

# KleinLife Update

Active Adult Life

April-May-June/апрель-май-Июнь 2024

## THIS ISSUE'S PROGRAM HIGHLIGHTS:

**Lifelong Learning New Spring Classes Begin**  
Starts Thursday, April 3

**LGBTQAI+ Connection**  
Tuesday, April 8 & May 27, 12:30pm

**Passover Seder**  
Wednesday, April 9, 10:30am

**Yom HaShoah Program: Art Project & Short Film Debut (English)**  
Monday, April 21, 12:30pm

**Earth Day Art with Nicole**  
Tuesday, April 22, 12:30pm

**Volunteer Appreciation Luncheon**  
Thursday, April 24, 11:30am

**SEPTA Senior Fare Card Event**  
Monday, April 28, 10:00am

**Town Meeting**  
Tuesday, April 29, 12:30pm

**Mother's Day & May Birthday Party**  
Thursday, May 8, 11:30am

**Israel Independence Day Party**  
Wednesday, May 14, 11:30am

**Creativity Day on Display**  
Tuesday, May 20, 12:30pm

**Under Heavy Fire with Herb Kaufman**  
Wednesday, May 21, 10:30am

**Father's Day & June Birthday Party**  
Tuesday, June 17, 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

What falls but never gets hurt?

*The rain.*

**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:

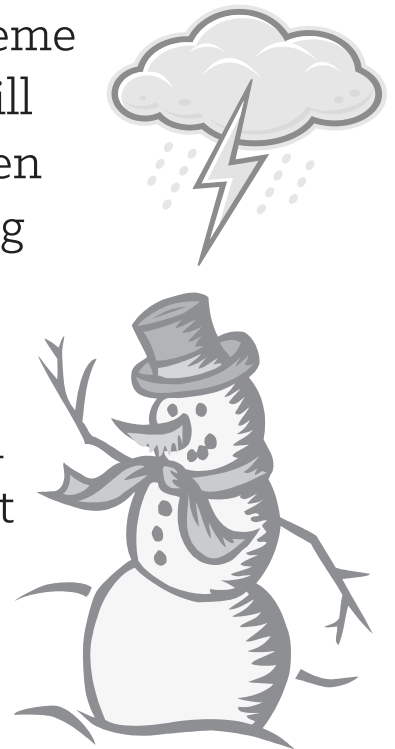
- You must be a resident of Philadelphia over age 65 and have a CCT card and number.
- Rides to and from KleinLife are available Monday through Friday before 7:15am, between 9:30am-2:00pm, and after 4:00pm.
- Rides are subsidized, making the cost is \$1 each way. Payment is made at KleinLife and not 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.

# **Emergency Weather Policy**

In the event that our area will experience extreme weather and you would like to know if we will be closing/closed, call 215-698-7300 and listen to the recorded message for updated building announcements. We will also update our website and social media with any updates.

NOTE: If Philadelphia public schools are closed for inclement weather, all KleinLife Active Adult Life programs will be cancelled. This includes SEPTA Para Transit/CCT & congregate meals.



Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
<b>March • март 31</b> 9:30am Zumba with Olga 10:00am Open Tech Center 10:30am Current Events w/Chuck 10:30am Лекция 11:00am Korean Social Circle 11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/Стив 12:30pm Canasta 12:30pm Famous Landmarks with the Geography Lady	<b>April • апрель 1</b> 9:30am Healing Movement 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Total Body Strength 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 10:30am Drawing & Painting 11:00am Korean Social Circle 11:45am Lunch/Обед 12:00pm Pinochle 12:30pm EnhanceFitness	<b>2</b> 9:30am Yoga with Olga 10:00am Open Tech Center 10:30am Art Therapy & Relaxation with Masha 10:30am Лекция/Вениамин Житомирский 11:00am Korean Social Circle 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Fire Prevention with PFD 12:30pm Keep it Moving - A Chronic Pain Self-Management Program 1:30pm Israeli Dancing 2:00pm Chess Club	<b>3</b> 9:30am Fit Zenergy Blend 9:30am Компьютеры 10:00am Open Tech Center 10:00am Low Visions 10:30am Who Done IT? 10:30am Арт терапия с Машей 11:00am Korean Social Circle 11:00am Mah Jong 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm Mah Jong 12:30pm Bingo 12:30pm EnhanceFitness 12:30pm Игры 1:00pm Opera: Viva Verdi	<b>4</b> 9:30am Англ./ Юлия 9:30am Chair Zumba 10:00am Open Tech Center 10:30am Oneg Shabbat 10:30am Традиции и культура/Александр Шрайбман 11:00am Korean Social Circle 11:45am Lunch/Обед 11:45am The Rabbi's Tisch 12:30pm Шаббат 12:30pm Silver Screenings: A Real Pain
<b>7</b> 9:30am Zumba with Olga 10:00am Open Tech Center 10:30am Current Events w/Chuck 10:30am Лекция /История Израиля и иудаизма/ Илья 11:00am Korean Social Circle 11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/Стив 12:30pm Canasta 12:30pm Famous Landmarks with the Geography Lady	<b>8</b> 9:30am Healing Movement 10:00am Open Tech Center 10:00am Korean Social Circle 10:30am Total Body Strength 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 10:30am Drawing & Painting 11:00am Korean Social Circle 11:45am Lunch/Обед 12:00pm Pinochle 12:30pm EnhanceFitness 12:30pm LGBTQIA+ Connection	<b>9</b> 9:30am Yoga with Olga 10:00am Open Tech Center 10:30am Passover Seder 10:30am Лекция/Классическая музыка/Инна Шифф 11:00am Korean Social Circle 11:45am Обед 12:30pm Mah Jong 1:30pm Keep it Moving - A Chronic Pain Self-Management Program 1:30pm Israeli Dancing 2:00pm Chess Club	<b>10</b> 9:30am Fit Zenergy Blend 9:30am Компьютеры 10:00am Open Tech Center 10:00am Low Visions 10:30am Who Done IT? 10:30am SOWN 10:30am Арт терапия с Машей 10:45am BOOM Muscle 11:00am Korean Social Circle 11:00am Mah Jong 11:45am Lunch 12:00pm КИВ/ Пейсах 12:00pm Pinochle 12:00pm Mah Jong 12:30pm EnhanceFitness 1:00pm Opera: Viva Verdi	<b>11</b> 9:30am Англ./ Юлия 9:30am Chair Zumba 10:00am Open Tech Center 10:30am Oneg Shabbat 10:30am Традиции и культура/Александр Шрайбман 11:00am Korean Social Circle 11:45am Lunch/Обед 12:30pm Шаббат
<b>14</b> <b>Active Adult Life Closed Passover</b>	<b>15</b> 9:30am Healing Movement 10:00am Open Tech Center 10:30am Total Body Strength 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 10:30am Drawing & Painting 11:00am Korean Social Circle 11:45am Lunch/Обед 12:00pm Pinochle 12:30pm EnhanceFitness 4:30pm* Музыка и духовность с кантором Ларисой	<b>16</b> 9:30am Yoga with Olga 10:00am Open Tech Center 10:30am Art Therapy & Relaxation with Masha 10:30am Лекция/"Мошенничество в сетях" 11:00am Korean Social Circle 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Keep it Moving - A Chronic Pain Self-Management Program 12:30pm Israeli Dancing 2:00pm Chess Club	<b>17</b> 9:30am Fit Zenergy Blend 9:30am Компьютеры 10:00am Open Tech Center 10:00am Low Visions 10:30am Who Done IT? 10:30am Арт терапия с Машей 11:00am Korean Social Circle 11:00am Mah Jong 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm Mah Jong 12:30pm Bingo 12:30pm EnhanceFitness 12:30pm Игры 1:00pm Opera: Viva Verdi	<b>18</b> 9:30am Англ./ Юлия 9:30am Chair Zumba 10:00am Open Tech Center 10:30am Oneg Shabbat 10:30am Традиции и культура/Александр Шрайбман 11:00am Korean Social Circle 11:45am Lunch/Обед 11:45am The Rabbi's Tisch 12:30pm Шаббат 12:30pm Silver Screenings: The Brutalist

