

# KleinLife Update

Active Adult Life

November-December 2024

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

## **SAME PROGRAM, SAME TIMES, SAME FACES, NEW LOCATION**



Visit us at Congregation Keneseth Israel, located at 8339 Old York Road, Elkins Park, PA 19027. Join us Tuesday, Wednesday and Thursday for the same great programs you love in a new space.

## **Come Eat Lunch with Us!**



We're eating lunch together 3x a week! Every Tuesday\*, Wednesday, and Thursday at 11:45am-12:45pm, 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 215-690-4366 or email [gkorostoff@kleinlife.org](mailto:gkorostoff@kleinlife.org).

## **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 215-690-4366.

*The meal menu will be posted in a conspicuous location in each congregational 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.*

# 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 215-690-4366.

*Thank you for your support.*

*\*suggested donation: \$65*

## Daily Lunch and Grab & Go FAQ

*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. The actual cost of each meal that is free to you is \$5.03. 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!

## Follow us on Facebook!

**Kleinlife:**  
**Montgomery County**

*Dr. Gabriel & Alma Elias Center*



KleinLife: Montgomery County

@kleinlifemc

Find us at  
[facebook.com/KleinLifeMC](https://www.facebook.com/KleinLifeMC)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>November 4</b> 3:00pm* EnhanceFitness	5 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Painting with a Twist with Oak Street Health	6 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 10:30am Operatic Relationships 11:45am Lunch 1:00pm Matter of Balance 1:00pm* Yiddish with Marcia	7 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Tech Talk with Wayne Hunter 3:00pm* EnhanceFitness	8
11 3:00pm* EnhanceFitness	12 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 LGBTQ+ Discussion	13 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 10:30am Operatic Relationships 11:45am Lunch 12:00pm Open House Concert with Ken Ulansey & Dessert Buffet	14 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Tech Talk with Wayne Hunter 3:00pm* EnhanceFitness	15
18 3:00pm* EnhanceFitness	19 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Arts & Crafts with Sara	20 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 10:30am Operatic Relationships 11:45am Lunch 12:30pm Wisdom Circle with Julie Cohen	21 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Tech Talk with Wayne Hunter 3:00pm* EnhanceFitness	22
25 3:00pm* EnhanceFitness	26 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Trivia Games with A Place at Home	27 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 10:30am Operatic Relationships 11:45am Thanksgiving Lunch 12:00pm Senior Bullying & Abuse	28 <b>Active Adult            Life Closed            Thanksgiving</b>	29

Programs subject to change

\*virtual

Monday	Tuesday	Wednesday	Thursday	Friday
<b>December 2</b> 3:00pm* EnhanceFitness	3 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm BINGO! with Deer Meadow Home Health	4 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm The Parkinson Council 1:00pm* Yiddish with Marcia	5 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Tech Talk with Wayne 3:00pm* EnhanceFitness	6
9 3:00pm* EnhanceFitness	10 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 Name That Tune with Oak Street Health	11 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Wisdom Circle with Julie Cohen	12 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Tech Talk with Wayne 3:00pm* EnhanceFitness	13
16 3:00pm* EnhanceFitness	17 10:00am Chess with Joel 10:30am Healing Exercise with Donna Price 11:45am Lunch 12:00pm Arts & Crafts with Sara	18 10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne Goldstein 11:45am Lunch 12:00pm Holiday Concert	19 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Chanukah Lunch 12:00pm Tech Talk with Wayne 3:00pm* EnhanceFitness	20
23 3:00pm* EnhanceFitness	24	25	26	27
<b>Active Adult Life Closed</b> <b>Happy Holidays</b>				
30 3:00pm* EnhanceFitness	31	January 1	2 10:30am Chair Yoga with Sandy Saull 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Tech Talk with Wayne 3:00pm* EnhanceFitness	3
<b>Active Adult Life Closed</b> <b>Happy New Year</b>				

