

KleinLife Update

Active Adult Life

July-August 2024

Our Staff is Here for You! Gail Korostoff, *Program Director*
Sanjila Sardar, *Program Assistant* • Caren Hertz, *Kitchen Coordinator*

Come Eat Lunch with Us!

We're eating lunch together 3x a week! Every Tuesday*, Wednesday, and Thursday at 11:45am-12:45pm upstairs in the Orleans Auditorium, we'll have a delicious meal available. Suggested donation \$2. *Tuesday's meal will be a cold lunch.

Reservations are required ONE WEEK IN ADVANCE. For more information and/or to reserve your spot, please call 215-635-5244 or email gkorostoff@kleinlife.org.

Joke of the Month

What happens when ice cream gets angry?

It has a meltdown.

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

11:00-11:30am

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.



Montgomery County
Office of Senior Services



Jewish Federation
of Greater Philadelphia

Kleinlife

KleinLife: Montgomery County is funded in part by Montgomery County Office of Senior Services, Jewish Federation of Greater Philadelphia, Herschel Elias and the Elias Foundation, and the George and Lillian Berman Fund.

Kleinlife: Montgomery County *The Elias Center*

Located at Congregation Adath Jeshurun
7763 Old York Road • Elkins Park, PA 19027 • 215-635-5244

In-Person Requirements at KleinLife*

Please read carefully the items listed below.

- Classes are held Tuesday, Wednesday, and Thursday from 10:00am-1:30pm. Times may vary each day.
- Classes are held in the upstairs Orleans Auditorium. There are limited handicapped parking spaces at that level and Transnet buses will use the upper entrance for drop off and pick up. There is plenty of accessible parking in the main parking lot.
- Reservations are preferred. Call 215-635-5244 or email gkorostoff@kleinlife.org
- In-person meals are served on Tuesday, Wednesday, and Thursday. 5 Grab & Go frozen meals can be picked up on Thursday at the regular drive thru. Please make reservations for these meals one week in advance.
 - *Am I required to make a donation when I accept a hot meal or Grab and Go Meal from KleinLife? You are not required to make a donation. You are given an opportunity to contribute a voluntary and anonymous donation if you wish. You will never be denied a meal if you do not make a donation. All donations collected are recycled back into programs to benefit seniors in Montgomery County. That means that a donation that you make today will benefit you or other residents of Montgomery County in the future!*

*as of 10/30/23



Jewish Federation
of Greater Philadelphia

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Monday	Tuesday	Wednesday	Thursday	Friday
3:00pm* EnhanceFitness July 1	2 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing	3 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Healthy Eating for Older Americans 1:00pm* Yiddish with Marcia	4 Active Adult Life Closed Independence Day	5
3:00pm* EnhanceFitness 8	9 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 Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing	10 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Word Games with Gail	11 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm LGBTQ+ Discussion 3:00pm* EnhanceFitness	12
3:00pm* EnhanceFitness 15	16 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing	17 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:30pm Self Care with Sarah Care: What Matters Most	18 10:30am Chair Yoga with Sandy Saull 10:30am Opera or Musical? 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Healthy Cooking with Teri Wassel 3:00pm* EnhanceFitness	19
3:00pm* EnhanceFitness 22	23 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing	24 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Foster Grandparents	25 10:30am Chair Yoga with Sandy Saull 10:30am Opera or Musical? 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm TED Talk with Julie 3:00pm* EnhanceFitness	26
3:00pm* EnhanceFitness 29	30 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing	31 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Medicare Fraud Prevention with CARIE		

