

KleinLife Update

Active Adult Life July-August-September/Июль-Август-Сентябрь 2024

THIS ISSUE'S PROGRAM HIGHLIGHTS:

Independence Day Party
Wednesday, July 3, 11:30am

Senior Farmers' Market Nutrition Program
Tuesday, July 9 & Wednesday, July 10, 8:30am

Farmers Market
Tuesday, July 9 & Wednesday, July 10, 12:00pm
then every Friday starting July 19, 12:00-3:00pm

Self Care with Sarah Care: Aromatherapy
Friday, July 12, 12:30pm

July Birthday Party
Thursday, July 18, 11:30am

The Education of Our Presidents
Monday, July 22, 12:30pm • \$6

August Birthday + Olympics Party
Tuesday, August 6, 11:30am

Israeli Scout Friendship Caravan Performance
Monday, August 12, 12:45pm

Luau Party
Thursday, August 15, 11:30am

America's Civil War Vice Presidents
Monday, August 19, 12:30pm • \$6

Vaccine Clinic by Giant Pharmacy
Wednesday, September 18, 10:00am

PLUS Lifelong Learning is BACK!
Check Out the Course List

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 happens when ice cream
gets angry?

It has a meltdown.

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.

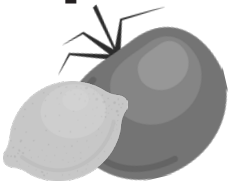
Senior Farmers' Market Nutrition Program

Tuesday, July 9 & Wednesday, July 10 • 8:30am-1:30pm

KleinLife: Northeast Philadelphia will be participating in the Senior Farmers' Market Nutrition Program! Eligible older adults will receive \$50 to use at certified vendors to purchase fresh produce.

Requirements:

- Must be 60 years old by 12/31/24
- Must live in Philadelphia
- Must bring picture ID with proof of age and current address
- Household Income No More Than:
\$27,861 - Single Person
\$37,814 - Two People



Applications & Proxy Forms are available now at the front desk and at PCACares.org/produce.

Farmers Market

Tuesday, July 9 & Wednesday, July 10 • 12:00-3:00pm

at KleinLife, 10100 Jamison Avenue, Philadelphia, PA 19116

After receiving your FMNP vouchers, come use them to purchase & enjoy fresh and local produce! We also accept cash, SNAP/EBT Access Card, and Philly Food Bucks.

The Farmers Market will be weekly starting Friday, July 19, 12:00-3:00pm.



Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
<p align="center">July • ИЮЛЬ 1</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 Лекция/ Анна Цайгер</p> <p>10:30am Canasta</p> <p>11:00am Canasta</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/ Стив</p> <p>3:00pm* EnhanceFitness</p>	<p align="center">2</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 align="center">Independence Day Party 3</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/Вениамин Житомирский</p> <p>11:30am Independence Day Lunch/ Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>12:30pm Independence Day Celebration with Joe Parker/ День Независимости Америки с американской группой</p> <p>1:00pm* Yiddish with Marcia</p> <p>2:00pm Chess Club</p>	<p align="center">4</p> <p align="center">Active Adult Life Closed</p> <p align="center">Independence Day</p>	<p align="center">5</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>12:30pm Шаббат</p>
<p align="center">8</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/История Израила и иудаизма/ Илья</p> <p>11:00am Canasta</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/ Стив</p> <p>3:00pm* EnhanceFitness</p>	<p align="center">Senior Farmers' Market Nutrition Program 9</p> <p>8:30am Senior Farmers' Market Nutrition Program Distribution/выдача ваучеров для жителей Филадельфии</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>11:30am Box Lunch Distribution/ Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Farmers Market</p>	<p align="center">Senior Farmers' Market Nutrition Program 10</p> <p>8:30am Senior Farmers' Market Nutrition Program Distribution/выдача ваучеров для жителей Филадельфии</p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:30am Лекция/ Вениамин Житомирский</p> <p>11:30am Box Lunch Distribution/ Обед</p> <p>12:00pm Farmers Market</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>2:00pm Chess Club</p>	<p align="center">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 Low Visions</p> <p>10:30am Mah Jong</p> <p>10:30am SOWN</p> <p>10:30am Арт терапия с Машей</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 align="center">12</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>12:30pm Шаббат</p> <p>12:30pm Self Care with Sarah Care: Aromatherapy</p>
<p align="center">15</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/История Израила и иудаизма/ Илья</p> <p>11:00am Canasta</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/ Стив</p> <p>3:00pm* EnhanceFitness</p>	<p align="center">16</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>1:30pm* Музыка и духовность с кантором Ларисой</p>	<p align="center">17</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 Час популярной музыки с Ритой Ломазовой</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 align="center">July Birthday Party 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 Low Visions</p> <p>10:30am Mah Jong</p> <p>10:30am Арт терапия с Машей</p> <p>10:45am BOOM Muscle</p> <p>11:30am July Birthday Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:30pm July Birthday Party with Bruce Copp</p> <p>12:30pm Игры</p> <p>3:00pm* EnhanceFitness</p>	<p align="center">19</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>12:00pm Farmers Market</p> <p>12:30pm Шаббат</p> <p>12:30pm Silver Screenings: Wonka</p>

