

KleinLife Update

Active Adult Life October-November-December/Октябрь-ноябрь-декабрь 2024

THIS ISSUE'S PROGRAM HIGHLIGHTS:

Rosh Hashanah Celebration
Tuesday, October 1, 10:30am

October Birthday Party
Wednesday, October 9, 10:30am

Yom Kippur Yizkor
Thursday, October 10, 10:30am

New Member Orientation
Monday, October 14, 10:30am

Senior Tech Health Education Series
Starts Monday, October 14, 12:30pm

A Matter of Balance
Starts Tuesday, October 15, 12:30pm

Veteran's Day + Philip Spector Memorial Concert
Wednesday, November 6, 11:30am

Thanksgiving Celebration
Tuesday, November 26, 11:30am

PCA's Golden Voices Concert
Wednesday, December 4, 10:30am

November & December Birthday Party
Thursday, December 12, 11:30am

Latkes & Laughs: Chanukah Party
Tuesday, December 17, 11:30am

New Year's Party
Monday, December 30, 11:30am

Your Personal IT Department at the Tech Center 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

Why did the turkey bring
a microphone to dinner?

He was ready for a roast.

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 Julia Karibova at 215-698-7300 x129 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.

Yom Kippur Services

at KleinLife: Northeast Philadelphia

10100 Jamison Avenue, Philadelphia, PA 19116

G'mar Tov! Join us for services led by Rabbi Alexander Koifman from Israel and Alexander Shraybman.

