the office of First Lady. A fascinating look at an amazing group of women.

Make Your Own Seasonings • Thursday, March 7, 10:30am

Join Eileen Chopnick from Betty the Caterer and learn about how to make the most nutritious food more delicious and flavorful with what you already have in your pantry.

March Birthday Party • Wednesday, March 13, 11:30am

Join us for lunch with birthday cupcakes and entertainment by singers Vic Rubino & Bridget Romeo. Have a birthday in March? Let us know by calling 215-698-7300 x193 or email info@kleinlife.org. Please reserve your lunch by 3/6/24 on the touch screen.

Town Meeting • Monday, March 18, 10:00am

Come to this "you hear it first" meeting and learn what is going on at the center.

In-Person Special Programs (continued):

Purim Party • Thursday, March 21, 11:30am

Get out your masks and graggers; it's time to celebrate with LIVE entertainment! Enjoy a delicious lunch complete with hamentashen and birthday cupcakes and then have a fun-filled afternoon celebrating with Ken Ulansey & Phyllis Chapell. Costumes are encouraged. Please reserve your lunch by 3/14/23 on the touch screen.

Suffrage: The Fight for Women's Rights • Wednesday, March 25, 12:45pm • \$3

Women today enjoy many rights and privileges that their fore-bearers never knew. This program chronicles the fight for the woman's right to vote along with other rights that they were previously denied. An eye opening discussion of how we have gotten where we are and where we still need to go. Meet the women who drove the fight to be recognized as U.S. citizens equally under the law. Performed by Trish Chambers in period costume.

COMING SOON: Drawing & Painting • New Dates and Times TBA • \$75/6 sessions

Two fine art classes in each two hour session with award-winning artist Russ Williams. You will learn how to create line, form, volume, shadow and light, as well as traditional painting techniques using various mediums. From composition to paint mixing to glazing, develop your own techniques while making your own quality works of art. All skill levels welcome!



Virtual Weekly Programs:

EnhanceFitness • Mondays & Thursdays, 3:00pm (except Jan. 1)

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, January 3, February 7, March 6, 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.

Yoga & Meditation* • Friday, January 5, February 2, March 1, 1:45pm

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



FREE TAX FILING

Starting February 2024

This FREE service is for any taxpayer whose household income is less than \$73,000. All volunteer tax helpers are qualified with extensive experience to help prepare both Federal & State Income taxes, as well as PA Rent/RE Tax rebate forms. Please have all of your tax information in hand including last year's federal tax return, W-2, 1099, and real estate tax bill.

To schedule your appointment,
leave a message at 215-698-7300 x194
and someone will return your call.

THIS SERVICE IS BY APPOINTMENT ONLY.

Appointments are on weekdays between February 5-April 15, 2024.

Kleinlife

A Unit of The National Council on the Aging
NISC
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 **Jewish Federation**
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Active Adult Life

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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



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



Join the private Starr at KleinLife Facebook Group!



Travel With
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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

2024 Trip Schedule

Join Andrea for any of these wonderful trips!

Featured Day Trips:

Philadelphia Flower Show, March 6	\$199
"Lion King" on Broadway, New York City, May 18	\$349
"Wicked" on Broadway, New York City, May 18	\$269
"The Full Monty" at Dutch Apple Dinner Theatre, Lancaster, PA, Jun 20	\$179
Chesapeake City, MD: Land & Sea Jun 27	\$179
"Back to the Future" on Broadway, New York City, July 20	\$299
"The Heart of Rock and Roll" on Broadway, New York City, July 20	\$259
The Who's "Tommy" on Broadway, New York City, July 20	\$319
"The Outsiders" on Broadway, New York City, Aug 17	\$269
"Water for Elephants" on Broadway, New York City, Aug 17	\$299
"Half Stitched" at Bird-in-Hand Stage, Lancaster, PA Sep 10	\$169
"A Night on the Town With The Rat Pack" at Penn's Peak, Jim Thorpe, Sep 26	\$159
"The Wiz" on Broadway, New York City, Oct 26	\$299
"The Notebook" on Broadway, New York City, Nov 23	\$299

Featured Multi-Day Trip:

Frank Lloyd Wright & Flight 93 – Somerset, PA

Aug 30 – Sep 1, 2024 Travel to Pennsylvania's Laurel Highlands to explore the unique homes of one of America's greatest architects, and walk beside the final resting place of Flight 93.

\$779 pp/dbl occ.

\$919 pp/sgl occ.

\$739 pp/trp occ.

DAY ONE:

Delve into the architectural marvel of Frank Lloyd Wright's Kentuck Knob with a guided tour. Later, check into a Somerset, PA hotel and enjoy dinner at Eat 'n Park. D

DAY TWO:

Explore the profound Flight 93 National Memorial & Visitor's Center, paying tribute to heroes. Savor a satisfying lunch at the Coal Miner's Cafe. Visit the poignant Flight 93 Memorial Chapel in Shanksville, PA, followed by a visit to the Quecreek Mine Rescue Site. Dinner tonight is at the Oakhurst Grille. B, L, D

DAY THREE:

Tour Frank Lloyd Wright's Fallingwater. This extraordinary home is dramatically centered on a waterfall, which runs through the home. Lunch is at Fallingwater Cafe amid this architectural marvel before arriving home. B, L