Programs subject to change

\*virtual

Tuesday	Wednesday	Thursday
<p style="text-align: right;"><b>November 5</b></p> <p><b>White Fish Salad Platter</b> Lettuce, tomato, &amp; onion; Israeli salad; Three bean salad; Mini bagel; Mandarin oranges</p>	<p style="text-align: right;"><b>6</b></p> <p><b>Stuffed Shells</b> Green beans; Tossed salad with Italian dressing; Mandarin oranges</p>	<p style="text-align: right;"><b>7</b></p> <p><b>Sliced Turkey with Roasted Garlic Gravy &amp; French Onions</b> Honey whipped sweet potatoes; Sugar snap peas; Whole wheat roll; Pineapples</p>
<p style="text-align: right;"><b>12</b></p> <p><b>Garden Salad Topped with Seafood Salad</b> Three bean salad; Carrot raisin salad; Whole wheat roll; Plum</p>	<p style="text-align: right;"><b>13</b></p> <p><b>Lasagna Rollup</b> Spinach with carrots; Cauliflower; Plum</p>	<p style="text-align: right;"><b>14</b></p> <p><b>Hamburger with Caramelized Onions</b> Broccoli &amp; corn; Rosemary red bliss potatoes; Whole wheat hamburger roll; Peaches</p>
<p style="text-align: right;"><b>19</b></p> <p><b>Turkey on Whole Wheat Pita</b> Lettuce &amp; tomato; Potato salad; Health salad; Pineapples</p>	<p style="text-align: right;"><b>20</b></p> <p><b>Lemon &amp; Capers Baked Fish</b> Green beans; Buttered wide noodles; Whole wheat roll; Orange</p>	<p style="text-align: right;"><b>21</b></p> <p><b>Fajita Chicken with Peppers &amp; Onions</b> Fiesta corn; Spanish rice; Whole wheat tortilla; Pineapples</p>
<p style="text-align: right;"><b>26</b></p> <p><b>Spinach Salad with Sliced Chicken &amp; Raspberry Vinaigrette</b> Cold brown rice salad; Picked beet salad; Whole wheat bread; Peach</p>	<p style="text-align: center;"><b>Thanksgiving Lunch</b></p> <p style="text-align: right;"><b>27</b></p> <p><b>Turkey with Cornbread Stuffing and Cranberry Sauce</b> Vegetable soup; Mashed sweet potato; Green bean almandine; Pareve pumpkin pie</p>	<p style="text-align: right;"><b>28</b></p> <p style="text-align: center;"><b>Active Adult Life Closed Thanksgiving</b></p>

Tuesday	Wednesday	Thursday
<p style="text-align: right;"><u>December 3</u></p> <p><b>White Fish Salad Platter</b> Lettuce, tomato, &amp; onion; Israeli salad; Three bean salad; Mini bagel; Mandarin oranges</p>	<p style="text-align: right;">4</p> <p><b>Stuffed Shells</b> Green beans; Tossed salad with Italian dressing; Mandarin oranges</p>	<p style="text-align: right;">5</p> <p><b>Sliced Turkey with Roasted Garlic Gravy &amp; French Onions</b> Honey whipped sweet potatoes; Sugar snap peas; Whole wheat roll; Pineapples</p>
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<p style="text-align: right;">24</p>	<p style="text-align: right;">25</p>	<p style="text-align: right;">26</p>
<p><b>Active Adult Life Closed</b> <b>Happy Holidays</b></p>		
<p style="text-align: right;">31</p>	<p style="text-align: right;"><u>January 1</u></p>	<p style="text-align: right;">2</p> <p><b>Sliced Turkey with Roasted Garlic Gravy &amp; French Onions</b> Honey whipped sweet potatoes; Sugar snap peas; Whole wheat roll; Pineapples</p>
<p><b>Active Adult Life Closed</b> <b>Happy New Year</b></p>		

Menu subject to change - new menu begins January 2, 2025 and wasn't available at time of printing

# 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 (except December 24)

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 (except December 24)

Let Donna lead you through a series of exercises designed to put your mind, body and soul back into balance.

### Knitters Social • Wednesdays, 10:00am (except December 25)

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

### Let Your Yoga Dance with Elayne Goldstein • Wednesdays, 10:30am (except December 25)

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 November 28 & December 26)

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.