Friday, October 11

Kol Nidre service 6:08pm

Saturday, October 12

Yom Kippur service.....9:00am

Yizkor 111:30am

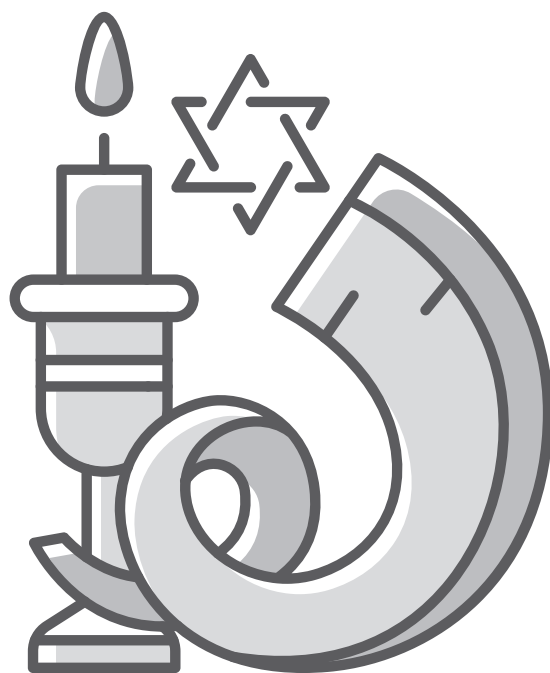
Yizkor 212:00pm

Yizkor 312:30pm

Evening service 5:00pm

Yontif ends/Havdalah 7:00pm

includes Shofar



Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
September • Сентябрь 30 9:30am Zumba with Olga 10:00am Open Tech Center 10:30am Current Events w/Chuck 10:30am Лекция/ Анна Цайгер 10:30am Canasta 11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook 12:30pm Let's Go to Mexico! 12:30pm Line Dancing/Урок танцев/ Стив 3:00pm* EnhanceFitness	October • Октябрь 1 <div style="background-color: black; color: white; text-align: center; padding: 2px;">Rosh Hashanah Celebration</div> 9:30am Healing Movement 10:00am Total Body Strength 10:00am Open Tech Center 10:30am Rosh Hashanah Celebration 10:30am Тренируем память 10:30am Drawing & Painting 11:30am Rosh Hashanah Lunch/Обед 12:00pm Pinochle 12:30pm Rosh Hashanah Entertainment with Jeff Dershin	2 9:30am Yoga with Olga 10:00am Open Tech Center 10:30am Art Therapy & Relaxation with Masha 10:30am Лекция/Вениамин Житомирский 11:45am Lunch/Обед 12:30pm Mah Jong 2:00pm Chess Club	3 <div style="text-align: center;">Active Adult Life Closed</div> Rosh Hashanah	4 <div style="text-align: center;">Active Adult Life Closed</div> Rosh Hashanah
7 9:30am Zumba with Olga 10:00am Open Tech Center 10:30am Current Events w/Chuck 10:30am Canasta 10:30am День памяти событий 7 октября 11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/ Стив 3:00pm* EnhanceFitness	8 9:30am Healing Movement 10:00am Total Body Strength 10:00am Open Tech Center 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 10:30am Drawing & Painting 11:45am Lunch/Обед 12:00pm Pinochle 12:30pm LGBTQIA+ Connection 12:30pm Funny Jewish Women	<div style="background-color: black; color: white; text-align: center; padding: 2px;">October Birthday Party 9</div> 9:30am Yoga with Olga 10:00am Open Tech Center 10:30am Art Therapy & Relaxation with Masha 10:30am Лекция/ История Израиля и иудаизма/ Илья 11:45am October Birthday Lunch/Обед 12:30pm Mah Jong 1:00pm* Yiddish with Marcia 12:30pm October Birthday Party 1:30pm Israeli Dancing 2:00pm Chess Club	10 9:30am Fit Zenergy Blend 9:30am Компьютеры 10:00am Open Tech Center 10:00am Low Visions 10:30am Yom Kippur Yizkor 10:30am Mah Jong 10:30am Арт терапия с Машей 10:45am BOOM Muscle 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm SOWN 12:30pm Bingo 12:30pm Игры 1:00pm Verismo Opera 1:30pm* Лекция/ Вера Лернер 3:00pm* EnhanceFitness	11 9:30am Англ./ Юлия 9:30am Chair Zumba 10:00am Open Tech Center 10:30am Oneg Shabbat 10:30am Традиции и культура/ Йом Кипур/Александр Шрайбман 11:45am Lunch/Обед 12:30pm Шаббат
14 9:30am Zumba with Olga 10:00am Open Tech Center 10:30am Current Events w/Chuck 10:30am New Member Orientation 10:30am Canasta 10:30am Лекция/ Дора Голдовская 11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook 12:30pm Senior Tech Health Education 12:30pm Line Dancing/Урок танцев/ Стив 3:00pm* EnhanceFitness	15 9:30am Healing Movement 10:00am Total Body Strength 10:00am Open Tech Center 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 12:30pm Funny Jewish Women 12:30pm A Matter of Balance 4:30pm* Музыка и духовность с кантором Ларисой	16 9:30am Yoga with Olga 10:00am Open Tech Center 10:30am Art Therapy & Relaxation with Masha 10:30am Лекция/ История Израиля и иудаизма/ Илья 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Access City Government 12:30pm Israeli Dancing 2:00pm Chess Club	17 <div style="text-align: center;">Active Adult Life Closed</div> Sukkot	18 <div style="text-align: center;">Active Adult Life Closed</div> Sukkot

*virtual; ^hybrid

Programs subject to change

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
October • Октябрь 21 9:30am Zumba with Olga 10:00am Open Tech Center 10:30am Current Events w/Chuck 10:30am Canasta 10:30am Sukkot Celebration with Rabbi Berliner 10:30am Лекция/ Анна Цайгер 11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/Стив 12:30pm Senior Tech Health Education 3:00pm* EnhanceFitness	22 9:30am Healing Movement 10:00am Total Body Strength 10:00am Open Tech Center 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 12:30pm A Matter of Balance 12:30pm Tai Chi with Dr. Joseph Wang	23 9:30am Yoga with Olga 10:00am Open Tech Center 10:00am Wednesday Travel Club Meeting 10:30am Art Therapy & Relaxation with Masha 10:30am Суккот 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Israeli Dancing 2:00pm Chess Club	24 <p style="text-align: center;">Active Adult Life Closed</p> <p style="text-align: center;">Shemini Atzeret</p>	25 <p style="text-align: center;">Active Adult Life Closed</p> <p style="text-align: center;">Simchat Torah</p>
28 9:30am Zumba with Olga 10:00am Open Tech Center 10:30am Current Events w/Chuck 10:30am Canasta 10:30am Лекция врача трихолога «Здоровье волос» 11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/Стив 12:30pm Senior Tech Health Education 12:30pm What's in a (City) Name? 3:00pm* EnhanceFitness	29 9:30am Healing Movement 10:00am Total Body Strength 10:00am Open Tech Center 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 12:30pm A Matter of Balance 4:30pm* Музыка и духовность с кантором Ларисой	30 9:30am Yoga with Olga 10:00am Open Tech Center 10:00am Western Suburb Cemetery Trip 10:30am Art Therapy & Relaxation with Masha 10:30am День именинника 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Vision Link 12:30pm Israeli Dancing 2:00pm Chess Club	31 9:30am Fit Zenergy Blend 9:30am Компьютеры 10:00am Open Tech Center 10:00am Low Visions 10:30am Short Stories 10:30am Арт терапия с Машей 10:30am Mah Jong 10:45am BOOM Muscle 11:45am Lunch/Обед 12:00pm Pinochle 12:30pm Игры 1:00pm Verismo Opera 3:00pm* EnhanceFitness	November • ноябрь 1 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 12:00pm Farmers Market 12:30pm Шаббат 12:30pm Silver Screenings: We Were the Lucky Ones