*virtual; ^hybrid

Programs subject to change

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
<p>July • ИЮЛЬ 22</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/ Здоровье мочевого пузыря/ UPenn госпиталь</p> <p>11:00am Canasta</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>12:30pm The Education of Our Presidents with David Hudiak</p> <p>3:00pm* EnhanceFitness</p>	<p>23</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 Tai Chi with Dr. Joseph Wang</p>	<p>24</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/ Классическая музыка/Инна Шифф</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>12:30pm Bingo</p> <p>2:00pm Chess Club</p>	<p>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 Low Visions</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 Mature Moves</p> <p>12:30pm Игры</p> <p>12:30pm* Лекция/ Вера Лернер</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>10:30am 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>12:00pm Farmers Market</p> <p>12:30pm Шаббат</p>
<p>29</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/Дора Голдовская</p> <p>11:00am Canasta</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>3:00pm* EnhanceFitness</p>	<p>30</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>1:30pm* Музыка и духовность с кантором Ларисой</p>	<p>31</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>2:00pm Chess Club</p>	<p>August • Август 1</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>3:00pm* EnhanceFitness</p>	<p>2</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>12:00pm Farmers Market</p> <p>12:30pm Шаббат</p> <p>12:30pm Silver Screenings: Arthur the King</p>

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
August • Август 5 9:30am Zumba with Olga 10:00am Open Tech Center 10:30am Current Events w/Chuck 10:30am Canasta 10:30am Лекция 11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/Стив 3:00pm* EnhanceFitness	August Birthday + Olympics Party 6 10:00am Total Body Strength 10:00am Open Tech Center 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 11:30am August Birthday & Olympics Party Lunch/Обед 12:00pm Pinochle 12:00pm Информационная сессия 12:30pm August Birthday & Olympics Party with Lori St. Martin	7 9:30am Yoga with Olga 10:00am Open Tech Center 10:30am Art Therapy & Relaxation with Masha 10:30am День памяти 11:45am Lunch 12:30pm Mah Jong 12:30pm Israeli Dancing 1:00pm* Yiddish with Marcia 2:00pm Chess Club	8 9:30am Healing Movement with Donna Price 9:30am Компьютеры 10:00am Open Tech Center 10:00am Low Visions 10:30am Арт терапия с Машей 10:30am Mah Jong 10:30am SOWN 10:45am BOOM Muscle 11:30am Lunch/Обед 12:00pm Pinochle 12:30pm Игры 12:30pm Bingo 3:00pm* EnhanceFitness	9 9:30am Англ./ Юлия 9:30am Chair Zumba 10:00am Open Tech Center 10:30am Oneg Shabbat 10:30am Традиции и культура/ Александр Шрайбман 11:45am Lunch/Обед 11:45am The Rabbi's Tisch 12:00pm Farmers Market 12:30pm Шаббат
Israeli Scout Performance 12 9:30am Zumba with Olga 10:00am Open Tech Center 10:30am Current Events w/Chuck 10:30am Canasta 10:30am Лекция 11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/Стив 12:45pm Israeli Scout Friendship Caravan Performance 3:00pm* EnhanceFitness	13 10:00am Total Body Strength 10:00am Open Tech Center 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 LGBTQ+ Connection 4:00pm* Музыка и духовность с кантором Ларисой	14 9:30am Yoga with Olga 10:00am Open Tech Center 10:30am Art Therapy & Relaxation with Masha 10:30am Лекция 11:45am Lunch/Обед 12:30pm Israeli Dancing 12:30pm Mah Jong 2:00pm Chess Club	Luau Party 15 9:30am Healing Movement with Donna Price 9:30am Компьютеры 10:00am Open Tech Center 10:00am Low Visions 10:30am Арт терапия с Машей 10:30am Mah Jong 10:45am BOOM Muscle 11:30am Luau Party Lunch/Обед 12:00pm Pinochle 12:30pm Luau Party with Vic Rubino & Bridget Romeo 12:30pm Игры 3:00pm* EnhanceFitness	16 9:30am Англ./ Юлия 9:30am Chair Zumba 10:00am Open Tech Center 10:30am Oneg Shabbat 10:30am Традиции и культура/ Александр Шрайбман 11:45am Lunch/Обед 11:45am The Rabbi's Tisch 12:00pm Farmers Market 12:30pm Шаббат

