

KleinLife Update

Active Adult Life

April-May-June/апрель-Май-Июнь 2024

THIS ISSUE'S PROGRAM HIGHLIGHTS:

1861: The Civil War Begins (OLLI)

Starting Mon., April 1, 12:30pm • \$30/5 sessions

Painting with Your Heart: An Art Demo

Tues., April 2, 12:30pm

Drawing & Painting

Starting Tues., April 9, 10:30am • \$100/5 sessions

Passover Seder

Wed., April 17, 10:30am

April Birthday Party

Thurs., April 25, 11:30am

100 Years of Best American Short Stories

Starting Thurs., May 2, 10:30am • \$36/6 sessions

Mother's Day & May Birthday Party

Thurs., May 9, 11:30am

Israeli Independence Day Celebration

Wed., May 15, 11:30am

Memorial Day & Summer Kick Off Party

Wed., May 22, 11:30am

Creativity Day on Display

Thurs., May 30, 12:30pm

Tony Awards & June Birthday Party

Tues., June 11, 11:30am

Father's Day Party

Tues., June 18, 11:30am

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

What's the most tear-jerking season?

*Spring, because love is in the air...
and pollen too.*

kleinlife.org • 215-698-7300

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

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.

Show Off Your Creative Talents to the Community

CREATIVITY DAY ON DISPLAY

Thursday, May 30 • 12:30pm

We're celebrating National Creativity Day by putting all of our creators of art on display! This special day was founded to honor and celebrate everyone who creates new things each day, someone just like you.

Whether you're a painter, photographer, knitter, sculptor, or anything inbetween, we want to showcase your talents.

Want to participate? Let us know by calling and leaving us a detailed message by May 15 at 215-698-7300 x193.

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
<p>April • апрель 1</p> <p>9:30am Zumba with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Canasta</p> <p>10:30am Лекция/ Анна Цайгер</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Canasta</p> <p>12:30pm Knitting Nook</p> <p>12:30pm 1861: The Civil War Begins</p> <p>12:30pm Line Dancing/Урок танцев/ Стив</p> <p>3:00pm* EnhanceFitness</p>	<p>2</p> <p>10:00am Total Body Strength</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joel</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Информационная сессия</p> <p>12:30pm Painting with Your Heart: An Art Demo</p>	<p>3</p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Art Therapy & Relaxation with Masha</p> <p>10:30am Hoarding Group</p> <p>10:30am Лекция/Вениамин Житомирский</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>12:30pm Wednesday Travel Club Meeting</p> <p>1:00pm* Yiddish with Marcia</p> <p>2:00pm Chess Club</p>	<p>4</p> <p>9:30am Healing Movement with Donna Price</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:00am Low Visions</p> <p>10:30am 100 Years of the Best American Short Stories</p> <p>10:30am Mah Jong</p> <p>10:30am Art терапия с Машей</p> <p>10:45am BOOM Muscle</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:30pm Игры</p> <p>12:30pm Mental Wellness and Awareness</p> <p>1:30pm* Лекция/ Вера Лернер</p> <p>3:00pm* EnhanceFitness</p>	<p>5</p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Суккот/Александр Шрайбман</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p> <p>12:30pm Silver Screenings: Tango in Halifax</p>
<p>8</p> <p>9:30am Zumba with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Canasta</p> <p>10:30am Лекция/Эльмира Каплан</p> <p>11:45am Lunch with Solar Eclipse Snacks/Обед</p> <p>12:30pm Canasta</p> <p>12:30pm Knitting Nook</p> <p>12:30pm 1861: The Civil War Begins</p> <p>3:00pm* EnhanceFitness</p>	<p>9</p> <p>10:00am Total Body Strength</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joel</p> <p>10:30am Drawing & Painting</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>4:00pm* Музыка и духовность с кантором Ларисой</p>	<p>10</p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Art Therapy & Relaxation with Masha</p> <p>10:30am Лекция/ Классическая музыка/Инна Шифф</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>2:00pm Chess Club</p>	<p>11</p> <p>9:30am Healing Movement with Donna Price</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:00am Low Visions</p> <p>10:30am 100 Years of the Best American Short Stories</p> <p>10:30am Mah Jong</p> <p>10:30am SOWN</p> <p>10:30am Art терапия с Машей</p> <p>10:45am BOOM Muscle</p> <p>11:45am Lunch</p> <p>12:00pm Pinochle</p> <p>12:30pm Bingo</p> <p>12:30pm Yoga for Flexibility, Balance, and Relaxation/Йога и медитация</p> <p>12:30pm Игры</p> <p>3:00pm* EnhanceFitness</p>	<p>12</p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p> <p>12:30pm Silver Screenings: Tango in Halifax</p>
<p>15</p> <p>9:30am Zumba with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Canasta</p> <p>10:30am Лекция/История Израиля и иудаизма/ Илья</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Canasta</p> <p>12:30pm Knitting Nook</p> <p>12:30pm 1861: The Civil War Begins</p> <p>12:30pm Line Dancing/Урок танцев/ Стив</p> <p>3:00pm* EnhanceFitness</p>	<p>16</p> <p>10:00am Total Body Strength</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joel</p> <p>10:30am Drawing & Painting</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Информационная сессия</p> <p>12:30pm Tai Chi with Dr. Joseph Wang</p>	<p>17</p> <p>Passover Seder</p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Passover Seder</p> <p>10:30am Лекция/Угадай мелодию/Рита Ломазова</p> <p>11:45am Обед</p> <p>12:30pm Mah Jong</p> <p>2:00pm Chess Club</p>	<p>18</p> <p>9:30am Healing Movement with Donna Price</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:00am Low Visions</p> <p>10:30am 100 Years of the Best American Short Stories</p> <p>10:30am Mah Jong</p> <p>10:30am Art терапия с Машей</p> <p>10:45am BOOM Muscle</p> <p>11:45am Lunch</p> <p>12:00pm Pinochle</p> <p>12:00pm КИБ/Пасхальный Седер</p> <p>3:00pm* EnhanceFitness</p>	<p>19</p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Шаббат</p> <p>12:30pm Silver Screenings: Young@Heart</p>