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
November • ноябрь 4 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 12:30pm Senior Tech Health Education 3:00pm* EnhanceFitness	5 9:30am Healing Movement 10:00am Total Body Strength 10:00am Open Tech Center 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	6 Veteran's Day + Philip Spector Memorial Concert 9:30am Yoga with Olga 10:00am Open Tech Center 10:30am Art Therapy & Relaxation with Masha 10:30am День памяти 11:45am Veteran's Day Lunch/Обед 12:30pm Mah Jong 12:30pm Israeli Dancing 1:00pm* Yiddish with Marcia 1:00pm Philip Spector Memorial Concert with the Belle Tones 2:00pm Chess Club	7 9:30am Компьютеры 10:00am Open Tech Center 10:00am Low Visions 10:30am Short Stories 10:30am Role of Fat in the Diet 10:30am Арт терапия с Машей 10:30am Mah Jong 10:30am SOWN 10:45am BOOM Muscle 11:45am Lunch/Обед 12:00pm Pinochle 12:30pm Игры 12:30pm Bingo 3:00pm* EnhanceFitness	8 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: We Were the Lucky Ones
11 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 12:30pm Senior Tech Health Education 12:30pm Civil War Part II with David Hudiak (OLLI) 3:00pm* EnhanceFitness	12 9:30am Healing Movement 10:00am Total Body Strength 10:00am Open Tech Center 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 12:30pm A Matter of Balance 4:00pm* Музыка и духовность с кантором Ларисой	13 9:30am Yoga with Olga 10:00am Open Tech Center 10:00am Wednesday Travel Club Meeting 10:30am Art Therapy & Relaxation with Masha 10:30am Shmooze with Shelley 10:30am Лекция 11:45am Lunch/Обед 12:30pm Israeli Dancing 12:30pm Mah Jong 2:00pm Chess Club	14 9:30am Fit Zenergy Blend 9:30am Компьютеры 10:00am Open Tech Center 10:00am Low Visions 10:30am Short Stories 10:30am Арт терапия с Машей 10:30am Mah Jong 10:45am BOOM Muscle 11:45am Lunch/Обед 12:00pm Pinochle 12:30pm Bingo 12:30pm Игры 3:00pm* EnhanceFitness	15 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: We Were the Lucky Ones

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
November • ноябрь 18 9:30am Zumba with Olga 10:00am Open Tech Center 10:00am Advisory Board 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 12:30pm Senior Tech Health Education 12:30pm Civil War Part II with David Hudiak (OLLI) 3:00pm* EnhanceFitness	19 9:30am Healing Movement 10:00am Total Body Strength 10:00am Open Tech Center 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 12:30pm A Matter of Balance 12:30pm Tai Chi with Dr. Joseph Wang 4:00pm* Музыка и духовность с кантором Ларисой	20 9:30am Yoga with Olga 10:00am Open Tech Center 10:30am Art Therapy & Relaxation with Masha 10:30am День благодарения 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Israeli Dancing 2:00pm Chess Club	21 9:30am Healing Movement with Donna Price 9:30am Компьютеры 10:00am Open Tech Center 10:00am Low Visions 10:30am Short Stories 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 3:00pm* EnhanceFitness	22 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: We Were the Lucky Ones
25 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 12:30pm Civil War Part II with David Hudiak (OLLI) 3:00pm* EnhanceFitness	Thanksgiving Celebration 26 9:30am Healing Movement 10:00am Total Body Strength 10:00am Open Tech Center 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 10:30am Drawing & Painting 11:45am Thanksgiving Lunch/Обед 12:00pm Pinochle 12:00pm Информационная сессия 12:30pm Thanksgiving Celebration 1:30pm A Matter of Balance	27 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	28 <p style="text-align: center;">Active Adult Life Closed Thanksgiving</p>	29 <p style="text-align: center;">Active Adult Life Closed Thanksgiving</p>

