

KleinLife Update

Mont. Co. • Active Adult Life

March-April 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
<p style="text-align: right;"><u>March</u> 4</p> <p>10:00am Chess with Joel 10:30am Healing Exercise with Donna 11:45am Lunch 12:00pm Wisdom Circle with Julie Cohen</p>	<p style="text-align: right;">5</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne 10:30am Opera: The Extended Historical Tour 11:45am Lunch 12:00pm Patient Advocacy with Lou GrowMiller 1:00pm Games Fun!</p>	<p style="text-align: right;">6</p> <p>9:30am FREE Tax Preparation by Appointment ONLY 10:30am Chair Yoga with Sandy 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Tech Talk with Wayne</p>
<p style="text-align: right;">11</p> <p>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</p>	<p style="text-align: right;">12</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne 10:30am Opera: The Extended Historical Tour 11:45am Lunch 12:00pm Colorectal Cancer Awareness 1:00pm Games Fun!</p>	<p style="text-align: right;">13</p> <p>10:30am Chair Yoga with Sandy 11:00am Grab & Go Meal Pick Up 11:45am Special Purim Lunch 12:00pm Tech Talk with Wayne 1:15pm Line Dancing</p>
<p style="text-align: right;">18</p> <p>10:00am Chess with Joel 10:30am Healing Exercise with Donna 11:45am Lunch 12:00pm Arts & Crafts with Sara</p>	<p style="text-align: right;">19</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne 10:30am Opera: The Extended Historical Tour 11:45am Lunch 12:00pm How to Spot & Stop Scams with AARP 1:00pm Games Fun!</p>	<p style="text-align: right;">20</p> <p>10:30am Chair Yoga with Sandy 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Tech Talk with Wayne 12:30pm Cooking for HaMotzi</p>
<p style="text-align: right;">25</p> <p>10:00am Chess with Joel 10:30am Healing Exercise with Donna 11:45am Lunch 12:00pm Musical Bingo with Deer Meadows</p>	<p style="text-align: right;">26</p> <p>10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne 10:30am Opera: The Extended Historical Tour 11:45am Lunch 12:00pm Trivia with Rachel Fein 1:00pm Games Fun!</p>	<p style="text-align: right;">27</p> <p>10:30am Chair Yoga with Sandy 11:00am Grab & Go Meal Pick Up 11:45am Lunch 12:00pm Tech Talk with Wayne 1:15pm Line Dancing</p>

Programs subject to change *virtual

Tuesday	Wednesday	Thursday
<u>April 1</u>	2	3
10:00am Chess with Joel 10:30am Healing Exercise with Donna 11:45am Lunch 12:00pm April Fool's Day Karaoke Party	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne 10:30am Opera: The Extended Historical Tour 11:45am Lunch 12:00pm Arts & Crafts with Deer Meadows 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
8	9	10
10:00am Chess with Joel 10:30am Healing Exercise with Donna 10:30am Blood Pressure Checks with Visiting Angels 11:45am Lunch 12:00pm Wisdom Circle with Julie Cohen	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne 10:30am Opera: The Extended Historical Tour 11:45am Lunch 1:00pm Games Fun!	10:30am Chair Yoga with Sandy 11:00am Grab & Go Meal Pick Up 11:45am Passover Seder Lunch with Rabbi David 12:00pm Line Dancing
15	16	17
10:00am Chess with Joel 10:30am Healing Exercise with Donna 11:45am Lunch 12:00pm Arts & Crafts with Sara	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne 10:30am Opera: The Extended Historical Tour 11:45am Lunch 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
22	23	24
10:00am Chess with Joel 10:30am Healing Exercise with Donna 11:45am Lunch 12:00pm The Parkinson's Council	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne 10:30am Opera: Topic TBA 11:45am Lunch 12:00pm Book Talk 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 12:30pm Cooking for HaMotzi 1:15pm Line Dancing
29	30	<u>May 1</u>
10:00am Chess with Joel 10:30am Healing Exercise with Donna 11:45am Lunch 12:00pm SarahCare Program	10:00am Knitters Social 10:30am Let Your Yoga Dance with Elayne 10:30am Opera: Topic TBA 11:45am Lunch 12:00pm Healthy Eating for Seniors with Teri Wassel 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