*virtual; ^hybrid

Programs subject to change

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
<p>April • апрель 22</p> <p>9:30am Zumba with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Canasta</p> <p>10:30am Лекция/Дора Голдовская</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Canasta</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>3:00pm* EnhanceFitness</p>	<p>23</p> <p>Active Adult Life Closed</p> <p>Passover</p>	<p>24</p> <p>Active Adult Life Closed</p> <p>Passover</p>	<p>April Birthday Party 25</p> <p>9:30am Healing Movement with Donna Price</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:00am Low Visions</p> <p>10:30am 100 Years of the Best American Short Stories</p> <p>10:30am Арт терапия с Машей</p> <p>10:30am Mah Jong</p> <p>10:30am SOWN</p> <p>10:45am BOOM Muscle</p> <p>11:45am April Birthday Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:30pm April Birthday Party with Jerry Trecroce</p> <p>12:30pm Игры</p> <p>3:00pm* EnhanceFitness</p>	<p>26</p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Ту Бишват/ Александр Шрайбман</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p> <p>12:30pm Silver Screenings: Queen Bees</p>
<p>29</p> <p>Active Adult Life Closed</p> <p>Passover</p>	<p>30</p> <p>Active Adult Life Closed</p> <p>Passover</p>	<p>May • Май 1</p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Art Therapy & Relaxation with Masha</p> <p>10:30am День именинника</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>12:30pm Film: The Wild One</p> <p>1:00pm* Yiddish with Marcia</p> <p>2:00pm Chess Club</p>	<p>2</p> <p>9:30am Healing Movement with Donna Price</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:00am Low Visions</p> <p>10:30am 100 Years of the Best American Short Stories</p> <p>10:30am Арт терапия с Машей</p> <p>10:30am Mah Jong</p> <p>10:45am BOOM Muscle</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:30pm Bingo</p> <p>12:30pm Игры</p> <p>3:00pm* EnhanceFitness</p>	<p>3</p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p> <p>12:30pm Silver Screenings</p>