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
December • декабрь 2 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 12:30pm Civil War Part II with David Hudiak (OLLI) 3:00pm* EnhanceFitness	3 9:30am Healing Movement 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 12:30pm A Matter of Balance 4:00pm* Музыка и духовность с кантором Ларисой	Golden Voices Concert 4 9:30am Yoga with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:00am Golden Voices Concert 10:30am Art Therapy & Relaxation with Masha 11:30am Лекция 11:45am Box Lunch/Обед 12:30pm Mah Jong 12:30pm Israeli Dancing 1:00pm* Yiddish with Marcia 2:00pm Chess Club	5 9:30am Компьютеры 10:00am Open Tech Center 10:00am Korean Social Circle 10:00am Low Visions 10:30am Anna Rosenberg: A Story that Needs to be Told with Trish Chambers 10:30am Арт терапия с Машей 10:30am Mah Jong 10:45am BOOM Muscle 11:45am Lunch/Обед 11:45am Short Stories 12:00pm Pinochle 12:30pm Игры 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 12:30pm Шаббат 12:30pm Silver Screenings: We Were the Lucky Ones
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 12:30pm Civil War Part II with David Hudiak (OLLI) 3:00pm* EnhanceFitness	10 9:30am Healing Movement 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 12:30pm A Matter of Balance 12:30pm LGBTQAI+ Connection 12:30pm Tai Chi with Dr. Joseph Wang	11 9:30am Yoga with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:00am Wednesday Travel Meeting 10:30am Art Therapy & Relaxation with Masha 11:30am Лекция 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Israeli Dancing 2:00pm Chess Club	November + December Birthday Party 12 9:30am Fit Zenergy Blend 9:30am Компьютеры 10:00am Open Tech Center 10:00am Korean Social Circle 10:00am Low Visions 10:30am Short Stories 10:30am Арт терапия с Машей 10:30am Mah Jong 10:30am SOWN 10:45am BOOM Muscle 11:45am November + December Birthday Lunch/Обед 12:00pm Pinochle 12:30pm Casino Themed Birthday Bingo 12:30pm Игры 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 12:30pm Шаббат 12:30pm Silver Screenings: We Were the Lucky Ones

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
December • декабрь 16 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 12:30pm Civil War Part II with David Hudiak (OLLI) 3:00pm* EnhanceFitness	Chanukah Party 17 9:30am Healing Movement 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 Chanukah Lunch/Обед 12:00pm Pinochle 12:00pm Информационная сессия 12:30pm Latkes & Laughs: A Chanukah Party Comedy Show 4:00pm* Музыка и духовность с кантором Ларисой	18 9:30am Yoga with Olga 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am 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	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 Short Stories 10:30am Арт терапия с Машей 10:30am Mah Jong 10:45am BOOM Muscle 11:30am Lunch/Обед 12:00pm Pinochle 12:30pm Bingo 12:30pm Игры 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 12:30pm Шаббат 12:30pm Silver Screenings: We Were the Lucky Ones
23 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	24 9:30am Healing Movement 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	25 <div style="text-align: center;"> <h1>Active Adult Life Closed</h1> <h2>Happy Holidays</h2> </div>	26 9:30am Fit Zenergy Blend 9:30am Компьютеры 10:00am Open Tech Center 10:00am Korean Social Circle 10:00am Low Visions 10:30am Арт терапия с Машей 10:30am Mah Jong 10:30am SOWN 10:45am BOOM Muscle 11:30am Chanukah Candlelighting 11:45am Lunch 12:00pm Pinochle 12:00pm КИВ/ Ханука 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 11:30am Chanukah Candlelighting 11:45am Lunch/Обед 11:45am The Rabbi's Tisch 12:30pm Шаббат 12:30pm Silver Screenings: We Were the Lucky Ones
New Year's Party 30 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 Новый год 11:00am Canasta 11:30am Chanukah Candlelighting 11:45am New Year's Lunch/Обед 12:30pm Knitting Nook 12:30pm New Year's Party with DJ Dave 3:00pm* EnhanceFitness	31 9:30am Healing Movement 10:00am Total Body Strength 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 11:30am Chanukah Candlelighting 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm Информационная сессия			

*virtual, ^hybrid

Programs subject to change

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
September • Сентябрь 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 almandine 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
7 Cheese Omelet with French Toast O'Brien potatoes Warm apples Whole wheat bread Fresh plum	8 Classic Meatloaf with Tomato Glaze Mashed potatoes Mixed vegetables Whole wheat roll Sugar cookie	October Birthday Party 9 White Fish Salad Platter Lettuce, tomato, & onion Israeli salad Three bean salad Mini bagel Mandarin oranges Birthday cupcakes	10 Asian Chicken Salad Sesame cucumber salad Asian pasta salad Whole wheat roll Pineapples	11 Stuffed Spinach & Mushroom Chicken with Poultry Gravy Broccoli & carrots Sweet noodle kugel Challah roll Cinnamon applesauce
14 Swiss & Spinach Omelet Marinated tomato & onion salad Hashbrowns Whole wheat roll Applesauce	15 Sweet & Sour Chicken Broccoli & carrots Brown rice Whole wheat roll Mandarin oranges	16 Garden Salad Topped with Seafood Salad Hard boiled egg Italian dressing 3 bean salad Carrot raisin salad Whole wheat roll Fresh plum	17 Active Adult Life Closed Sukkot	18
21 Tortellini with Peas and Lemon Butter Sauce Tossed salad Carrot coins Fruit cocktail	22 Meatballs with Onion Gravy Mashed potatoes Mixed vegetables Whole wheat bread Oatmeal cookie	23 Egg Salad Platter Lettuce & tomato Dill cucumber salad Marinated green bean salad Whole wheat roll Fresh orange	24 Active Adult Life Closed Shemini Atzeret	25 Active Adult Life Closed Simchat Torah
28 Baked Fish with Creamy Spinach Sauce Italian blend vegetables Brown rice Whole wheat roll Berry applesauce	29 Oven Baked Chicken Quarter Sugar snap peas, carrots, and red peppers Couscous Whole wheat bread Fruit cocktail	30 Greek Tuna Salad Chickpea salad Whole wheat bread Pineapples День именинника	31 Sliced BBQ Beef Brisket Cabbage & carrots Kasha & bowties Whole wheat roll Fresh peach	