### Tech Talk with Wayne Hunter • Thursdays, 12:00pm (except November 28 & December 26)

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

## In-Person Special Programs:

### Painting with a Twist with Oak Street Health • Tuesday, November 5, 12:00pm

This popular paint & sip social where participants gather and create their own work of art. Artist-entertainers walk guests step-by-step through the painting process, making it a fun and entertaining experience for all.

### Demystifying the Field of Psychotherapy & Counseling • Wednesday, November 6, 12:00pm

David Bolger is here to normalize the need for therapy/counseling by demystifying the process; addressing some of the misperceptions, assumptions, and stigma associated with it. Discussion should allay some of the fears, highlight potential benefits, as well as caveats.

### Blood Pressure Checks with Visiting Angels • Tuesday, November 12 & December 10, 10:30am

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

### LGBTQ+ Discussion • Thursday, November 12, 12:00pm

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

### Open House Concert • Wednesday, November 13, 12:00pm

We'll be celebrating our big move to KI with the help of entertainer Ken Ulansey, a delicious dessert table, and door prizes!

### Arts & Crafts with Sara • Tuesday, November 19 & December 17, 12:00pm

Join Sara Tecavec for two wonderful and fun projects.

### Wisdom Circle with Julie Cohen • Wednesday, November 20 & December 11, 12:30pm

We'll be discussing anything and everything with topic changes each time. We welcome and encourage you to share your knowledge and life experience with us.

### Trivia Games with A Place at Home • Tuesday, November 26, 12:00pm

Exercise your brain with a fun program filled with questions both easy and challenging.

### Thanksgiving Lunch • Wednesday, November 27, 11:30am

Enjoy a delicious meal with all the "fixings" in honor of the upcoming holiday.

### Senior Bullying & Abuse • Wednesday, November 27, 12:00pm

Each year in the US, thousands of older persons are abused, neglected, and exploited. Many victims are frail and vulnerable, cannot help themselves and depend on others to meet their most basic needs. It includes domestic violence in later life. Learn about how to recognize elder abuse and how to protect yourself against it with information from the Women's Center of Montgomery County.



## **In-Person Special Programs (cont.):**

**BINGO! with Deer Meadow Home Health • Tuesday, December 3, 12:00pm**

Play this fun game with your friends.

**The Parkinson Council • Wednesday, December 4, 12:00pm**

Learn more about this premier organization is dedicated to improving the quality of life for people with Parkinson's, care partners, and families in the Delaware Valley region.

**Name That Tune with Oak Street Health • Tuesday, December 10, 12:00pm**

This is a simple and great music activity to do. It is always fun for everyone to guess the song and sing-along.

**Holiday Concert • Wednesday, December 18, 12:00pm**

This event stars Maggie Griffin Smith, a professional singer for over 20 years in musical theater, sharing her talents in a spectacular showcase! A dessert table and door prizes are included at this FREE event, sponsored by the George and Lillian Berman Fund.

**Chanukah Lunch • Thursday, December 19, 11:30am**

In honor of the festival of lights, enjoy a holiday meal amongst friends.

## **Virtual Weekly Programs:**

**EnhanceFitness • Mondays & Thursdays, 3:00pm (except November 27 & December 26)**

To receive the link to this class, contact Inna at [igulko@kleinlife.org](mailto:igulko@kleinlife.org).

Join Janet Ford for this lively and interactive hour-long class filled with variety. It combines the three key components of fitness: strength training, flexibility, and cardiovascular conditioning.

## **Virtual Special Programs:**

**Yiddish with Marcia • Wednesday, November 6 & December 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*



KleinLife: Montgomery County invites you to

# Grand Opening

in **NEW** Location

featuring the Ken Ulansey Ensemble

**Wednesday, November 13 • 12:00pm**

at Congregation Keneseth Israel • 8339 Old York Road, Elkins Park, PA 19027



We'll be celebrating  
our **BIG MOVE** to  
Congregation Keneseth  
Israel with the help of  
entertainer Ken Ulansey  
and a delicious  
dessert table.

For more information,  
contact Gail Korostoff  
at 215-690-4366 or  
[gkorostoff@kleinlife.org](mailto:gkorostoff@kleinlife.org)

**Kleinlife**



Jewish Federation  
of Greater Philadelphia

*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.*

# 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!