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
<p>May • Май 6</p> <p>9:30am Zumba with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Canasta</p> <p>10:30am Лекция</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Canasta</p> <p>12:30pm Knitting Nook</p> <p>12:30pm 1861: The Civil War Begins</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>3:00pm* EnhanceFitness</p>	<p>7</p> <p>10:00am Total Body Strength</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joe</p> <p>10:30am Drawing & Painting</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Информационная сессия</p> <p>12:30pm Coping with Hearing Loss</p>	<p>8</p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Art Therapy & Relaxation with Masha</p> <p>10:30am День памяти</p> <p>11:45am Lunch</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>12:30pm Holocaust Awareness Museum Artifacts</p> <p>2:00pm Chess Club</p>	<p>Mother's Day/May Birthday Party 9</p> <p>9:30am Healing Movement with Donna Price</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:00am Low Visions</p> <p>10:30am 100 Years of the Best American Short Stories</p> <p>10:30am Арт терапия с Машей</p> <p>10:30am Mah Jong</p> <p>10:30am SOWN</p> <p>10:45am BOOM Muscle</p> <p>11:30am Mother's Day Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:30pm Игры</p> <p>12:30pm May Birthday Party with Minnie Kalan</p> <p>3:00pm* EnhanceFitness</p>	<p>10</p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p> <p>12:30pm Ask a Doctor: Summer Skin Care</p>
<p>13</p> <p>9:30am Zumba with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Advisory Council Meeting</p> <p>10:00am Korean Social Circle</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Canasta</p> <p>10:30am Лекция</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Canasta</p> <p>12:30pm Knitting Nook</p> <p>12:30pm 1861: The Civil War Begins</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>3:00pm* EnhanceFitness</p>	<p>14</p> <p>10:00am Total Body Strength</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joe</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Информационная сессия</p> <p>4:00pm* Музыка и духовность с кантором Ларисой</p>	<p>Israeli Independence Day 15</p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Art Therapy & Relaxation with Masha</p> <p>10:30am Лекция</p> <p>11:45am Israeli Independence Day Lunch/Обед</p> <p>12:30pm Israeli Dancing</p> <p>12:30pm Mah Jong</p> <p>2:00pm Chess Club</p>	<p>16</p> <p>9:30am Healing Movement with Donna Price</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:00am Low Visions</p> <p>10:30am 100 Years of the Best American Short Stories</p> <p>10:30am Арт терапия с Машей</p> <p>10:30am Mah Jong</p> <p>10:45am BOOM Muscle</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:30pm Игры</p> <p>3:00pm* EnhanceFitness</p>	<p>17</p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p> <p>12:30pm Self Care with Sarah Care: Savvy Snacks</p>

Programs subject to change

*virtual; ^hybrid

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
<p>May • Май 20</p> <p>9:30am Zumba with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Canasta</p> <p>10:30am Лекция</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Canasta</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>3:00pm* EnhanceFitness</p>	<p>21</p> <p>10:00am Total Body Strength</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joe</p> <p>10:30am Drawing & Painting</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Информационная сессия</p> <p>12:30pm Tai Chi with Dr. Joseph Wang</p> <p>4:00pm* Музыка и духовность с кантором Ларисой</p>	<p>Memorial Day Summer Kick Off 22</p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Art Therapy & Relaxation with Masha</p> <p>10:30am Лекция</p> <p>11:45am Memorial Day Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>12:30pm Summer Kick Off Party with DJ Dave Michael</p> <p>2:00pm Chess Club</p>	<p>23</p> <p>9:30am Healing Movement with Donna Price</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:00am Low Visions</p> <p>10:30am 100 Years of the Best American Short Stories</p> <p>10:30am Арт терапия с Машей</p> <p>10:30am Mah Jong</p> <p>10:30am SOWN</p> <p>10:45am BOOM Muscle</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:30pm Bingo</p> <p>12:30pm Yoga for Flexibility, Balance, and Relaxation/Йога и медитация</p> <p>12:30pm Игры</p> <p>3:00pm* EnhanceFitness</p>	<p>24</p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p> <p>12:30pm Silver Screenings</p>
<p>27</p> <p>Active Adult Life Closed</p> <p>Memorial Day</p>	<p>28</p> <p>10:00am Total Body Strength</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joe</p> <p>10:30am Drawing & Painting</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Информационная сессия</p>	<p>29</p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Art Therapy & Relaxation with Masha</p> <p>10:30am День именинника</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>2:00pm Chess Club</p>	<p>30</p> <p>9:30am Healing Movement with Donna Price</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:00am Low Visions</p> <p>10:30am 100 Years of the Best American Short Stories</p> <p>10:30am Арт терапия с Машей</p> <p>10:30am Mah Jong</p> <p>10:45am BOOM Muscle</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:30pm Игры</p> <p>12:30pm Creativity Day on Display</p> <p>3:00pm* EnhanceFitness</p>	<p>31</p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p> <p>12:30pm Silver Screenings: Frida</p>

