

KleinLife Update

Mont. Co. • Active Adult Life

January-February 2025

THE ELIAS CENTER

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.

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*

In Case of Inclement Weather or Any Other Emergency Circumstance, an automated phone message system will be activated to all of our regular participants. The office phone will also have a clear message. Transnet will be notified.

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

Tuesday	Wednesday	Thursday
<u>December 31</u>	<u>January 1</u>	2
<h1>Active Adult Life Closed</h1> <h2>Happy New Year</h2>		
7	8	9
10:00am Chess with Joel 10:30am Healing Exercise with Donna 11:45am Lunch 12:00pm Grief Support: What it is, How it Works, and What it Can Offer	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne 10:30am Opera: An Historic Tour 11:45am Lunch 12:00pm History of the Bible with Russell 1:00pm Games Fun! 1:00pm* Yiddish with Marcia	10:30am Chair Yoga with Sandy 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Tech Talk with Wayne
14	15	16
10:00am Chess with Joel 10:30am Healing Exercise with Donna 10:30am Blood Pressure Checks with Visiting Angels 11:45am Lunch 12:00pm LGBTQ+ Discussion	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne 10:30am Opera: An Historic Tour 11:45am Lunch 12:30pm Wisdom Circle with Julie 1:00pm Games Fun!	10:30am Chair Yoga with Sandy 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Tech Talk with Wayne
21	22	23
10:00am Chess with Joel 10:30am Healing Exercise with Donna 11:45am Lunch 12:00pm Arts & Crafts with Sara 1:00pm Tai Chi with Merle	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne 10:30am Opera: An Historic Tour 11:45am Lunch 12:00pm Safe Driving for Seniors 1:00pm Games Fun!	10:30am Chair Yoga with Sandy 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Tech Talk with Wayne 1:00pm Cooking Soup for HaMotzi
28	29	30
10:00am Chess with Joel 10:30am Healing Exercise with Donna 11:45am Lunch 12:00pm Lunch & Learn: Ducks in a Row 1:00pm Tai Chi with Merle	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne 10:30am Opera: An Historic Tour 11:45am Lunch 12:00pm Spotlight on Books with Linda 1:00pm Games Fun!	10:30am Chair Yoga with Sandy 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Tech Talk with Wayne

*virtual

Programs subject to change

Tuesday	Wednesday	Thursday
<p style="text-align: right;"><u>February 4</u></p> <p>10:00am Chess with Joel</p> <p>10:30am Healing Exercise with Donna</p> <p>11:45am Lunch</p> <p>12:00pm Bingo with TruVine Home Health Care</p> <p>1:00pm Tai Chi with Merle</p>	<p style="text-align: right;">5</p> <p>10:00am Knitters Social</p> <p>10:30am Let Your Yoga Dance with Elayne</p> <p>10:30am Opera: An Historic Tour</p> <p>11:45am Lunch</p> <p>12:00pm History of the Bible with Russell</p> <p>1:00pm Games Fun!</p> <p>1:00pm* Yiddish with Marcia</p>	<p style="text-align: right;">6</p> <p>10:30am Chair Yoga with Sandy</p> <p>11:00am Grab & Go Meal Pick Up</p> <p>11:45am Lunch</p> <p>12:00pm Tech Talk with Wayne</p>
<p style="text-align: right;">11</p> <p>10:00am Chess with Joel</p> <p>10:30am Healing Exercise with Donna</p> <p>10:30am Blood Pressure Checks with Visiting Angels</p> <p>11:45am Lunch</p> <p>12:00pm NAACP Cheltenham Branch</p> <p>1:00pm Tai Chi with Merle</p>	<p style="text-align: right;">12</p> <p>10:00am Knitters Social</p> <p>10:30am Let Your Yoga Dance with Elayne</p> <p>11:45am Lunch</p> <p>12:00pm Wisdom Circle with Julie</p> <p>1:00pm Games Fun!</p>	<p style="text-align: right;">13</p> <p>10:30am Chair Yoga with Sandy</p> <p>11:00am Grab & Go Meal Pick Up</p> <p>11:45am Lunch</p> <p>12:00pm Tech Talk with Wayne</p>
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<p style="text-align: right;">25</p> <p>10:00am Chess with Joel</p> <p>10:30am Healing Exercise with Donna</p> <p>11:45am Lunch</p> <p>12:00pm Holocaust Awareness Muesum & Education Center Tour</p>	<p style="text-align: right;">26</p> <p>10:00am Knitters Social</p> <p>10:30am Let Your Yoga Dance with Elayne</p> <p>11:45am Lunch</p> <p>12:00pm Lunch & Learn: The Parkinson Council</p> <p>1:00pm Games Fun!</p>	<p style="text-align: right;">27</p> <p>10:30am Chair Yoga with Sandy</p> <p>11:00am Grab & Go Meal Pick Up</p> <p>11:45am Lunch</p> <p>12:00pm Tech Talk with Wayne</p>