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
				November • ноябрь 1 Garlic Dijon Chicken Parsley roasted potatoes Broccoli, cauliflower, & carrots Challah roll Sweet muffin
Cheese Omelet with French Toast O'Brien potatoes Warm apples Whole wheat bread Fresh plum	Classic Meatloaf with Tomato Glaze Mashed potatoes Mixed vegetables Whole wheat roll Sugar cookie	Veteran's Day + Philip Spector Memorial Concert Corned Beef Sandwich Coleslaw Pickle Potato chips Rye bread Oatmeal raisin cookie	Asian Chicken Salad Sesame cucumber salad Asian pasta salad Whole wheat roll Pineapples Birthday cupcakes	Stuffed Spinach & Mushroom Chicken with Poultry Gravy Broccoli & carrots Sweet noodle kugel Challah roll Cinnamon applesauce
Swiss & Spinach Omelet Marinated tomato & onion salad Hashbrowns Whole wheat roll Applesauce	Sweet & Sour Chicken Broccoli & carrots Brown rice Whole wheat roll Mandarin oranges	Garden Salad Topped with Seafood Salad Hard boiled egg Italian dressing 3 bean salad Carrot raisin salad Whole wheat roll Fresh plum	Hamburger with Caramelized Onions Broccoli & corn Rosemary red bliss potatoes Whole wheat hamburger roll Peaches	Citrus Honey Chicken Quarter Brussel sprouts & cranberries Whipped sweet potatoes Challah roll Chocolate chip cookie
Tortellini with Peas and Lemon Butter Sauce Tossed salad Carrot coins Fruit cocktail	Meatballs with Onion Gravy Mashed potatoes Mixed vegetables Whole wheat bread Oatmeal cookie	Egg Salad Platter Lettuce & tomato Dill cucumber salad Marinated green bean salad Whole wheat roll Fresh orange День благодарения	Fajita Chicken with Peppers & Onions Fiesta corn Spanish rice Whole wheat tortilla Pineapples	Apple Sage Roasted Turkey Apple cranberry stuffing Carrot tzimmes Challah roll Mandarin oranges
Baked Fish with Creamy Spinach Sauce Italian blend vegetables Brown rice Whole wheat roll Berry applesauce	Thanksgiving Celebration Turkey with Cornbread Stuffing and Cranberry Sauce Vegetable soup Mashed sweet potato Green bean almandine Pareve pumpkin pie	Greek Tuna Salad Chickpea salad Whole wheat bread Pineapples День именинника	Active Adult Life Closed Thanksgiving	