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
<p>June • Июнь 3</p> <p>9:30am Zumba with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Canasta</p> <p>10:30am Лекция</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Canasta</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>3:00pm* EnhanceFitness</p>	<p>4</p> <p>10:00am Total Body Strength</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joe</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Информационная сессия</p> <p>4:00pm* Музыка и духовность с кантором Ларисой</p>	<p>5</p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Art Therapy & Relaxation with Masha</p> <p>11:30am Лекция</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>1:00pm* Yiddish with Marcia</p> <p>2:00pm Chess Club</p>	<p>6</p> <p>9:30am Healing Movement with Donna Price</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:00am Low Visions</p> <p>10:30am 100 Years of the Best American Short Stories</p> <p>10:30am Wise Fast Food Choices</p> <p>10:30am Арт терапия с Машей</p> <p>10:30am Mah Jong</p> <p>10:45am BOOM Muscle</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:30pm Bingo</p> <p>12:30pm Игры</p> <p>3:00pm* EnhanceFitness</p>	<p>7</p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Oneg Shabbat: Shavuot</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p> <p>12:30pm Silver Screenings</p>
<p>10</p> <p>9:30am Zumba with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Advisory Council Closing Breakfast</p> <p>10:00am Korean Social Circle</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Canasta</p> <p>10:30am Лекция</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Canasta</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>3:00pm* EnhanceFitness</p>	<p>11</p> <p>Tony Award/June Birthday Party</p> <p>10:00am Total Body Strength</p> <p>10:00am Open Tech Center</p> <p>10:00am Korean Social Circle</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joe</p> <p>11:45am June Birthday Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Информационная сессия</p> <p>12:30pm June Birthday & Tony Award Party with Steve Pollack</p>	<p>12</p> <p>Active Adult Life Closed Shavuot</p>	<p>13</p> <p>Active Adult Life Closed Shavuot</p>	<p>14</p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p> <p>12:30pm Self Care with Sarah Care: Guided Meditation</p>

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
<p>June • Июнь 17</p> <p>9:30am Zumba with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Town Meeting</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Canasta</p> <p>10:30am Лекция</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Canasta</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>3:00pm* EnhanceFitness</p>	<p>Father's Day Party 18</p> <p>10:00am Total Body Strength</p> <p>10:00am Open Tech Center</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joe</p> <p>11:45am Father's Day Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Информационная сессия</p> <p>12:30pm Tai Chi with Dr. Joseph Wang</p> <p>12:30pm Father's Day Party with Peter Scott Rubin</p> <p>4:00pm* Музыка и духовность с кантором Ларисой</p>	<p>19</p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:30am Art Therapy & Relaxation with Masha</p> <p>10:30am Лекция</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>2:00pm Chess Club</p>	<p>20</p> <p>9:30am Healing Movement with Donna Price</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Low Visions</p> <p>10:30am Арт терапия с Машей</p> <p>10:30am Mah Jong</p> <p>10:45am BOOM Muscle</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:30pm Игры</p> <p>12:30pm Bingo</p> <p>12:30pm Yoga for Flexibility, Balance, and Relaxation</p> <p>3:00pm* EnhanceFitness</p>	<p>21</p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p> <p>12:30pm Silver Screenings</p>
<p>24</p> <p>9:30am Zumba with Olga</p> <p>10:00am Open Tech Center</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Canasta</p> <p>10:30am Лекция</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Canasta</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>3:00pm* EnhanceFitness</p>	<p>25</p> <p>10:00am Total Body Strength</p> <p>10:00am Open Tech Center</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joe</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Информационная сессия</p> <p>12:30pm LGBTQ+ Discussion</p>	<p>26</p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:30am Art Therapy & Relaxation with Masha</p> <p>10:30am День именинника</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>2:00pm Chess Club</p>	<p>27</p> <p>9:30am Healing Movement with Donna Price</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:30am Арт терапия с Машей</p> <p>10:30am Mah Jong</p> <p>10:30am SOWN</p> <p>10:45am BOOM Muscle</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:30pm Игры</p> <p>12:30pm Your Home's Next Step</p> <p>1:30pm* Лекция/ Вера Лернер</p> <p>3:00pm* EnhanceFitness</p>	<p>28</p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p> <p>12:30pm Silver Screenings</p>