Programs subject to change

*virtual

Tuesday	Wednesday	Thursday
<p style="text-align: center;"><u>December 31</u></p> <p style="text-align: center;">Active Adult Life Closed</p> <p style="text-align: center;">Happy New Year</p>	<p style="text-align: center;"><u>January 1</u></p>	<p style="text-align: right;">2</p> <p>Sliced Turkey with Roasted Garlic Gravy & French Onions Honey whipped sweet potatoes; Sugar snap peas; Whole wheat roll; Pineapples</p>
<p style="text-align: right;">7</p> <p>Lox & Hard Boiled Eggs Lettuce, tomato, onion, & cucumber slices; Health salad; Small bagel; Cream cheese; Fruit cocktail</p>	<p style="text-align: right;">8</p> <p>Cheese Ravioli with Cream Sauce with Spinach Cauliflower, broccoli, carrots; Cinnamon apples; Fruit cocktail</p>	<p style="text-align: right;">9</p> <p>Grilled Chicken with White Wine Sauce Tossed salad with Italian dressing; Confetti couscous; Whole wheat bread; Fresh apple</p>
<p style="text-align: right;">14</p> <p>Tuna Nicoise Salad Marinated tomato & onion salad; Italian dressing; Marinated chickpea salad; Whole wheat roll; Marinated oranges</p>	<p style="text-align: right;">15</p> <p>Butter Crumb Fish Creamed spinach; Herb couscous; Whole wheat roll; Mandarin oranges</p>	<p style="text-align: right;">16</p> <p>Salisbury Steak with Onion Gravy Whipped sweet potatoes; Cauliflower; Whole wheat roll; Fresh orange</p>
<p style="text-align: right;">21</p> <p>Corned Beef Sandwich Lettuce & tomato; Potato salad; Health salad; Whole wheat bread; Fresh pear</p>	<p style="text-align: right;">22</p> <p>Blintzes with Apple Raisin Chutney & Sour Cream Green beans; Tossed salad with Italian dressing; Whole wheat bread; Cinnamon applesauce</p>	<p style="text-align: right;">23</p> <p>Roast Turkey with Cranberry Glaze Broccoli florets; Whipped sweet potato; Whole wheat roll; Sugar cookie</p>
<p style="text-align: right;">28</p> <p>Vegetable Pasta Salad with Chicken Marinated Israeli salad; Mandarin oranges; Whole wheat bread; Pears</p>	<p style="text-align: right;">29</p> <p>Manicotti with Cheese Broccoli & carrots; Pears with oat topping; Peaches</p>	<p style="text-align: right;">30</p> <p>Beef Brisket Brussel sprouts; Kasha and bowties; Rye bread; Pears</p>

Menu subject to change

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Menu subject to change

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 31)

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 31)

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 January 1)

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

Let Your Yoga Dance with Elayne Goldstein • Wednesdays, 10:30am (except January 1)

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

Games Fun! • Wednesdays, 12:00pm (except January 1)

Mah Jong, Dominoes, Rummikub, Other games to be decided by participant interest.

Chair Yoga with Sandy Saull • Thursdays, 10:30am

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 January 2)

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:

Healthcare Tech for Seniors with JKPPA • Thursday, January 2, 12:00pm

Louis GrowMiller with Jeff Kornbluh Partners for Patient Advocacy will be here to assist you navigating the healthcare system.

Grief Support: What it is, How it Works, and What it Can Offer • Tuesday, January 7, 12:00pm

KI offers a workshop to help you navigate grief. Learn more about this group and how it can be a positive influence in your life.

History of the Bible with Russell • Wednesday, January 8, February 5, 12:00pm

Join Russell Cohen, MA (Jewish Studies and Education) as he shares his interests and leads a discussion about Jewish history in the Bible.

Blood Pressure Checks with Visiting Angels • Tuesday, January 14, February 11, 10:30am

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

LGBTQ+ Discussion • Tuesday, January 14, 12:00pm

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

Wisdom Circle with Julie Cohen • Wednesday, January 15, February 12, 12:00pm

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.

Arts & Crafts with Sara • Tuesday, January 21, February 18, 12:00pm

Join Sara Tecavec for two wonderful and fun projects.