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
December • декабрь 2 Cheese Omelet with French Toast O'Brien potatoes Warm apples Whole wheat bread Fresh plum	3 Classic Meatloaf with Tomato Glaze Mashed potatoes Mixed vegetables Whole wheat roll Sugar cookie	Golden Voices Concert 4 Box Lunch Tuna & Turkey options available	5 Asian Chicken Salad Sesame cucumber salad Asian pasta salad Whole wheat roll Pineapples	6 Stuffed Spinach & Mushroom Chicken with Poultry Gravy Broccoli & carrots Sweet noodle kugel Challah roll Cinnamon applesauce
9 Swiss & Spinach Omelet Marinated tomato & onion salad Hashbrowns Whole wheat roll Applesauce	10 Sweet & Sour Chicken Broccoli & carrots Brown rice Whole wheat roll Mandarin oranges	11 Garden Salad Topped with Seafood Salad Hard boiled egg Italian dressing 3 bean salad Carrot raisin salad Whole wheat roll Fresh plum	November + December Birthday Party 12 Hamburger with Caramelized Onions Broccoli & corn Rosemary red bliss potatoes Whole wheat hamburger roll Peaches Birthday cupcakes	13 Citrus Honey Chicken Quarter Brussel sprouts & cranberries Whipped sweet potatoes Challah roll Chocolate chip cookie
16 Tortellini with peas and Lemon Butter Sauce Tossed salad Carrot coins Fruit cocktail	Chanukah Party 17 Stuffed Chicken Spinach salad with cranberries, walnut, and raspberry vinaigrette Latkes with applesauce Green bean almandine Challah roll Jelly doughnuts Orange juice	18 Egg Salad Platter Lettuce & tomato Dill cucumber salad Marinated green bean salad Whole wheat roll Fresh orange День именинника	19 Turkey on Whole Wheat Pita Lettuce & tomato Potato salad Health salad Whole wheat tortilla Pineapples	20 Apple Sage Roasted Turkey Apple cranberry stuffing Carrot tzimmes Challah roll Mandarin oranges
23 Baked Fish with Creamy Spinach Sauce Italian blend vegetables Brown rice Whole wheat roll Berry applesauce	24 Oven Baked Chicken Quarter Sugar snap peas, carrots, and red peppers Couscous Whole wheat bread Fruit cocktail	25 Active Adult Life Closed Happy Holidays!	26 Sliced BBQ Beef Brisket Cabbage & carrots Kasha & bowties Whole wheat roll Fresh peach КИВ/ Ханука	27 Garlic Dijon Chicken Parsley roasted potatoes Broccoli, cauliflower, & carrots Challah roll Sweet muffin
New Year's Party 30 Stuffed Chicken Mushroom barley soup Broccoli florets Red bliss potatoes Dinner roll Strawberry shortcake Новый год	31 Classic Meatloaf with Tomato Glaze Mashed potatoes Mixed vegetables Whole wheat roll Sugar cookie	January • январь 1 Active Adult Life Closed Happy New Year!	2 Asian Chicken Salad Sesame cucumber salad Asian pasta salad Whole wheat roll Pineapples	3 Stuffed Spinach & Mushroom Chicken with Poultry Gravy Broccoli & carrots Sweet noodle kugel Challah roll Cinnamon applesauce

Menu subject to change

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

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 Oct. 3, 4, 17, 18, 24, 25, Nov. 28, 29, Dec. 25) *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

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

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

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

Line Dancing • Mondays, 12:30pm (except Dec. 30)

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.

Healing Movement • Tuesdays, 9:30am

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

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 Oct. 3, 17, 24, Nov. 28)

Join in on a friendly card game or two.

Yoga with Olga • Wednesdays, 9:30am (except Dec. 25)

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 Dec. 25)

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 Oct. 3, 17, 24, Nov. 28, Dec. 25)

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

Israeli Dancing • Wednesdays, 12:30pm (except Oct. 2 & Dec. 25) starts at 1:30pm on Oct. 9

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.

In-Person Weekly Programs (continued):

Chess Club • Wednesdays, 2:00pm (except Dec. 25)

Play a classic friendly game to keep your brain thinking.

BOOM Muscle • Thursdays, 10:45am (except Oct. 3, 17, 24, Nov. 28)

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 (except Oct. 4, 18, 25, Nov. 29)

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 (except Oct. 4, 18, 25, Nov. 29)

We welcome you and Shabbat for a special Friday program.

The Rabbi's Tisch • Fridays, 11:45am (except Oct. 4, 18, 25, Nov. 29)

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:

Rosh Hashanah Celebration • Tuesday, October 1, 10:30am

Start 5785 with some sweetness with your friends and community. Enjoy a fun program with Rabbi Sandra Berliner, a delicious festive meal, and live music by Jeff Dershin. SPACE IS LIMITED. Call 215-698-7300 x193 by September 23 to reserve your seat. Need transportation? Indicate that you need transportation and how you usually reserve your ride.

LGBTQ+ Connection • Tuesday, October 8, December 10, 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.

October Birthday Party • Wednesday, October 9, 11:30am

Join us for lunch with birthday cupcakes and entertainment by JT Trinacria. Have a birthday in October? Let us know by calling 215-698-7300 x193 or email info@kleinlife.org. Please reserve your lunch by 10/2/24 on the touch screen.

Fit Zenergy Blend • Thursday, October 10, 31, November 14, December 12, 26, 9:30am

A fun full body fitness workout with Missy Silverman from head to toe stretching, both sitting and standing, using light weights (optional) to fun music and a relaxing cool down to finish.

Yom Kippur Yizkor • Thursday, October 10, 10:30am

Reflect on this past year and honor the loved ones you have lost in this program led by Rabbi Berliner. We'll also be including a special October 7th commemoration. Memorial candles will be available for lighting in memory of your loved ones.

SOWN • Thursday, October 10, November 14, December 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, October 10, November 7, 14, 21, December 19, 12:30pm

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

In-Person Special Programs (continued):

Farmers Market • Friday, October 11, November 1, 8, 15, 22, 12:00-3:00pm

Enjoy fresh and local produce from our convenient market! Currently accepts cash, SNAP/EBT Access Card, Philly Food Bucks, and FMNP vouchers.