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
April • апрель 1 Cheddar & Broccoli Omelette Scalloped tomatoes Diced potatoes with peppers & onions Fresh peach	2 Hearty Beef & Vegetable Stew Mashed potatoes Applesauce	3 Italian Baked Fish with Tomato Sauce Caesar salad Potatoes Pineapples	4 Matzah Breaded Chicken Breast Sweet potato cubes Green beans Peaches	5 Matzah Stuffed Chicken with Apricot Jam Sauce Broccoli & cauliflower Roasted potatoes Honey cake
8 Fish Cake Stewed tomatoes California blend vegetables Pears	9 Honey Mustard Baked Chicken Quarter Dill cucumber and onion salad Whipped potatoes Passover dessert	10 Spanish Omelet Homefries Broccoli Mandarin oranges	11 Beef Brisket with Beef Gravy Roasted potatoes Green beans Fresh orange	12 Carmelized Onion Chicken Glazed carrots Apple matzah kugel Applesauce
15 Eggplant Parmesan with Tomato Sauce Broccoli Zucchini Fruit cocktail	16 Traditional Meatloaf with Gravy Sliced carrots Whipped potatoes Pears	Passover Seder 17 Roasted Chicken Quarter with Gravy Gefilte fish with beet horseradish California blend vegetables Homemade potato kugel Matzah Apple juice Passover honey cake	18 Baked Honey BBQ Chicken Cole slaw Baked sweet potato cubes Matzah Peaches	19 Sliced Turkey with Stuffing & Orange Thyme Gravy Broccoli Carrot Matzah Honey cake
22 Tilapia with Creamy Dill Sauce Green bean almandine Oven roasted potatoes Matzah Unsweetened cinnamon applesauce	23 Active Adult Life Closed Passover	24 Active Adult Life Closed Passover	April Birthday Party 25 Sweet & Sour Meatballs Capri blend vegetables Potato kugel Matzah Pineapples Passover Cake	26 Herb Roasted Chicken Quarter Zucchini & carrots Mashed potatoes Matzah Fresh plum
29 Active Adult Life Closed Passover	30 Active Adult Life Closed Passover			

Menu subject to change

MAKE SURE TO RESERVE YOUR SPOT FOR THE
Passover Seder • Wednesday, April 17, 10:30am
 Call 215-698-7300 x193 to reserve your seat by 4/9.

Join KleinLife and Golden Slipper Club for a traditional Seder led by Rabbi Sandra Berliner with musical accompaniment by Gene Gelfonson.



Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
		May • Май 1 Seafood Salad with Hard Boiled Egg Marinated cauliflower salad Carrot raisin salad Whole wheat roll Pineapples	2 Breaded Chicken Strips Sweet potato cubes Peas Whole wheat roll Peaches	3 Matzah Stuffed Chicken with Apricot Jam Sauce Broccoli & cauliflower Roasted potatoes Challah roll Sweet muffin
6 Fish Cake Stewed tomatoes Brussel sprouts Whole wheat roll Pears	7 Honey Mustard Baked Chicken Quarter Dill cucumber and onion salad Whipped potatoes Whole wheat bread Sugar cookie	8 White Fish Salad Tomato & onion slices Marinated green bean salad Vegetable pasta salad Mini bagel Mandarin oranges	Mother's Day / May Birthday Party 9 Chicken Breast with Rice Stuffing and Gravy Fresh spinach salad Honey glazed carrots Potato knish Dinner roll Apple strudel Birthday cupcakes Juice	10 Carmelized Onion Chicken Glazed carrots Sweet kugel Challah roll Applesauce
13 Raviolis with Roasted Red Pepper Sauce Broccoli Corn Fruit cocktail	14 Traditional Meatloaf with Gravy Peas & carrots Whipped potatoes Whole wheat bread Pears	Israeli Independence Day 15 Chicken Schnitzel Pita & hummus Couscous Israeli tomato cucumber salad Rugalach Juice	16 Baked Honey BBQ Chicken Cole slaw Baked sweet potato cubes Matazah Peaches	17 Sliced Turkey with Stuffing & Orange Thyme Gravy Brussel sprouts with craisins Carrot Challah roll Sweet muffin
20 Tilapia with Creamy Dill Sauce Green bean almandine Vegetable couscous Whole wheat roll Unsweetened cinnamon applesauce	21 Chicken Marsala Garden salad with French dressing Wide noodles Whole wheat roll Mandarin oranges	Memorial Day Summer Kick Off 22 Lox & Bagel Platter Sliced tomato, cucumber, and onion Cream cheese Hard boiled egg Marinated broccoli salad Apple strudel Juice	23 Sweet & Sour Meatballs Mixed vegetables Brown rice with bell peppers Pumpernickel bread Pineapples	24 Herb Roasted Chicken Quarter Peas & carrots Mashed potatoes Challah roll Fresh pear
27 Cheddar & Broccoli Omelette Scalloped tomatoes Diced potatoes with peppers & onions Whole wheat bread Fresh apple	28 Hearty Beef & Vegetable Stew Bowtie pasta Whole wheat bread Applesauce	29 Seafood Salad with Hard Boiled Egg Marinated cauliflower salad Carrot raisin salad Whole wheat roll Pineapples	30 Breaded Chicken Strips Sweet potato cubes Peas Whole wheat roll Peaches	31 Matzah Stuffed Chicken with Apricot Jam Sauce Broccoli & cauliflower Roasted potatoes Challah roll Sweet muffin