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
August • Август 19 9:30am Zumba with Olga 10:00am Open Tech Center 10:30am Current Events w/Chuck 10:30am Canasta 10:30am Лекция 11:00am Canasta 11:45am Lunch/Обед 12:30pm America's Civil War Vice Presidents with David Hudiak 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/Стив 3:00pm* EnhanceFitness	20 10:00am Total Body Strength 10:00am Open Tech Center 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 4:00pm* Музыка и духовность с кантором Ларисой	21 9:30am Yoga with Olga 10:00am Open Tech Center 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	22 9:30am Healing Movement with Donna Price 9:30am Компьютеры 10:00am Open Tech Center 10:00am Low Visions 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 Mature Moves 12:30pm Игры 3:00pm* EnhanceFitness	23 9:30am Англ./ Юлия 9:30am Chair Zumba 10:00am Open Tech Center 10:30am Oneg Shabbat 10:30am Традиции и культура/ Александр Шрайбман 11:45am Lunch/Обед 11:45am The Rabbi's Tisch 12:00pm Farmers Market 12:30pm Шаббат 12:30pm Silver Screenings: Being Gene Wilder
26 9:30am Zumba with Olga 10:00am Open Tech Center 10:30am Current Events w/Chuck 10:30am Canasta 10:30am Лекция 11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/Стив 3:00pm* EnhanceFitness	27 10:00am Total Body Strength 10:00am Open Tech Center 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm Информационная сессия	28 9:30am Yoga with Olga 10:00am Open Tech Center 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	29 9:30am Healing Movement with Donna Price 9:30am Компьютеры 10:00am Open Tech Center 10:00am Low Visions 10:30am Арт терапия с Машей 10:30am Mah Jong 10:45am BOOM Muscle 11:45am Lunch/Обед 12:00pm Pinochle 12:30pm Игры 12:30pm Bingo 3:00pm* EnhanceFitness	30 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 12:00pm Farmers Market 12:30pm Шаббат

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
September • Сентябрь 2 Active Adult Life Closed Labor Day	3 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 10:30am Drawing & Painting 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm Информационная сессия 4:00pm* Музыка и духовность с кантором Ларисой	4 9:30am Yoga with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Art Therapy & Relaxation with Masha 11:30am Лекция 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Israeli Dancing 1:00pm* Yiddish with Marcia 2:00pm Chess Club	5 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 The Heaven and Earth Grocery Store 10:30am Арт терапия с Машей 10:30am Mah Jong 10:45am BOOM Muscle 11:45am Lunch/Обед 12:00pm Pinochle 12:30pm Игры 1:00pm Verismo Opera 1:00pm Strategies to Help Enhance Your Job Search (AARP) 3:00pm* EnhanceFitness	6 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 12:00pm Farmers Market 12:30pm Шаббат
9 9:30am 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 11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/Стив 3:00pm* EnhanceFitness	10 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 10:30am Drawing & Painting 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm Информационная сессия	11 9:30am Yoga with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Art Therapy & Relaxation with Masha 11:30am Лекция 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Israeli Dancing 12:30pm Wednesday Travel Meeting 2:00pm Chess Club	12 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 The Heaven and Earth Grocery Store 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 Bingo 12:30pm Игры 1:00pm Verismo Opera 3:00pm* EnhanceFitness	13 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 12:00pm Farmers Market 12:30pm Шаббат 12:30pm Silver Screenings: Judy