Programs subject to change

*virtual

Monday	Tuesday	Wednesday	Thursday	Friday
			August 1	2
			10:00am Israeli Scout Friendship Caravan Performance(Tentative) 10:30am Chair Yoga with Sandy Saull 10:30am Opera or Musical? 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm History of the Bible with Russell Cohen 3:00pm* EnhanceFitness	
5	6	7	8	9
3:00pm* EnhanceFitness	10:00am Chess with Joel 10:15am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Health & Wellness: Senior Oral Health 1:00pm* Yiddish with Marcia	10:30am Chair Yoga with Sandy Saull 10:30am Opera or Musical? 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Health & Wellness: Cancer Research & Prevention with Fox Chase Cancer Center 3:00pm* EnhanceFitness	
12	13	14	15	16
3:00pm* EnhanceFitness	10:00am Chess with Joel 10:30am Blood Pressure Checks with Visiting Angels 10:15am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Health & Wellness: Vision as We Age with Dr. Chaya Herzberg	10:30am Chair Yoga with Sandy Saull 10:30am Opera or Musical? 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Health & Wellness: Hearing Health with Rebecca Blaha 3:00pm* EnhanceFitness	
19	20	21	22	23
3:00pm* EnhanceFitness	10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm REAP Presentation	10:30am Chair Yoga with Sandy Saull 10:30am Opera or Musical? 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Health & Wellness: umbar Stenosis or Why I Lean on the Grocery Cart with Dr. Steve Barrer 3:00pm* EnhanceFitness	
26	27	28	29	30
3:00pm* EnhanceFitness	10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Technology Discussion with Wayne Hunter 12:30pm Israeli Dancing	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Health & Wellness: Vaccines Plus Heart Healthy Tips	10:30am Chair Yoga with Sandy Saull 10:30am Opera or Musical? 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm TED Talk with Julie 3:00pm* EnhanceFitness	

*virtual

Programs subject to change

Tuesday	Wednesday	Thursday
<p style="text-align: right;">July 2</p> <p>Turkey on Whole Wheat Pita Lettuce & tomato; Potato salad; Health salad; Pineapples</p>	<p style="text-align: right;">Independence Day Meal 3</p> <p>Knockwurst with Sauerkraut Hot dog bun; Potato salad; Vegetarian beans; Watermelon</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">Active Adult Life Closed Independence Day</p>
<p style="text-align: right;">9</p> <p>Spinach Salad with Sliced Chicken & Raspberry Vinaigrette Cold brown rice salad; Picked beet salad; Whole wheat bread; Fresh peach</p>	<p style="text-align: right;">10</p> <p>Mushroom & Cheddar Omelet Rosemary red bliss potatoes; Marinated green bean salad; Whole wheat bread; Pineapples</p>	<p style="text-align: right;">11</p> <p>Sliced BBQ Beef Brisket Cabbage & carrots; Kasha & bowties; Whole wheat roll; Fresh peach</p>
<p style="text-align: right;">16</p> <p>White Fish Salad Platter Lettuce, tomato, & onion; Israeli salad; Three bean salad; Mini bagel; Mandarin oranges</p>	<p style="text-align: right;">17</p> <p>Stuffed Shells Green beans; Tossed salad with Italian dressing; Mandarin oranges</p>	<p style="text-align: right;">18</p> <p>Sliced Turkey with Roasted Garlic Gravy & French Onions Honey whipped sweet potatoes; Sugar snap peas; Whole wheat roll; Pineapples</p>
<p style="text-align: right;">23</p> <p>Garden Salad Topped with Seafood Salad Three bean salad; Carrot raisin salad; Whole wheat roll; Fresh plum</p>	<p style="text-align: right;">24</p> <p>Lasagna Rollup Spinach with carrots; Cauliflower; Fresh plum</p>	<p style="text-align: right;">25</p> <p>Hamburger with Caramelized Onions Broccoli & corn; Rosemary red bliss potatoes; Whole wheat hamburger roll; Peaches</p>
<p style="text-align: right;">30</p> <p>Turkey on Whole Wheat Pita Lettuce & tomato; Potato salad; Health salad; Pineapples</p>	<p style="text-align: right;">31</p> <p>Lemon & Capers Baked Fish Green beans; Buttered wide noodles; Whole wheat roll; Fresh orange</p>	