\*virtual; ^hybrid

Programs subject to change

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
<p><b>April • январь 21</b></p> <p>9:30am Zumba with Olga</p> <p>10:00am Open Tech Center</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Лекция/Анна Цайгер</p> <p>11:00am Canasta</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>12:30pm Yom HaShoah Program: Art Project &amp; Short Film Debut (English)</p> <p>12:30pm Canasta</p>	<p><b>22</b></p> <p>9:30am Healing Movement</p> <p>10:00am Open Tech Center</p> <p>10:30am Total Body Strength</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joe</p> <p>10:30am Drawing &amp; Painting</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Информационная сессия</p> <p>12:30pm EnhanceFitness</p> <p>12:30pm Tai Chi with Dr. Joseph Wang</p> <p>12:30pm Earth Day Art with Nicole</p>	<p><b>23</b></p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:30am Art Therapy &amp; Relaxation with Masha</p> <p>10:30am Музыкальный час с Ритой Ломазовой</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Wednesday Travel Club Meeting</p> <p>12:30pm Mah Jong</p> <p>12:30pm Keep it Moving - A Chronic Pain Self-Management Program</p> <p>12:30pm Israeli Dancing</p> <p>2:00pm Chess Club</p>	<p><b>24</b></p> <p>9:30am Fit Zenergy Blend</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Low Visions</p> <p>10:30am Who Done IT?</p> <p>10:30am SOWN</p> <p>10:30am Арт терапия с Машей</p> <p>10:45am BOOM Muscle</p> <p>11:00am Korean Social Circle</p> <p>11:00am Mah Jong</p> <p>11:45am Volunteer Appreciation Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Mah Jong</p> <p>12:30pm EnhanceFitness</p> <p>12:30pm Игры</p> <p>1:00pm Opera: Viva Verdi</p> <p>1:30pm* Лекция/ Вера Лернер</p>	<p><b>25</b></p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p> <p>12:30pm Silver Screenings: The Brutalist</p>
<p><b>28</b></p> <p>9:30am Zumba with Olga</p> <p>10:00am SEPTA Senior Fare Card Event</p> <p>10:00am Open Tech Center</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Лекция/Дора Голдовская</p> <p>11:00am Canasta</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>12:30pm Canasta</p>	<p><b>29</b></p> <p>9:30am Healing Movement</p> <p>10:00am Open Tech Center</p> <p>10:30am Total Body Strength</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joe</p> <p>10:30am Drawing &amp; Painting</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Информационная сессия</p> <p>12:30pm EnhanceFitness</p> <p>12:30pm Town Meeting</p> <p>4:30pm* Музыка и духовность с кантором Ларисой</p>	<p><b>30</b></p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:30am Art Therapy &amp; Relaxation with Masha</p> <p>10:30am День именинника</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Keep it Moving - A Chronic Pain Self-Management Program</p> <p>12:30pm Israeli Dancing</p> <p>2:00pm Chess Club</p>	<p><b>May • май 1</b></p> <p>9:30am Fit Zenergy Blend</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Low Visions</p> <p>10:30am Who Done IT?</p> <p>10:30am Nutrition with Eileen</p> <p>10:30am Арт терапия с Машей</p> <p>11:00am Korean Social Circle</p> <p>11:00am Mah Jong</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Mah Jong</p> <p>12:30pm Bingo</p> <p>12:30pm EnhanceFitness</p> <p>12:30pm Игры</p> <p>1:00pm Opera: Viva Verdi</p>	<p><b>2</b></p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p>