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
September • Сентябрь 16 9:30am 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 11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/Стив 3:00pm* EnhanceFitness	17 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/Joel 10:30am Drawing & Painting 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm Информационная сессия 4:00pm* Музыка и духовность с кантором Ларисой	18 9:30am Yoga with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:00am Vaccine Clinic with Giant Pharmacy 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	September Birthday Party 19 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 The Heaven and Earth Grocery Store 10:30am Арт терапия с Машей 10:30am Mah Jong 10:45am BOOM Muscle 11:30am September Birthday Party Lunch/Обед 12:00pm Pinochle 12:30pm September Birthday Party with Minnie Kalan 12:30pm Игры 1:00pm Verismo Opera 3:00pm* EnhanceFitness	20 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 12:00pm Farmers Market 12:30pm Шаббат
23 9:30am Zumba with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Town Meeting 10:30am Current Events w/Chuck 10:30am Canasta 10:30am Лекция 11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/Стив 3:00pm* EnhanceFitness	24 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/Joel 10:30am Drawing & Painting 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm Информационная сессия 12:30pm Tai Chi with Dr. Joseph Wang	25 9:30am 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 12:30pm Wednesday Travel Meeting 1:30pm America's Worst Presidents with David Hudiak 2:00pm Chess Club	26 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 The Heaven and Earth Grocery Store 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 Bingo 12:30pm Yoga for Flexibility, Balance & Relaxation 12:30pm Игры 1:00pm Verismo Opera 3:00pm* EnhanceFitness	27 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 12:00pm Farmers Market 12:30pm Шаббат 12:30pm Silver Screenings
9:30am 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	11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook	12:30pm Line Dancing/Урок танцев/Стив 3:00pm* EnhanceFitness	30

*virtual, ^hybrid

Programs subject to change

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
July • ИЮЛЬ 1 Tortellini with Peas and Lemon Butter Sauce Tossed salad Carrot coins Fruit cocktail	2 Meatballs with Onion Gravy Mashed potatoes Mixed vegetables Whole wheat bread Oatmeal cookie	Independence Day Party 3 Knockwurst with Sauerkraut Hot dog bun Potato salad Vegetarian beans Watermelon	4 Active Adult Life Closed Independence Day	5 Apple Sage Roasted Turkey Apple cranberry stuffing Carrot tzimmes Challah roll Mandarin oranges
8 Baked Fish with Creamy Spinach Sauce Italian blend vegetables Brown rice Whole wheat roll Berry applesauce	Senior Farmers' Market Nutrition Program 9 Turkey Sandwich Box Lunch	Senior Farmers' Market Nutrition Program 10 Tuna Salad Box Lunch	11 Sliced BBQ Beef Brisket Cabbage & carrots Kasha & bowties Whole wheat roll Fresh peach	12 Garlic Dijon Chicken Parsley roasted potatoes Broccoli, cauliflower, & carrots Challah roll Sweet muffin
15 Cheese Omelet with French Toast O'Brien potatoes Warm apples Whole wheat bread Fresh plum	16 Classic Meatloaf with Tomato Glaze Mashed potatoes Mixed vegetables Whole wheat roll Sugar cookie	17 White Fish Salad Platter Lettuce, tomato, & onion Israeli salad Three bean salad Mini bagel Mandarin oranges	July Birthday Party 18 Asian Chicken Salad Sesame cucumber salad Asian pasta salad Whole wheat roll Pineapples Birthday cupcakes	19 Stuffed Spinach & Mushroom Chicken with Poultry Gravy Broccoli & carrots Sweet noodle kugel Challah roll Cinnamon applesauce
22 Swiss & Spinach Omelet Marinated tomato & onion salad Hashbrowns Whole wheat roll Applesauce	23 Sweet & Sour Chicken Broccoli & carrots Brown rice Whole wheat roll Mandarin oranges	24 Lasagna Rollup Spinach with carrots Cauliflower Fresh plum	25 Hamburger with Caramelized Onions Broccoli & corn Rosemary red bliss potatoes Whole wheat hamburger roll Peaches	26 Citrus Honey Chicken Quarter Brussel sprouts & cranberries Whipped sweet potatoes Challah roll Chocolate chip cookie
29 Tortellini with Peas and Lemon Butter Sauce Tossed salad Carrot coins Fruit cocktail	30 Meatballs with Onion Gravy Mashed potatoes Mixed vegetables Whole wheat bread Oatmeal cookie	31 Egg Salad Platter Lettuce & tomato Dill cucumber salad Marinated green bean salad Whole wheat roll Fresh orange День именинника		