New Member Orientation • Monday, October 14, 10:30am

All new members are invited to this program to hear what KleinLife has to offer. From the facility, services and special renters, learn about what it means to be a member. Light fare included and enjoy lunch afterward. Please let us know you're attending by 10/7 by calling 215-698-7300 x193.

Senior Tech Health Education Series • Monday, October 14, 21, 28, November 4, 11, 18, 12:30pm

Led by Sarah Rajkumar, this six-week series is designed to assist seniors with how to access healthcare information. Topics covered will include healthcare portal basics such as texting and accessing email, how to register and login to mychart. Limited seating available. There is no cost to participate in the tech health education series given the generous innovative grant funding from The Sarah Ralston Foundation.

A Matter of Balance • Tuesday, October 15, 22, 29, November 12, 26(1:30pm), December 3, 10, 12:30pm

Do you have concerns about falling? This program emphasizes practical strategies to manage falls by viewing falls as controllable, setting goals for increasing activity, making changes to reduce fall risks at home, and more. This program is made free through Philadelphia Corporation for Aging and the PA Dept. of Aging.

Access City Government • Wednesday, October 16, 12:30pm

The Advancing Civics Education committee of the Philadelphia Bar Association will bring volunteer lawyers to provide a roadmap for accessing the most important resources in Philadelphia (for computer and non-computer savvy individuals) and answer your questions about city departments. Topics include: Elder Justice in the Courts resource center, what to expect from your local government representatives, and helpful tips for tapping into government offices for some of the most important issues seniors face.

Sukkot Celebration with Rabbi Berliner • Monday, October 21, 10:30am

It's time to hang out in the sukkah with our lulav, etrog, and Rabbi Sandi Berliner.

Tai Chi with Dr. Joseph Wang • Tuesday, October 22, November 19, December 10, 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.

What's in a (City) Name? • Monday, October 28, 12:30pm • \$6

Paris...Illinois? Athens...Indiana? Join the Geography Lady to learn the who, what, and why so many places are named for famous places. Atlases welcome but not required!

Drawing & Painting • Tuesday, October 29, November 5, 12, 19, 26, December 2, 10, 17, 10:30am • \$160/8 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!

Western Suburb Cemetery Trip • Wednesday, October 30, 10:00am • \$10

KleinLife is offering you the opportunity to visit loved ones in the Western suburbs. A limited number of people will be taken by van to Mt. Jacob, Mt. Lebanon, and Mt. Sharon. You must know the plot # & row of your loved one's. Must register by 10/23 at the front desk. Box lunch will be provided.

In-Person Special Programs (continued):

Vision Link • Wednesday, October 30, 12:30pm

Learn about VisionLink® resources and enrichment programs and support groups, education training opportunities and assistive technology options including vision rehabilitation therapy for those who are visually impaired or blind. Also, learn about eye diseases that can affect your vision and who is more at risk and is impacted because of Diabetes, Glaucoma, Cataracts or Macular Degeneration.

Short Stories • Thursday, October 31, November 7, 14, 21, December 5(11:45pm), 12, 19, 10:30am • \$42/7 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.

Silver Screening • Friday, November 1, 8, 15, 22, December 6, 13, 20, 27, 12:30pm

Come watch a movie/series right after lunch. We will be viewing Netflix's "We Were the Lucky Ones," a series about a Jewish family separated at the start of World War II is determined to survive and reunite.

Veteran's Day + Philip Spector Memorial Concert • Wednesday, November 6

Lunch: 11:30am; Concert: 1:00pm

In honor of the late Philip Spector, we are celebrating Veteran's Day with a special performance by the Belle Tones. The trio celebrates music's great harmonic girl groups with class, panache, and fun. Their impressive repertoire includes songs from the 1920's to the 80's and such styles as country, Broadway, jazz and holiday classics. The girls also have a special place in their hearts for our veterans and those currently serving in our military honoring them through patriotic songs.

Role of Fat in the Diet • Thursday, November 7, 10:30am

Delve into the science of dietary fats with Eileen Chopnick and learn how to incorporate healthy fats into your meals. Discover the impact of fats on your overall health, from heart function to nutrient absorption, and gain the knowledge you need to embrace fats as an essential part of a nutritious lifestyle.

Civil War Part II (OLLI) • Monday, November 11, 18, 25, December 2, 9, 16, 12:30pm • \$35/6 sessions

This course, led by David Hudiak, will continue to study the momentous years of the Civil War—a conflict that fundamentally reshaped our nation and changed the course of American History. While Part One of our study covered the causes of the war and the first year of the conflict—1861—Part Two will cover the remaining war years of 1862 through 1865 as well as post war Reconstruction. It is not necessary to have taken Part One in order to benefit from and enjoy Part Two.