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
<p><b>Май • май 5</b></p> <p>9:30am Zumba with Olga</p> <p>10:00am Open Tech Center</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Лекция</p> <p>11:00am Korean Social Circle</p> <p>11:00am Canasta</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>12:30pm Canasta</p>	<p><b>6</b></p> <p>9:30am Healing Movement</p> <p>10:00am Open Tech Center</p> <p>10:30am Total Body Strength</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joe</p> <p>10:30am Drawing &amp; Painting</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch with BBQ Sauce Tasting/Обед</p> <p>12:00pm Pinochle</p> <p>12:30pm EnhanceFitness</p>	<p><b>7</b></p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:30am Art Therapy &amp; Relaxation with Masha</p> <p>10:30am День памяти</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>2:00pm Chess Club</p>	<p><b>8</b></p> <p>9:30am Fit Zenergy Blend</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Low Visions</p> <p>10:30am SOWN</p> <p>10:30am Who Done IT?</p> <p>10:30am Арт терапия с Машей</p> <p>10:45am BOOM Muscle</p> <p>11:00am Korean Social Circle</p> <p>11:00am Mah Jong</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Mah Jong</p> <p>12:30pm Mother's Day &amp; May Birthday Party with</p> <p>12:30pm EnhanceFitness</p> <p>12:30pm Игры</p> <p>1:00pm Opera: Viva Verdi</p>	<p><b>9</b></p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p>
<p><b>12</b></p> <p>9:30am Zumba with Olga</p> <p>10:00am Open Tech Center</p> <p>10:00am Advisory Council Meeting</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Лекция</p> <p>11:00am Korean Social Circle</p> <p>11:00am Canasta</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>12:30pm Canasta</p> <p>12:30pm Accidental Presidents with David Hudiak (OLLI)</p>	<p><b>13</b></p> <p>9:30am Healing Movement</p> <p>10:00am Open Tech Center</p> <p>10:30am Total Body Strength</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joe</p> <p>10:30am Drawing &amp; Painting</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Информационная сессия</p> <p>12:30pm EnhanceFitness</p> <p>4:30pm* Музыка и духовность с кантором Ларисой</p>	<p><b>14</b></p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:30am Art Therapy &amp; Relaxation with Masha</p> <p>10:30am Wednesday Travel Club Meeting</p> <p>10:30am Лекция</p> <p>11:00am Korean Social Circle</p> <p>11:45am Israel Independence Day Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israel Independence Day Party</p> <p>12:30pm Israeli Dancing</p> <p>2:00pm Chess Club</p>	<p><b>15</b></p> <p>9:30am Fit Zenergy Blend</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Low Visions</p> <p>10:30am Who Done IT?</p> <p>10:30am Арт терапия с Машей</p> <p>11:00am Korean Social Circle</p> <p>11:00am Mah Jong</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Mah Jong</p> <p>12:30pm Bingo</p> <p>12:30pm EnhanceFitness</p> <p>12:30pm Игры</p>	<p><b>16</b></p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p>



Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
<p><b>May • май 19</b></p> <p>9:30am Zumba with Olga</p> <p>10:00am Open Tech Center</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Лекция</p> <p>11:00am Korean Social Circle</p> <p>11:00am Canasta</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>12:30pm Canasta</p> <p>12:30pm Accidental Presidents with David Hudiak (OLLI)</p>	<p><b>20</b></p> <p>9:30am Healing Movement</p> <p>10:00am Open Tech Center</p> <p>10:30am Total Body Strength</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joe</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:30pm EnhanceFitness</p> <p>12:30pm Creativity Day on Display</p> <p>12:30pm Tai Chi with Dr. Joseph Wang</p>	<p><b>21</b></p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:30am Art Therapy &amp; Relaxation with Masha</p> <p>10:30am Under Heavy Fire: The Heroes and History of the Medal of Honor with Herb Kaufman</p> <p>10:30am Лекция</p> <p>11:00am Korean Social Circle</p> <p>11:45am Memorial Day Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>2:00pm Chess Club</p>	<p><b>22</b></p> <p>9:30am Fit Zenergy Blend</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Low Visions</p> <p>10:30am SOWN</p> <p>10:30am Who Done IT?</p> <p>10:30am Арт терапия с Машей</p> <p>10:45am BOOM Muscle</p> <p>11:00am Korean Social Circle</p> <p>11:00am Mah Jong</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Mah Jong</p> <p>12:30pm EnhanceFitness</p> <p>12:30pm Игры</p> <p>1:30pm* Лекция/ Вера Лернер</p>	<p><b>23</b></p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p>
<p><b>26</b></p> <p><b>Active Adult Life Closed</b></p> <p><b>Memorial Day</b></p>	<p><b>27</b></p> <p>9:30am Healing Movement</p> <p>10:00am Open Tech Center</p> <p>10:30am Total Body Strength</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joe</p> <p>10:30am Drawing &amp; Painting</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Информационная сессия</p> <p>12:30pm EnhanceFitness</p> <p>12:30pm LGBTQAI+ Connection</p> <p>4:30pm* Музыка и духовность с кантором Ларисой</p>	<p><b>28</b></p> <p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:30am Art Therapy &amp; Relaxation with Masha</p> <p>10:30am День именинника</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Wednesday Travel Club Meeting</p> <p>12:30pm Israeli Dancing</p> <p>12:30pm Smart Home Technology with VisionLink</p> <p>2:00pm Chess Club</p>	<p><b>29</b></p> <p>9:30am Fit Zenergy Blend</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Low Visions</p> <p>10:30am Арт терапия с Машей</p> <p>11:00am Korean Social Circle</p> <p>11:00am Mah Jong</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Mah Jong</p> <p>12:30pm EnhanceFitness</p> <p>12:30pm Игры</p>	<p><b>30</b></p> <p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p>

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
<p><u>June • Июнь 2</u></p> <p style="text-align: center;"><b>Active Adult Life</b> <b>Closed</b></p> <p style="text-align: center;"><b>Shavuot</b></p>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
		<p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:30am Art Therapy &amp; Relaxation with Masha</p> <p>10:30am Лекция</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>2:00pm Chess Club</p>	<p>9:30am Fit Zenergy Blend</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Low Visions</p> <p>10:30am Арт терапия с Машей</p> <p>10:45am BOOM Muscle</p> <p>11:00am Korean Social Circle</p> <p>11:00am Mah Jong</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Mah Jong</p> <p>12:30pm EnhanceFitness</p> <p>12:30pm Игры</p>	<p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>9:30am Zumba with Olga</p> <p>10:00am Advisory Board Breakfast</p> <p>10:00am Open Tech Center</p> <p>10:30am Current Events w/Chuck</p> <p>10:30am Лекция</p> <p>11:00am Korean Social Circle</p> <p>11:00am Canasta</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Knitting Nook</p> <p>12:30pm Line Dancing/Урок танцев/Стив</p> <p>12:30pm Canasta</p>	<p>9:30am Healing Movement</p> <p>10:00am Open Tech Center</p> <p>10:30am Total Body Strength</p> <p>10:30am Тренируем память</p> <p>10:30am Burt's Brain Games w/Joe</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>12:00pm Pinochle</p> <p>12:00pm Информационная сессия</p> <p>12:30pm EnhanceFitness</p> <p>4:30pm* Музыка и духовность с кантором Ларисой</p>	<p>9:30am Yoga with Olga</p> <p>10:00am Open Tech Center</p> <p>10:30am Wednesday Travel Closing Meeting &amp; Lunch</p> <p>10:30am Art Therapy &amp; Relaxation with Masha</p> <p>10:30am Лекция</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>12:30pm Mah Jong</p> <p>12:30pm Israeli Dancing</p> <p>2:00pm Chess Club</p>	<p>9:30am Fit Zenergy Blend</p> <p>9:30am Компьютеры</p> <p>10:00am Open Tech Center</p> <p>10:00am Low Visions</p> <p>10:30am SOWN</p> <p>10:30am Арт терапия с Машей</p> <p>11:00am Korean Social Circle</p> <p>11:00am Mah Jong</p> <p>11:45am Lunch/Обед</p> <p>12:00pm КИВ Пурим</p> <p>12:00pm Pinochle</p> <p>12:00pm Mah Jong</p> <p>12:30pm Bingo</p> <p>12:30pm EnhanceFitness</p> <p>12:30pm Игры</p>	<p>9:30am Англ./ Юлия</p> <p>9:30am Chair Zumba</p> <p>10:00am Open Tech Center</p> <p>10:30am Oneg Shabbat</p> <p>10:30am Традиции и культура/ Александр Шрайбман</p> <p>11:00am Korean Social Circle</p> <p>11:45am Lunch/Обед</p> <p>11:45am The Rabbi's Tisch</p> <p>12:30pm Шаббат</p> <p>12:30pm Silver Screenings: Will &amp; Harper</p>