Menu subject to change

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
			August • Август 1 Fajita Chicken with Peppers & Onions Fiesta corn Spanish rice Whole wheat tortilla Pineapples	2 Apple Sage Roasted Turkey Apple cranberry stuffing Carrot tzimmes Challah roll Mandarin oranges
5 Baked Fish with Creamy Spinach Sauce Italian blend vegetables Brown rice Whole wheat roll Berry applesauce	6 August Birthday + Olympics Party Oven Baked Chicken Quarter Sugar snap peas, carrots, and red peppers Couscous Whole wheat bread Fruit cocktail Birthday cupcakes	7 Greek Tuna Salad Chickpea salad Whole wheat bread Pineapples	8 Sliced BBQ Beef Brisket Cabbage & carrots Kasha & bowties Whole wheat roll Fresh peach	9 Garlic Dijon Chicken Parsley roasted potatoes Broccoli, cauliflower, & carrots Challah roll Sweet muffin
12 Cheese Omelet with French Toast O'Brien potatoes Warm apples Whole wheat bread Fresh plum	13 Classic Meatloaf with Tomato Glaze Mashed potatoes Mixed vegetables Whole wheat roll Sugar cookie	14 White Fish Salad Platter Lettuce, tomato, & onion Israeli salad Three bean salad Mini bagel Mandarin oranges	15 Luau Party Teriyaki Chicken Pineapple fried rice Asian vegetable slaw Fresh fruit salad Hawaiian roll Pineapple juice Special dessert	16 Stuffed Spinach & Mushroom Chicken with Poultry Gravy Broccoli & carrots Sweet noodle kugel Challah roll Cinnamon applesauce
19 Swiss & Spinach Omelet Marinated tomato & onion salad Hashbrowns Whole wheat roll Applesauce	20 Sweet & Sour Chicken Broccoli & carrots Brown rice Whole wheat roll Mandarin oranges	21 Lasagna Rollup Spinach with carrots Cauliflower Fresh plum	22 Hamburger with Caramelized Onions Broccoli & corn Rosemary red bliss potatoes Whole wheat hamburger roll Peaches	23 Citrus Honey Chicken Quarter Brussel sprouts & cranberries Whipped sweet potatoes Challah roll Chocolate chip cookie
26 Tortellini with Peas and Lemon Butter Sauce Tossed salad Carrot coins Fruit cocktail	27 Meatballs with Onion Gravy Mashed potatoes Mixed vegetables Whole wheat bread Oatmeal cookie	28 Egg Salad Platter Lettuce & tomato Dill cucumber salad Marinated green bean salad Whole wheat roll Fresh orange День именинника	29 Fajita Chicken with Peppers & Onions Fiesta corn Spanish rice Whole wheat tortilla Pineapples	30 Apple Sage Roasted Turkey Apple cranberry stuffing Carrot tzimmes Challah roll Mandarin oranges