Menu subject to change

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
June • мартъ 3 Fish Cake Stewed tomatoes Brussel sprouts Whole wheat roll Pears	4 Honey Mustard Baked Chicken Quarter Dill cucumber and onion salad Whipped potatoes Whole wheat bread Sugar cookie	5 White Fish Salad Tomato & onion slices Marinated green bean salad Vegetable pasta salad Mini bagel Mandarin oranges	6 Beef Brisket with Tomato Gravy Kasha & bowties Green beans Rye bread Fresh orange	7 Carmelized Onion Chicken Glazed carrots Sweet kugel Challah roll Applesauce
10 Raviolis with Roasted Red Pepper Sauce Broccoli Corn Fruit cocktail	Tony Award/June Birthday Party 11 Cheese Blintzes with Sour Cream Carrot raisin salad Warm apples Ice cream Birthday cupcakes Juice	12 Panko Crusted Tilapia Green beans Scalloped potatoes Whole wheat bread Fresh apple	13 Baked Honey BBQ Chicken Cole slaw Baked sweet potato cubes Matzah Peaches	14 Sliced Turkey with Stuffing & Orange Thyme Gravy Brussel sprouts with craisins Carrot Challah roll Sweet muffin
17 Tilapia with Creamy Dill Sauce Green bean almandine Vegetable couscous Whole wheat roll Unsweetened cinnamon applesauce	Father's Day Party 18 Baked Chicken Leg with Gravy Rice pilaf Broccoli florets Dinner roll Chocolate cake Juice	19 Egg Salad Platter Marinated tomato onion salad Marinated broccoli salad Whole wheat roll Oatmeal cookie	20 Sweet & Sour Meatballs Mixed vegetables Brown rice with bell peppers Pumpernickel bread Pineapples	21 Herb Roasted Chicken Quarter Peas & carrots Mashed potatoes Challah roll Fresh pear
24 Cheddar & Broccoli Omelette Scalloped tomatoes Diced potatoes with peppers & onions Whole wheat bread Fresh apple	25 Hearty Beef & Vegetable Stew Bowtie pasta Whole wheat bread Applesauce	26 Seafood Salad with Hard Boiled Egg Marinated cauliflower salad Carrot raisin salad Whole wheat roll Pineapples	27 Breaded Chicken Strips Sweet potato cubes Peas Whole wheat roll Peaches	28 Matzah Stuffed Chicken with Apricot Jam Sauce Broccoli & cauliflower Roasted potatoes Challah roll Sweet muffin

PROGRAM DESCRIPTIONS

Call 215-698-7300 x193 and leave a message with your questions and comments.

In-Person Weekly Programs:

Zumba with Olga • Mondays, 9:30am (except April 29 & May 27)

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 April 23, 24, 29, 30, May 27, June 12, 13)

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 April 29 & May 27)

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 April 29 & May 27)

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 April 29 & May 27)

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

Total Body Strength • Tuesdays, 10:00am (except April 23 & 30)

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 (except April 23 & 30)

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

Pinochle • Tuesdays & Thursdays, 12:00pm (except April 23, 30, June 13)

Join in on a friendly card game or two.