Schmooze with Shelley • Wednesday, November 13, 10:30am

Shelley Geltzer visits for fun conversations about anything and everything!

Thanksgiving Celebration • Tuesday, November 26, 11:30am • \$3

Be thankful among friends and share a feast, with all the trimmings, together. After lunch, we'll enjoy Irene & Andy singing your favorite songs. **MUST REGISTER BY 11/19** at the front desk. You can reserve tables only for groups of 8-10. Groups **MUST** register & pay as a group.

PCA's Golden Voices Concert • Thursday, December 4, 10:30am

Choirs from older adult centers around the city showcase their talents in a one-of-a-kind concert in our KleinLife theater.

In-Person Special Programs (continued):

Anna Rosenberg: A Story that Needs to be Told • Thursday, December 4, 10:30am

Anna Rosenberg's story, told by Trish Chambers, is fascinating, complex and enlightening as someone who remained behind the scenes, wielding power and influence, bringing to life some of the most important programs in American history, such as the GI bill and Social Security. Her life and career were stellar, yet her heritage and political affiliations drove her into obscurity and this presentation serves to introduce you to a woman who helped shape post war America.

November & December Birthday Party • Thursday, December 12, 11:30am

Join us for lunch with birthday cupcakes and a special casino themed bingo . Have a birthday in November & December? Let us know by calling 215-698-7300 x193 or email info@kleinlife.org. Please reserve your lunch by 12/5/24 on the touch screen.

Latkes & Laughs: A Chanukah Party Comedy Show • Tuesday, December 17, 11:30am • \$3

It's the festival of lights and we'll give you reasons to smile. After a festive lunch including sufguniyot, enjoy lots of laughs and fun with local comedic great, Sharon Geller. Reserve your spot for lunch by 12/11 on the touch screen.

New Year's Party • Monday, December 30, 11:30am

Hats, horns and noisemakers will help bring in 2025! Celebrate the New Year with a wonderful lunch and exciting entertainment by DJ Dave Michael. Let's start the New Year off right! **MUST REGISTER BY 12/23** at the front desk. You can reserve tables only for groups of 8-10. Groups **MUST** register & pay as a group.

Virtual Weekly Programs:

EnhanceFitness • Mondays & Thursdays, 3:00pm (except Oct. 3, 17, 24, Nov. 28)

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, October 9, 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.

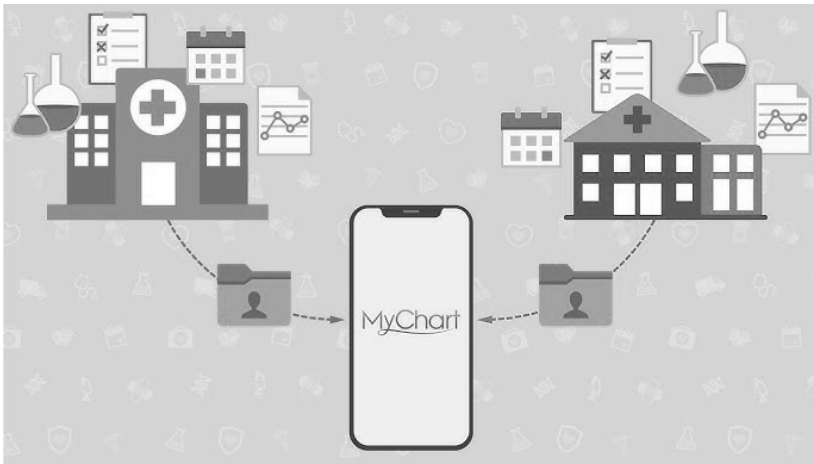
Through your phone

- 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

Senior Tech Health Education Series

Monday, October 14, 21, 28,
November 4, 11, 18 • 12:30pm



Led by Sarah Rajkumar, this six-week series is designed to assist seniors with how to access healthcare information. Topics covered will include

healthcare portal basics such as texting and accessing email, how to register and login to mychart.

Sarah is IT Consultant for Abramson Senior Care, a senior healthcare organization dedicated to supporting seniors and families with navigating the journey of aging. Sarah brings a wealth of knowledge on senior tech health topics from both a clinical nursing and information technology (IT) perspective. Sarah has expertise in training employees on new software healthcare programs, leading numerous health-care focused IT programs and implementing and customizing new software systems.

LIMITED SEATING AVAILABLE

To reserve your seat, call 215-698-7300 x193.

There is no cost to participate in the tech health education series given the generous innovative grant funding from The Sarah Ralston Foundation.

Kleinlife

**Abramson
Senior Care**

A Unit of The National Council on the Aging
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PROGRAM HIGHLIGHTS



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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!