Menu subject to change

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
September • Сентябрь 2 Active Adult Life Closed Labor Day	3 Oven Baked Chicken Quarter Sugar snap peas, carrots, and red peppers Couscous Whole wheat bread Fruit cocktail	4 Greek Tuna Salad Chickpea salad Whole wheat bread Pineapples	5 Sliced BBQ Beef Brisket Cabbage & carrots Kasha & bowties Whole wheat roll Fresh peach	6 Garlic Dijon Chicken Parsley roasted potatoes Broccoli, cauliflower, & carrots Challah roll Sweet muffin
9 Cheese Omelet with French Toast O'Brien potatoes Warm apples Whole wheat bread Fresh plum	10 Classic Meatloaf with Tomato Glaze Mashed potatoes Mixed vegetables Whole wheat roll Sugar cookie	11 White Fish Salad Platter Lettuce, tomato, & onion Israeli salad Three bean salad Mini bagel Mandarin oranges	12 Asian Chicken Salad Sesame cucumber salad Asian pasta salad Whole wheat roll Pineapples	13 Stuffed Spinach & Mushroom Chicken with Poultry Gravy Broccoli & carrots Sweet noodle kugel Challah roll Cinnamon applesauce
16 Swiss & Spinach Omelet Marinated tomato & onion salad Hashbrowns Whole wheat roll Applesauce	17 Sweet & Sour Chicken Broccoli & carrots Brown rice Whole wheat roll Mandarin oranges	18 Lasagna Rollup Spinach with carrots Cauliflower Fresh plum	September Birthday Party 19 Chicken Caesar Salad Marinated tomato salad Vegetable pasta salad Whole wheat bread Birthday cupcakes	20 Citrus Honey Chicken Quarter Brussel sprouts & cranberries Whipped sweet potatoes Challah roll Chocolate chip cookie
23 Tortellini with peas and Lemon Butter Sauce Tossed salad Carrot coins Fruit cocktail	24 Meatballs with Onion Gravy Mashed potatoes Mixed vegetables Whole wheat bread Oatmeal cookie	25 Egg Salad Platter Lettuce & tomato Dill cucumber salad Marinated green bean salad Whole wheat roll Fresh orange	26 Fajita Chicken with Peppers & Onions Fiesta corn Spanish rice Whole wheat tortilla Pineapples Вечеринка Рош ха-Шана	27 Apple Sage Roasted Turkey Apple cranberry stuffing Carrot tzimmes Challah roll Mandarin oranges
30 Baked Fish with Creamy Spinach Sauce Italian blend vegetables Brown rice Whole wheat roll Berry applesauce День именинника	October • Октябрь 1 Rosh Hashanah Celebration Stuffed Capon Potato knish Whole green beans almondine Sliced apples with honey Challah roll Honey cake Apple juice	2 Greek Tuna Salad Chickpea salad Whole wheat bread Pineapples	3 Active Adult Life Closed Rosh Hashanah	4

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 September 2)

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 July 4 & September 2)

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 September 2)

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

Canasta • Mondays, 10:30am & 11:00am (except September 2)

Have fun playing this rummy-type card game. The 10:30am games are for beginners and the 11:00am games are for more experienced players.

Knitting Nook • Mondays, 12:30pm (except September 2)

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

Line Dancing • Mondays, 12:30pm (except September 2)

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.

Total Body Strength • Tuesdays, 10:00am

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 (except July 4)

Join in on a friendly card game or two.

Yoga with Olga • Wednesdays, 9:30am

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 (except July 31)

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.

In-Person Weekly Programs (continued):

Healing Movement with Donna Price • Thursdays, 9:30am (except July 4)

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

BOOM Muscle • Thursdays, 10:45am (except July 4)

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 July 5, 12, 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:

Independence Day Party • Wednesday, July 3, 11:30am

It's America's birthday and we're throwing a big party in its' honor. Join us for a special lunch and entertainment by Joe Parker. Reserve your lunch by 6/26/24 on the touch screen.

Senior Farmers' Market Nutrition Program • Tuesday, July 9 & Wednesday, July 10, 8:30am

KleinLife: Northeast Philadelphia will be participating in the Senior Farmers' Market Nutrition Program! Eligible older adults will receive \$50 to use at certified vendors to purchase fresh produce.

Farmers Market • Tuesday, July 9, Wednesday, July 10, & Every Friday starting July 19, 12:00-3:00pm

Purchase & enjoy fresh and local produce from our own hoop houses & gardens*! Currently accepts cash, SNAP/EBT Access Card, Philly Food Bucks, and FMNP vouchers.

SOWN • Thursday, July 11, 25, August 8, 22, September 12, 26, 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.

Bingo • Thursday, July 11, August 29, September 12, 26, Wednesday, July 24, 12:30pm

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

Self Care with SarahCare: Aromatherapy • Friday, July 12, 12:30pm

A scent can change your whole mood. Learn how to enhance your mood and what smells make you smile.

July Birthday Party • Thursday, July 18, 11:30am

Join us for lunch with birthday cupcakes and entertainment by singer Bruce Copp. Have a birthday in July? Let us know by calling 215-698-7300 x193 or email info@kleinlife.org. Please reserve your lunch by 7/11/24 on the touch screen.