Yoga with Olga • Wednesdays, 9:30am (except April 24 & June 12)

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 (except April 24 & June 12)

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 (except April 24, June 12, 13)

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

Israeli Dancing • Wednesdays, 12:30pm (except April 17, 24 & June 12)

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 (except April 24 & June 12)

Play a classic friendly game to keep your brain thinking.

Healing Movement with Donna Price • Thursdays, 9:30am (except June 13)

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

In-Person Weekly Programs (continued):

BOOM Muscle • Thursdays, 10:45am (except June 13)

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

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 (except April 19)

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:

1861: The Civil War Begins (OLLI) • Monday, April 1, 8, 15, May 6, 13 • 12:30pm • \$30/5 sessions

This course led by David Hudiak, will explore the many causes of the Civil War, as well as the major events of the first year of the conflict. Students will learn that, besides slavery, there were economic, cultural and political factors that helped to cause the war. Students will then study the first year of the war, when both sides initially dreamed of a quick, glorious victory but ultimately realized that the war would be long, tragic and bloody.

Painting with Your Heart: An Art Demo • Tuesday, April 2, 12:30pm

Interested in art, but have no experience? Let's create something beautiful together with the help of award-winning artist Russ Williams. Join us for a one hour painting session where no experience is needed and all materials will be provided.

Hoarding Awareness • Wednesday, April 3, 10:30am

Hoarding and clutter are more than a problem of having too much stuff. Join the professionals from Hoarders Express to learn more about this condition and how to deal with it.

Mental Wellness and Awareness • Thursday, April 3, 12:30pm

Learn about the myths and facts on older adult mental health, how to recognize a mental health crisis, and discuss this topic in a healthy conversation with a CBH member services representative. A FREE "check up from the neck up" screening available. Take home valuable information and free giveaways.

Silver Screening • Friday, April 5, 12, 19, 26, May 3, 24, 31, June 7, 21, 28, 12:30pm

Sit back and relax with a movie/series right after lunch. The movies/series we will be viewing include Last Tango in Halifax, Queen Bees, Frida, and more!

Line Dancing • Monday, April 1, 15, 22 & every Monday starting May, 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.

Drawing & Painting • Tuesday, April 9, 16, May 7, 21, 28, 10:30am • \$100/5 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!

SOWN • Thursday, April 11, 25, May 9, 23, June 27, 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):

Bingo • Thursday, April 11, May 2, 23, June 6, 12:30pm

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

Yoga for Flexibility, Balance, and Relaxation • Thursday, April 11, May 23, June 20, 12:30pm

Led by Dr. Loren Thomas, practice a series of yoga moves and poses designed to improve strength, flexibility and balance. All positions and movements will have options for standing or seated movements and will also focus on breathing to help us calm our minds and nervous system. Open to all levels of ability and interest.

Tai Chi with Dr. Joseph Wang • Tuesday, April 16, May 25, June 18, 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.

Passover Seder • Wednesday, April 17, 10:30am

Passover is more than a meal. It's the re-telling of one of the most important pieces of Jewish history and was meant to be shared with family and friends. Join KleinLife and Golden Slipper Club for a traditional Seder led by Rabbi Sandra Berliner with musical accompaniment by Gene Gelfonson. Call 215-698-7300 x193 to reserve your seat by 4/9. Need transportation? Indicate that you need transportation and how you usually reserve your ride. Program is FREE. Donation encouraged.

April Birthday Party • Thursday, April 25, 11:30am

Join us for lunch with birthday cupcakes and entertainment by singer Jerry Trecroce. Have a birthday in April? Let us know by calling 215-698-7300 x193 or email info@kleinlife.org. Please reserve your lunch by 4/18/24 on the touch screen.

Film: The Wild One • Wednesday, May 1, 12:30pm

In recognition of Yom HaShoah, we will be viewing The Wild One. This film illuminates the journey of an unsung artist, Jack Garfein – Holocaust survivor, celebrated Broadway director, Actors Studio West co-founder, and controversial filmmaker. The film delves into how his experience in the concentration camps shaped his vision of acting as a survival mechanism and propelled his engagement with themes of violence, power, and racism in postwar America in two explosive films The Strange One (1957) and Something Wild (1961).