Tuesday	Wednesday	Thursday
		<p style="text-align: right;">August 1</p> <p>Fajita Chicken with Peppers & Onions Fiesta corn; Spanish rice; Whole wheat tortilla; Pineapples</p>
<p style="text-align: right;">6</p> <p>Spinach Salad with Sliced Chicken & Raspberry Vinaigrette Cold brown rice salad; Picked beet salad; Whole wheat bread; Fresh peach</p>	<p style="text-align: right;">7</p> <p>Mushroom & Cheddar Omelet Rosemary red bliss potatoes; Marinated green bean salad; Whole wheat bread; Pineapples</p>	<p style="text-align: right;">8</p> <p>Sliced BBQ Beef Brisket Cabbage & carrots; Kasha & bowties; Whole wheat roll; Fresh peach</p>
<p style="text-align: right;">13</p> <p>White Fish Salad Platter Lettuce, tomato, & onion; Israeli salad; Three bean salad; Mini bagel; Mandarin oranges</p>	<p style="text-align: right;">14</p> <p>Stuffed Shells Green beans; Tossed salad with Italian dressing; Mandarin oranges</p>	<p style="text-align: right;">15</p> <p>Sliced Turkey with Roasted Garlic Gravy & French Onions Honey whipped sweet potatoes; Sugar snap peas; Whole wheat roll; Pineapples</p>
<p style="text-align: right;">20</p> <p>Garden Salad Topped with Seafood Salad Three bean salad; Carrot raisin salad; Whole wheat roll; Fresh plum</p>	<p style="text-align: right;">21</p> <p>Lasagna Rollup Spinach with carrots; Cauliflower; Fresh plum</p>	<p style="text-align: right;">22</p> <p>Hamburger with Caramelized Onions Broccoli & corn; Rosemary red bliss potatoes; Whole wheat hamburger roll; Peaches</p>
<p style="text-align: right;">27</p> <p>Turkey on Whole Wheat Pita Lettuce & tomato; Potato salad; Health salad; Pineapples</p>	<p style="text-align: right;">28</p> <p>Lemon & Capers Baked Fish Green beans; Buttered wide noodles; Whole wheat roll; Fresh orange</p>	<p style="text-align: right;">29</p> <p>Fajita Chicken with Peppers & Onions Fiesta corn; Spanish rice; Whole wheat tortilla; Pineapples</p>

Join a Club

Have an interest in chess, knitting, or technology?
We got a club for each interest! *All are welcome.*
Check the program descriptions for more information.

In-Person Weekly Programs:

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.

Technology Discussion with Wayne Hunter • Tuesdays, 12:00pm

Learning something new or practicing what you know helps when it comes to your gadgets, especially with IT expert Wayne Hunter.

Israeli Dancing • Tuesdays, 12:30pm

Dancing is fun and a great way to exercise. Enjoy movement set to an assortment of Israeli & world music.

Knitters Social • Wednesdays, 10:00am

Love to knit? Love to socialize? Join us for a bit of both.

Let Your Yoga Dance with Elayne Goldstein • Wednesdays, 10:30am

Enjoy a blend of movement and yoga that is just right for you. Choose to participate by sitting, standing or moving around the room.

Chair Yoga with Sandy Saull • Thursdays, 10:30am (except July 4)

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:

Healthy Eating for Older Americans • Wednesday, July 3, 12:00pm

Eating well shouldn't feel so hard. Get the best tips from Gail and live your healthiest life.

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

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

Word Games • Wednesday, July 10, 12:00pm

Exercise your brain with some of the most fun word games. Flex your vocabulary skills with Gail.

LGBTQ+ Discussion • Thursday, July 11, 12:00pm

Open to all who care about the LGBTQ+ community, and want to share stories, ask questions, and learn more.

Self Care with Sarah Care: What Matters Most • Wednesday, July 17, 12:00pm

Sarah Care is back and will lead us in discussions about living, dying, and what matters most.

Opera or Musical? • Thursday, July 18, 25, Aug. 1, 8, 15, 22, 29, Sept. 5, 10:30am • \$75/8 sessions

Some musical masterpieces straddle the line between musicals and opera. Led by Gerald Tremblay, we will view, analyze, and discuss four works to evaluate their musical heritage.

Healthy Cooking with Teri Wassel • Thursday, July 18, 12:00pm

Be a part of a cooking demo to learn more about healthy eating and then enjoy a tasty sample.

Foster Grandparents • Wednesday, July 24, 12:00pm

AmeriCorps Seniors Foster Grandparent Program provides older adults 55+ opportunities for one-on-one tutoring, mentorship, and supportive services to Pre-K-12 youth with exceptional needs or from disadvantaged backgrounds in Montgomery County schools, child care centers, and community centers.