Silver Screening • Friday, July 19, August 2, 23, September 13, 27, 12:30pm

Sit back and relax with a movie/series right after lunch. The movies we will be viewing include Wonka (7/19), Arthur the King (8/2), Being Gene Wilder (8/23), Judy (9/13), and a title TBA.

In-Person Special Programs (continued):

The Education of Our Presidents • Monday, July 22, 12:30pm • \$6

This course, led by David Hudiak, will take a look at the educational background of each President from Washington to Biden. Learn how education has changed during our history; for example, some early Presidents had very little schooling, and our lawyer Presidents learned the law by apprenticing with a practicing attorney rather than attending law school.

Tai Chi with Dr. Joseph Wang • Tuesday, July 23, August 20, September 24, 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.

Mature Moves • Thursday, July 25, August 22, 12:30pm

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.

August Birthday + Olympics Party • Tuesday, August 6, 11:30am

Join us for lunch with birthday cupcakes and entertainment by singer Lori St. Martin. We'll also be celebrating the beginning of another Summer Olympics! Have a birthday in August? Let us know by calling 215-698-7300 x193 or email info@kleinlife.org. Please reserve your lunch by 7/30/24 on the touch screen.

Israeli Scout Friendship Caravan • Monday, August 12, 12:45pm

The Israeli Scout Friendship Caravan is back to entertain you for another summer in partnership with Jewish Family & Children's Services and NORC. The Caravan will be stopping at KleinLife while on their US tour and, as always, put on a delightful show.

LGBTQ+ Connection • Tuesday, August 13, 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.

Luau Party • Thursday, August 15, 11:30am

Join us for a special lunch and entertainment by singers Vic Rubino and Bridget Romeo. Transport yourself to an island-themed backyard BBQ. Please reserve your lunch by 8/8/24 on the touch screen.

America's Civil War Vice Presidents • Monday, August 19, 12:30pm • \$6

This course, led by David Hudiak, will take a look at the men who served under Abraham Lincoln and Jefferson Davis from 1861-1865: Hannibal Hamlin (the North's Vice President) and Alexander Stephens (the South's Vice President).

Drawing & Painting • Tuesday, September 3, 10, 17, 24, 10:30am • \$80/4 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!

The Heaven & Earth Grocery Store • Thursday, September 5, 12, 19, 26, 10:30am • \$24/4 sessions

Join our discussion group led by Merle Salkin as we investigate the mysteries presented by James McBride in this story populated by unusual characters caught in a maelstrom of turmoil. We'll discuss the action and reaction of a small community as it strives to make the world a better place for one special-needs boy. "Whosoever saves a life, it is as though he had saved the entire world." This class is geared for students who have read the novel.

In-Person Special Programs (continued):

Vermiso Opera • Thursday, September 5, 12, 19, 26, October 10, 31, 1:00pm • \$60/6 sessions

Looking for excitement? Step into the world of Verismo, a form of Italian opera, in a course led by Gerald Tremblay. We will view, discuss and analyze four operas that embody this style and have thrilled audiences since their inception in the late 19th Century.

Strategies to Help Enhance Your Job Search (AARP) • Thursday, September 5, 1:00pm

Discover how to network effectively, hone your interviewing skills and search and apply for great jobs online! Join AARP for this free, interactive workshop where you can discover how to use online job boards, connect with fellow job seekers and career search experts, prepare for tough interview questions, and get a local resource guide and access other job search tools. You can also get a profile photo taken to use on social media and in your job search, so come dressed for success. For questions, contact AARP Programs at IPLprograms@aarp.org.

Vaccine Clinic with Giant Pharmacy • Wednesday, September 18, 10:00am

Protect yourself from seasonal viruses! Your best chance at preventing viruses such as the flu, pneumonia, covid, shingles, Tdap, and RSV is to get vaccinated. Your neighborhood Giant Pharmacy will be here to administer them at your convenience. The flu shot and the pneumonia shots are covered by Medicare Part B. The shingles shot, Tdap, and RSV are covered by Medicare Part D. To reserve an appointment, call 215-698-7300 x193 and leave a message.