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
<b>June • Июнь 16</b> 9:30am Zumba with Olga 10:00am Open Tech Center 10:30am Current Events w/Chuck 10:30am Лекция 11:00am Korean Social Circle 11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/Стив 12:30pm Canasta	<b>17</b> 9:30am Healing Movement 10:00am Open Tech Center 10:30am Total Body Strength 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 11:00am Korean Social Circle 11:45am Father's Day Lunch/Обед 12:00pm Pinochle 12:00pm Информационная сессия 12:30pm EnhanceFitness 12:30pm Tai Chi with Dr. Joseph Wang 12:30pm Father's Day & June Birthday Party 4:30pm* Музыка и духовность с кантором Ларисой	<b>18</b> 9:30am Yoga with Olga 10:00am Open Tech Center 10:30am Art Therapy & Relaxation with Masha 10:30am Лекция 11:00am Korean Social Circle 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Israeli Dancing 2:00pm Chess Club	<b>19</b> 9:30am Fit Zenergy Blend 9:30am Компьютеры 10:00am Open Tech Center 10:00am Low Visions 10:30am Арт терапия с Машей 10:45am BOOM Muscle 11:00am Korean Social Circle 11:00am Mah Jong 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm Mah Jong 12:30pm EnhanceFitness 12:30pm Игры 1:30pm* Лекция/ Вера Лернер	<b>20</b> 9:30am Англ./ Юлия 9:30am Chair Zumba 10:00am Open Tech Center 10:30am Oneg Shabbat 10:30am Традиции и культура/ Александр Шрайбман 11:00am Korean Social Circle 11:45am Lunch/Обед 11:45am The Rabbi's Tisch 12:30pm Шаббат
<b>23</b> 9:30am Zumba with Olga 10:00am Open Tech Center 10:30am Current Events w/Chuck 10:30am Лекция 11:00am Korean Social Circle 11:00am Canasta 11:45am Lunch/Обед 12:30pm Knitting Nook 12:30pm Line Dancing/Урок танцев/Стив 12:30pm Canasta	<b>24</b> 9:30am Healing Movement 10:00am Open Tech Center 10:30am Total Body Strength 10:30am Тренируем память 10:30am Burt's Brain Games w/Joe 11:00am Korean Social Circle 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm Информационная сессия 12:30pm EnhanceFitness 4:30pm* Музыка и духовность с кантором Ларисой	<b>25</b> 9:30am Yoga with Olga 10:00am Open Tech Center 10:30am Art Therapy & Relaxation with Masha 10:30am День именинника 11:00am Korean Social Circle 11:45am Lunch/Обед 12:30pm Mah Jong 12:30pm Israeli Dancing 2:00pm Chess Club	<b>26</b> 9:30am Fit Zenergy Blend 9:30am Компьютеры 10:00am Open Tech Center 10:00am Low Visions 10:30am SOWN 10:30am Арт терапия с Машей 11:00am Korean Social Circle 11:00am Mah Jong 11:45am Lunch/Обед 12:00pm Pinochle 12:00pm Mah Jong 12:30pm Bingo 12:30pm EnhanceFitness 12:30pm Игры	<b>27</b> 9:30am Англ./ Юлия 9:30am Chair Zumba 10:00am Open Tech Center 10:30am Oneg Shabbat 10:30am Традиции и культура/ Александр Шрайбман 11:00am Korean Social Circle 11:45am Lunch/Обед 11:45am The Rabbi's Tisch 12:30pm Шаббат
9:30am Zumba with Olga 10:00am Open Tech Center	10:30am Current Events w/Chuck 10:30am Лекция	11:00am Korean Social Circle 11:00am Canasta	11:45am Lunch/Обед 12:30pm Knitting Nook	<b>30</b> 12:30pm Line Dancing/Урок танцев/Стив 12:30pm Canasta