TED Talk with Julie Cohen • Thursday, July 25 & August 29, 12:00pm

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

Medicare Fraud Prevention • Wednesday, July 31, 12:00pm

CARIE's SMP program empowers and assists Medicare beneficiaries, their families, and caregivers to Prevent, Detect, and Report health care fraud, errors, and abuse through outreach, counseling, and education.

In-Person Special Programs (cont.):

History of the Bible Series with Russell Cohen • Thursday, August 1, 12:00pm

Russell will fill us in about the separation of the northern and southern kingdoms, and it's role in the history of the Bible.

Health & Wellness: Senior Oral Health • Wednesday, August 7, 12:00pm

The mouth is a gateway to the entire body and leads how most of its functions. Learn more about it from Dr. Karin Rosenzweig.

Health & Wellness: Cancer Research & Prevention with Fox Chase Cancer Center

Thursday, August 8, 12:00pm

Learn about research programs and scientific initiatives at Fox Chase Cancer Center, an NCI-Designated Comprehensive Cancer Center.

Health & Wellness: Vision As We Age with Dr. Chaya Herzberg • Wednesday, August 14, 12:00pm

Learn more about the types of changes that occur in our eyes as we get older.

Health & Wellness: Hearing Health with Rebecca Blaha • Thursday, August 15, 12:00pm

Improve your knowledge of hearing issues and hearing aids from an audiological expert.

REAP Presentation • Wednesday, August 21, 12:00pm

REAP stands for Research, Educate, Articulate, Participate and is a group of retired people whose purpose is the pursuit of knowledge. We challenge ourselves to study interesting topics ourselves and that we can all learn from.

Health & Wellness: Lumbar Stenosis or Why I Lean on the Grocery Cart with Dr. Steve Barrer

Thursday, August 22, 12:00pm

The narrowing of the spinal canal that can compress nerves in the lower back and legs and is especially common in those age 70+. Learn more about the condition from a neurosurgeon and what treatment helps.

Health & Wellness: Vaccines Plus Heart Healthy Tips • Wednesday, August 28, 12:00pm

With presenters from Montgomery County Office of Public Health and Giant Pharmacy they will teach us about the latest updates in adult vaccine care and how to keep out heart healthy.

Virtual Weekly Programs:

EnhanceFitness • Mondays & Thursdays, 3:00pm (except July 4)

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, July 3 & August 7, 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

KleinLife: Montgomery County The Elias Center

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

Opera or Musical?



Thursday, Thursday, July 18, 25, Aug. 1, 8, 15,
22, 29, Sept. 5 • 10:30am-12:00pm
in Congregation Adath Jeshurun's Chapel
\$75/8 sessions • All are welcome

Some musical masterpieces straddle the line between musicals and opera. Led by Gerald Tremblay, we will view, analyze, and discuss four works to evaluate their musical heritage.

Gerald Tremblay, M.A., Professor, Psychotherapist

Did you know...

that taking a class in just about anything can improve your cognitive abilities and rejuvenate your memory while you have fun at the same time?

Kleinlife

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Active Adult Life

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



Opera or Musical? at KleinLife: Montgomery County Registration Form

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Birth Date: _____ Email: _____

\$75/8 sessions

Send checks payable to *KleinLife* to:
KleinLife: Montgomery County
7763 Old York Road
Elkins Park, PA 19027

Summer Health & Wellness at KleinLife: Montgomery County

SENIOR ORAL HEALTH
Wednesday, August 7, 12:00pm

**CANCER RESEARCH & PREVENTION
WITH FOX CHASE CANCER CENTER**
Thursday, August 8, 12:00pm

VISION AS WE AGE WITH DR. CHAYA HERZBERG
Wednesday, August 14, 12:00pm

HEARING HEALTH WITH REBECCA BLAHA
Thursday, August 15, 12:00pm

**LUMBAR STENOSIS OR WHY I LEAN ON THE
GROCERY CART WITH DR. STEVE BARRER**
Thursday, August 22, 12:00pm

VACCINES PLUS HEART HEALTHY TIPS
Wednesday, August 28, 12:00pm

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



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