Tuesday	Wednesday	Thursday
<p style="text-align: right;">March 4</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;">5</p> <p>Cheese Ravioli with Cream Sauce with Spinach Cauliflower, broccoli, carrots; Cinnamon apples; Fruit cocktail</p>	<p style="text-align: right;">6</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;">11</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;">12</p> <p>Butter Crumb Fish Creamed spinach; Herb couscous; Whole wheat roll; Mandarin oranges</p>	<p style="text-align: right;">13</p> <p>Barbecue Beef Brisket Honey carrots; Potato knish; Challah roll; Juice; Hamentaschen</p>
<p style="text-align: right;">18</p> <p>Corned Beef Sandwich Lettuce & tomato; Potato salad; Health salad; Whole wheat bread; Fresh pear</p>	<p style="text-align: right;">19</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;">20</p> <p>Roast Turkey with Cranberry Glaze Broccoli florets; Whipped sweet potato; Whole wheat roll; Sugar cookie</p>
<p style="text-align: right;">25</p> <p>Vegetable Pasta Salad with Chicken Marinated Israeli salad; Mandarin oranges; Whole wheat bread; Pears</p>	<p style="text-align: right;">26</p> <p>Manicotti with Cheese Broccoli & carrots; Pears with oat topping; Peaches</p>	<p style="text-align: right;">27</p> <p>Beef Brisket Brussel sprouts; Kasha and bowties; Rye bread; Pears</p>

Menu subject to change

Tuesday	Wednesday	Thursday
<p style="text-align: right;">April 1</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;">2</p> <p>Cheese Ravioli with Cream Sauce with Spinach Cauliflower, broccoli, carrots; Cinnamon apples; Fruit cocktail</p>	<p style="text-align: right;">3</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;">8</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;">9</p> <p>Butter Crumb Fish Creamed spinach; Herb couscous; Whole wheat roll; Mandarin oranges</p>	<p style="text-align: right;">10</p> <p>Roasted Chicken Quarter with Gravy Gefilte fish with beet horseradish; California blend vegetables; Homemade potato kugel; Matzah; Apple juice; Passover honey cake</p>
<p style="text-align: right;">22</p> <p>Corned Beef Sandwich Lettuce & tomato; Potato salad; Health salad; Matzah; Fresh pear</p>	<p style="text-align: right;">23</p> <p>Omelet with Peppers & Onions Carrot & raisin salad; Baked potato; Matzah; Peaches</p>	<p style="text-align: right;">24</p> <p>Roast Turkey with Cranberry Glaze Broccoli florets; Whipped sweet potato; Matzah; Honey cake</p>
<p style="text-align: right;">29</p> <p>Vegetable Pasta Salad with Chicken Marinated Israeli salad; Mandarin oranges; Whole wheat bread; Pears</p>	<p style="text-align: right;">30</p> <p>Manicotti with Cheese Broccoli & carrots; Pears with oat topping; Peaches</p>	<p style="text-align: right;">May 1</p> <p>Beef Brisket Brussel sprouts; Kasha and bowties; Rye bread; Pears</p>

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.

Weekly Programs:

Chess • Tuesdays, 10:00am

Learn to play chess with instructor Joel Grubman or join other players in a friendly game (or two).

Healing Exercise with Donna Price • Tuesdays, 10:30am

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

Knitters Social • Wednesdays, 10:00am

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

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

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

Games Fun! • Wednesdays, 12:00pm

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

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

Special Programs:

Wisdom Circle with Julie Cohen • Tuesday, March 4, April 8, 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.

Patient Advocacy with Lou GrowMiller • Wednesday, March 5, 12:00pm

Louis GrowMiller with Jeff Kornbluh Partners for Patient Advocacy will be here to assist you with what questions you should ask at your next doctor's visit.