<b>Monday</b> <b>понедельник</b>	<b>Tuesday</b> <b>вторник</b>	<b>Wednesday</b> <b>Среда</b>	<b>Thursday</b> <b>Четверг</b>	<b>Friday</b> <b>Пятница</b>
<b>March • март 31</b> <b>Baked Fish with Tomato Olives</b> Sauteed spinach with carrots Buttered penne Whole wheat roll Mandarin oranges	<b>April • апрель 1</b> <b>Brisket with Gravy</b> Glazed carrots Red bliss potatoes Pears	<b>2</b> <b>Omelet with Mushrooms</b> Breakfast cubes Cinammon apples Fruit cocktail	<b>3</b> <b>Grilled Chicken with White Wine Sauce</b> Tossed salad with Italian dressing Oven browned potatoes Fresh apples	<b>4</b> <b>Citrus &amp; Herb Glazed Sliced Turkey</b> Sweet potato cubes Brussel sprouts Honey cake
<b>7</b> <b>Onion &amp; Potato Omelet</b> Carrot coins Broccoli salad Pineapples	<b>8</b> <b>Sweet &amp; Sour Grilled Chicken</b> Stewed tomatoes Mashed potatoes Applesauce	<b>Passover Seder</b> <b>9</b> <b>Roasted Chicken Quarter with Gravy</b> Gefilte fish with beet horseradish California blend vegetables Apple matzah kugel Passover honey cake Apple juice	<b>10</b> <b>Salisbury Steak with Onion Gravy</b> Whipped sweet potatoes Cauliflower Matzah Fresh orange	<b>11</b> <b>Honey BBQ Chicken Quarter</b> Seasoned potatoes with peppers & onions Green beans Matzah Passover cookie
<b>14</b> <b>Active Adult Life Closed Passover</b>	<b>15</b> <b>Mealofaf with Gravy</b> Beets Whipped potatoes Matzah Fresh pear	<b>16</b> <b>Whitefish Salad Platter</b> Lettuce, tomato, & onion Marinated broccoli salad Pickled beet salad Matzah Peaches	<b>17</b> <b>Egg Salad</b> Lettuce & tomato Potato salad Health salad Matzah Fresh pear	<b>18</b> <b>Baked Chicken with Gravy</b> Roasted potato Chateau blend vegetables Matzah Fruit cocktail
<b>21</b> <b>Baked Fish with Newburg Sauce</b> Peas Rice pilaf with broccoli Whole wheat roll Fresh orange	<b>22</b> <b>Chicken Paprikash</b> Latkes Dill cucumber salad Whole wheat pita Applesauce	<b>23</b> <b>Manicotti with Cheese</b> Broccoli & carrots Pears with oat topping Peaches	<b>Volunteer Appreciation Luncheon</b> <b>24</b> <b>Chicken Waldorf Salad on Challah Roll</b> Fresh fruit cup Fresh salad mix Potato chips Cucumber salad Chocolate chip cookie Apple juice	<b>25</b> <b>Roasted Chicken Quarter with Garlic Thyme Pan Sauce</b> Potato wedges Island blend vegetables Challah roll Sweet muffin
<b>28</b> <b>Baked Fish with Tomato Olives</b> Sauteed spinach with carrots Buttered penne Whole wheat roll Mandarin oranges	<b>29</b> <b>Teriyaki Beef</b> Asian blend vegetables Fried rice Whole wheat roll Pears	<b>30</b> <b>Lox &amp; Hard Boiled Eggs</b> Lettuce, tomato, onion, & cucumber slices Health salad Small bagel Cream cheese Fruit cocktail  <b>День именинника</b>		