100 Years of the Best American Short Stories • Thursday, May 2, 9, 16, 23, 30, June 6, 10:30am • \$36/6 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.

Coping with Hearing Loss • Tuesday, May 7, 12:30pm

Join Gail Bober from the PA School of the Deaf to discuss the issues surrounding hearing loss. Learn communication tips and tricks of best practices for hearing and hard of hearing individuals alike.

Holocaust Awareness Museum Artifacts • Wednesday, May 8, 12:30pm

In honor of Holocaust Remembrance Day, we will be joined by museum docent, Nicole, for an important and eye-opening look at their Ethical Lessons of the Holocaust: The Philadelphia Connection exhibit.

Mother's Day & May Birthday Party • Thursday, May 9, 11:30am

Join us for lunch with birthday cupcakes and celebrate the special women in our lives with entertainment by Minnie Kalan. Have a birthday in May? Let us know by calling 215-698-7300 x193 or email info@kleinlife.org. Please reserve your lunch by 5/2/24 on the touch screen.

In-Person Special Programs (continued):

Ask a Doctor: Summer Skin Care • Friday, May 10, 12:30pm

Dr. Jacob Charny from Dermatology Partners discusses caring for your skin in the summer including 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.

Israeli Independence Day Celebration • Wednesday, May 15, 11:30am

We're celebrating Israel becoming an independent state with a festive meal and following lunch, we'll participate in traditional Israeli dances.

Self Care with SarahCare: Savvy Snacks • Friday, May 17, 12:30pm

Learn about the benefits of berries while we make and eat a delicious berry spinach salad.

Memorial Day & Summer Kick-Off Party • Wednesday, May 22, 11:30am

The warm weather is here and we're ready to welcome it with open arms. We'll be celebrating with a special yummy meal and entertainment by DJ Dave Michael. Please reserve your lunch by 5/15/24 on the touch screen.

Creativity Day on Display • Thursday, May 30, 12:30pm

We're celebrating National Creativity Day by putting all of our creators of art on display! Whether you're a painter, photographer, knitter, sculptor, or anything inbetween, we want to showcase your talents. Want to participate? Let us know by calling and leaving us a detailed message at 215-698-7300 x193.

Wise Fast Food Choices • Thursday, June 6, 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.

Oneg Shabbat: Shavuot • Friday, June 7, 10:30am

Join us for a special Oneg Shabbat where we celebrate the receiving of the Ten Commandments.

Tony Awards & June Birthday Party • Tuesday, June 11, 11:30am

Join us for lunch with birthday cupcakes and entertainment by Steve Pollack with a wonderful Broadway revue. Have a birthday in June? Let us know by calling 215-698-7300 x193 or email info@kleinlife.org. Please reserve your lunch by 6/4/24 on the touch screen.

Self Care with SarahCare: Marvelous Meditation • Friday, June 14, 12:30pm

Learn about the benefits of tuning into your inner voice with a quiet, calm meditation.

Town Meeting • Monday, June 17, 10:00am

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

Father's Day Party • Tuesday, June 18, 11:30am

Join us for lunch to celebrate the special men in our lives with entertainment by Peter Scott Ruben. Please reserve your lunch by 6/11/24 on the touch screen.

LGBTQ+ Discussion • Tuesday, June 25, 12:30pm

This discussion, led by Doug Alderfer, is open to all who care about the LGBTQ+ community, and want to share stories, ask questions, and learn more.

Your Home's Next Step • Thursday, June 27, 12:30pm

The first of a 3-part series, join moderator David Reibstein, expert residential real estate broker and senior living advocate, in a panel discussion about issues related to downsizing, senior living communities, and moving.

Virtual Weekly Programs:

EnhanceFitness • Mondays & Thursdays, 3:00pm (except April 29, May 27, June 13)

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, April 3, May 1, June 5, 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

Express Yourself Through Art with Award-Winning Artist, Russ Williams

FREE Painting with Your Heart: An Art Demo

Tuesday, April 2, 12:30pm

Interested in art, but have no experience? Let's create something beautiful together with a one hour painting session.



Drawing & Painting

Tuesday, April 9, 16, May 7, 21, 28, 10:30am • \$100/5 sessions

Two fine art classes in each two hour session for all skill levels! 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.

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!

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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!

2024 Trip Schedule

Join Andrea for any of these wonderful trips!

Featured Day Trips:

“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