September Birthday Party • Thursday, September 19, 11:30am

Join us for lunch with birthday cupcakes and entertainment by singer Minnie Kalan. Have a birthday in September? Let us know by calling 215-698-7300 x193 or email info@kleinlife.org. Please reserve your lunch by 9/12/24 on the touch screen.

Town Meeting • Monday, September 23, 10:30am

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

America's Worst Presidents • Wednesday September 25, 1:30pm • \$6

This course, led by David Hudiak, will take a look at the three men generally acknowledged by historians to be our worst Chief Executives--Warren G. Harding, Andrew Johnson and James Buchanan. We study why they were bad and learn about positive things they did in office.

Yoga for Flexibility, Balance, and Relaxation • Thursday, September 26, 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.

FREE CONCERT

Israeli Scout Friendship Caravan

Monday, August 12 • 12:45pm

The Israeli Scout Friendship Caravan is back to entertain you for another summer. The Caravan will be stopping at KleinLife while on their US tour and, as always, put on a delightful show. **First come, first served!**

In partnership with Jewish Family & Children's Services and NORC



Virtual Weekly Programs:

EnhanceFitness • Mondays & Thursdays, 3:00pm (except July 4 & September 2)

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, September 4, 1:00pm

Link: <https://bit.ly/KLyiddish> ; Meeting ID: 816 1385 9485; Passcode: 122333

During this program, led by Marcia Babbitt, we'll be trying to pull up those vocabulary words from our youth through an assorted discussion of topics in a combination of English and Yiddish.

HOW TO ACCESS ZOOM PROGRAMS:

Through your computer

- Type in the Meeting Link web address into your web browser (i.e. Internet Explorer, Google Chrome, Mozilla Firefox, Safari, etc.)
- If accessing through the Zoom app directly, type in the Meeting ID (& Passcode if mentioned)
- Once we begin the meeting, you'll be let in instantly.

Through your phone

- Dial 1-929-205-6099 (or 1-646-558-8656 for the * programs)
- Dial the Meeting ID provided for the program you want to access and press #
- Press # again, since you don't need a participant ID
- Dial the meeting passcode (unless it is a * program) and press #
- And that's it! Once we begin the meeting, you'll be let in instantly.
- Note: Press *6 to mute/unmute yourself and *9 to raise your hand to ask a question.

Disclaimer: If you decide to use your phone to join a Zoom meeting, you will be charged based on the rates of your phone service provider. Most cell phone services include nationwide calling. Please check with your phone service provider

Fall Lifelong Learning Course Preview STARTING SEPTEMBER 2024

Courses include:

America's Worst Presidents

Movies & Entertainment

Anna Rosenberg: A Story that
Needs to Be Told

Short Stories

The Heaven and Earth

Art History

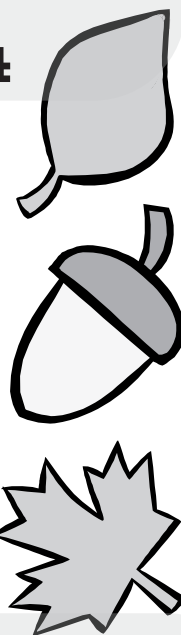
Grocery Store

Civil War

Verismo Opera

Drawing & Painting

FULL BROCHURE COMING SOON



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



Travel Education Program



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



Join the private Starr at KleinLife Facebook Group!



Travel With
**Andrea
Kimelheim**
"Andrea's Adventures"

About our partnership



As leaders in the region and 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 day-trips!

“Back to the Future” on Broadway, New York City
July 20, \$299 per person

The Who’s “Tommy” on Broadway, New York City
July 20, \$319 per person

New York City Express – Midtown/Theatre District
July 20,\$99 per person

“The Outsiders” on Broadway, New York City
Aug 17, \$269 per person

“Water for Elephants” on Broadway, New York City
Aug 17, \$299 per person

New York City Express – Midtown/Theatre District
Aug 17, \$99 per person

“Half Stitched The Musical ” at Bird-in-Hand Stage, Lancaster, PA
Sep 10, \$169 per person

“Temptations Review ” at Tropicana Casino, Atlantic City, NJ
Sep 19, \$139 per person

“A Night on the Town With The Rat Pack” at Penn’s Peak, Jim Thorpe, PA
Sep 26, \$159 per person

“Christmas Spectacular” at Radio City Music Hall, New York City
Dec 9, \$219 per person