Tai Chi with Merle • Tuesday, January 21, 28, February 4, 11, 1:00pm • \$20/4 sessions

Tai Chi induces greater improvement in functional mobility and balance in relatively healthy older adults compared to conventional exercise. Join Merle Drake and find out why 250 million people practice this type of exercise to stay fit, healthy, and active. *This program is sponsored by Silver Lining Home Healthcare.*

Safe Driving for Seniors • Wednesday, January 22, 12:00pm

This presentation provides advice on how seniors can continue to drive safely for longer. It includes indicators designed to gauge driving ability as well as considerations for life after a driver's license.

In-Person Special Programs (cont.):

Cooking Soup for HaMotzi • Thursday, January 23, February 20, 1:00pm

Do you want to give back to the community? Do you like to cook with some KleinLife friends? Join us for hands-on cooking sessions that help to provide for the monthly KI HaMotzi Free Community Dinners. *This program is sponsored by Silver Lining Home Healthcare.*

Lunch & Learn: Ducks in a Row • Tuesday, January 28, 12:00pm

Hillside Cemetery will discuss estate and burial planning.

Spotlight on Books with Linda • Wednesday, January 29, 12:00pm

We'll be stopping by the KI library to discover all of the literary greats that you can read when you visit.

BINGO! with TruVine Home Health Care • Tuesday, February 4, 12:00pm

Play this fun game with your friends.

NAACP Cheltenham Branch • Tuesday, February 11, 12:00pm

The NAACP Cheltenham PA. Area Branch is working to secure a future where everyone can exercise their civil and human rights in every aspect of life-education, health, criminal justice, and the environment-without discrimination. Come and learn more about the important work they do.

Healthy Eating for Seniors • Wednesday, February 19, 12:00pm

Teri Wassel, MS, RD, from the Montgomery County Office of Public Health will share the latest information on nutrition and dietary supplements to support a longer, healthier life.

Holocaust Awareness Museum & Education Center Tour • Tuesday, February 25, 12:00pm

Learn about the resilience of Survivors in the Philadelphia area and the importance of combatting Antisemitism and bigotry in all its forms.

Lunch & Learn: The Parkinson Council • Wednesday, February 26, 12:00pm

The Parkinson Council serves to provide support to those in the region navigating Parkinson's, their families and care partners.

Virtual Special Programs:

Yiddish with Marcia • Wednesday, January 8 & February 5, 1:00pm

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

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

HOW TO ACCESS ZOOM PROGRAMS:

Through your computer

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

Through your phone

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

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

KleinLife: Montgomery County *THE ELIAS CENTER*

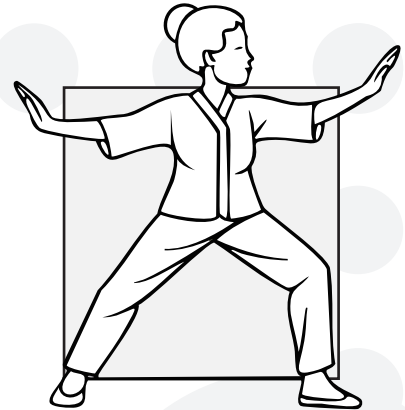
Tai Chi

Tuesday, January 21, 28, February 4, 11,
1:00-1:45pm • \$20/4 sessions

All are welcome

Tai Chi induces greater improvement in functional mobility and balance in relatively healthy older adults compared to conventional exercise. Find out why 250 million people practice this type of exercise to stay fit, healthy, and active.

Merle Drake MSS, LCSW, is a long-term meditation & Tai Chi practitioner committed to the deep inner journey



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

**For more information, contact Gail Korostoff at
215-690-4366 or gkorostoff@kleinlife.org**



SILVER LINING™
Home Healthcare Inc.



Montgomery County
Office of Senior Services



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Active Adult Life

Montgomery County The Elias Center • Congregation Keneseth Israel • 8339 Old York Road • Elkins Park, PA 19027

Tai Chi at KleinLife: Montgomery County; THE ELIAS CENTER Registration Form

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Birth Date: _____ Email: _____

\$20/4 sessions

Send checks payable to *KleinLife* to:
KleinLife: Montgomery County
8339 Old York Road
Elkins Park, PA 19027

NEW Afternoon Programs

at KleinLife: Montgomery County **THE ELIAS CENTER**

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

Spend your Tuesday, Wednesday, and Thursday afternoons with us for a delicious lunch and engaging activities from 11:45am-2:00pm.

Tuesdays

- 11:45am Lunch
- 12:00pm Special Program
- 1:00pm Tai Chi (1/21-2/11)

Wednesdays

- 11:45am Lunch
- 12:00pm Special Program
- 1:00pm Games Fun!

Thursdays

- 11:45am Lunch
- 12:00pm Tech Talk
- 1:00pm Cooking Soup
for HaMotzi
(1/23 & 2/20)

Check our monthly calendars for new programs to be added. For more information, call 215-690-4366.



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Jewish Federation of Greater Philadelphia