FREE Tax Preparation by Appointment ONLY • Thursday, March 6, 12:00pm

This service is for any taxpayer whose household income is less than \$79,000. All volunteer tax helpers are qualified with extensive experience to help prepare both Federal & State Income taxes, as well as PA Rent/RE Tax rebate forms. Please have all of your tax information in hand including last year's federal tax return, W-2, 1099, and real estate tax bill. To schedule your appointment, call 215-635-5244 or email gkorostoff@kleinlife.org.

Blood Pressure Checks with Visiting Angels • Tuesday, March 11, April 8, 10:30am

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

Special Programs (continued):

LGBTQ+ Discussion • Tuesday, March 11, 12:00pm

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

Colorectal Cancer Awareness • Wednesday, March 12, 12:00pm

March is colorectal cancer awareness month. Colorectal cancer is the third most commonly diagnosed cancer and the third most common cause of cancer-related death in both men and women in Pennsylvania. Learn more from Julianna Maita, MPH from Fox Chase Cancer Center at this educational program.

Line Dancing • Thursday, March 13, 27 April 10, 24, 1:15pm

Join instructor Marilynne Cornell in a high-energy dance inspired workout with a wide range of music and dance moves for all fitness levels. *This program is sponsored by Silver Lining Home Healthcare.*

Arts & Crafts with Sara • Tuesday, March 18, April 15, 12:00pm

Join Sara Tecavec for two wonderful and fun projects.

How to Spot & Stop Scams with AARP • Wednesday, March 19, 12:00pm

Scams can happen to anyone – but spotting and avoiding these criminals can become second nature when you know the right steps to take to protect yourself and your loved ones.

Cook for HaMotzi • Thursday, March 20, April 24, 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.*

Musical Bingo with Deer Meadows • Tuesday, March 25, 12:00pm

We'll be listening to some classic tunes and playing a great game of bingo.

Trivia with Rachel • Wednesday, March 26, 12:00pm

Rachel Fein from JEVS leads us in a fun game of trivia to keep our minds moving.

April Fool's Day Karaoke Party • Tuesday, April 1, 12:00pm

It's a day to be silly and fun! Let's have a good time with singing some great tunes.

Arts & Crafts with Deer Meadows • Wednesday, April 2, 12:00pm

Get creative with this special art activity.

Passover Seder with Rabbi David • Thursday, April 10, 12:00pm

We're hosting our very own Passover Seder, led by Rabbi David of Keneseth Israel.

Lunch & Learn: The Parkinson Council • Wednesday, April 22, 12:00pm

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

Book Talk • Wednesday, April 23, 12:00pm

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

Healthy Eating for Seniors • Wednesday, April 30, 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.

KleinLife: Montgomery County
THE ELIAS CENTER

LINE DANCING

Thursday, March 13, 27, April 10, 24

1:15-2:15pm • All are welcome

Join instructor Marilynne Cornell in a high-energy dance inspired workout with a wide range of music and dance moves for all fitness levels.



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

Kleinlife

Active Adult Life



SILVER LINING™
Home Healthcare Inc.



Montgomery County
Office of Senior Services



Jewish Federation
of Greater Philadelphia

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

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

KleinLife: Montgomery County *The Elias Center*

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

Opera: The Extended Historical Tour

Wednesday, February 26,
March 5, 12, 19, 26, April 2, 9, 16
10:30am-12:00pm

\$75/8 sessions • All are welcome

We will complete our historical opera tour, moving through romantic, traditional, and modern operas. We will view, analyze and discuss the changing scenes of opera into our present time. Attention will be paid to the various modes of opera today.

Gerald Tremblay, M.A., Professor, Psychotherapist



**Opera Classes
are Ongoing!**
It's never too late to
enjoy learning
something new,
so join at anytime.

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Active Adult Life

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Opera: The Extended Historical Tour at KleinLife: Montgomery County Registration Form

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Birth Date: _____ Email: _____

\$75/8 sessions

Send checks payable to KleinLife to:

KleinLife: Montgomery County
8339 Old York Road
Elkins Park, PA 19027