Menu subject to change

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница
			<b>May • май 1</b> <b>Grilled Chicken with White Wine Sauce</b> Tossed salad with Italian dressing Confetti couscous Whole wheat bread Fresh apples	<b>2</b> <b>Citrus &amp; Herb Glazed Sliced Turkey</b> Sweet potato cubes Brussel sprouts Challah roll Sweet muffin
<b>5</b> <b>Cheddar, Onion, &amp; Potato Omelet</b> Carrot coins Broccoli salad Whole wheat bread Chocolate chip cookie	<b>6</b> <b>Breaded Chicken Strips</b> Stewed tomatoes Mashed potatoes Applesauce	<b>7</b> <b>Tuna Nicoise Salad</b> Marinated tomato & onion salad Italian dressing Marinated chickpea salad Whole wheat roll Marinated oranges	<b>Mother's Day/May Birthday Party</b> <b>8</b> <b>Chicken Breast with Rice Stuffing &amp; Gravy</b> Potato knish Honey glazed carrots Spinach salad with dressing Dinner roll Apple strudel Juice Birthday cupcakes	<b>9</b> <b>Honey BBQ Chicken Quarter</b> Seasoned potatoes with peppers & onions Green beans Challah roll Pineapples
<b>12</b> <b>Blintzes with Apple Raisin Chutney &amp; Sour Cream</b> Green beans Tossed salad with Italian dressing Whole wheat bread Cinnamon applesauce	<b>13</b> <b>Mealofaf with Gravy</b> Beets Whipped potatoes Whole wheat bread Fresh pear	<b>Israel Independence Day Party</b> <b>14</b> <b>Chicken Schnitzel</b> Hummus with veggies Couscous Israeli salad Apple strudel Pita Cranberry juice	<b>15</b> <b>Corned Beef Sandwich</b> Lettuce & tomato Potato salad Health salad Fresh pear	<b>16</b> <b>Baked Chicken with Gravy</b> Roasted potato Chateau blend vegetables Challah roll Fruit cocktail
<b>19</b> <b>Baked Fish with Newburg Sauce</b> Peas Rice pilaf with broccoli Whole wheat roll Fresh orange	<b>20</b> <b>Chicken Paprikash</b> Latkes Dill cucumber salad Whole wheat pita Applesauce	<b>21</b> <b>Manicotti with Cheese</b> Broccoli & carrots Pears with oat topping Peaches	<b>22</b> <b>Beef Brisket</b> Brussel sprouts Kasha & bowties Rye bread Pears	<b>23</b> <b>Roasted Chicken Quarter with Garlic Thyme Pan Sauce</b> Potato wedges Island blend vegetables Challah roll Sweet muffin
<b>26</b> <b>Active Adult Life Closed Memorial Day</b>	<b>27</b> <b>Teriyaki Beef</b> Asian blend vegetables Fried rice Whole wheat roll Pears	<b>28</b> <b>Lox &amp; Hard Boiled Eggs</b> Lettuce, tomato, onion, & cucumber slices Health salad Small bagel Cream cheese Fruit cocktail  <b>День именинника</b>	<b>29</b> <b>Grilled Chicken with White Wine Sauce</b> Tossed salad with Italian dressing Confetti couscous Whole wheat bread Fresh apples	<b>30</b> <b>Citrus &amp; Herb Glazed Sliced Turkey</b> Sweet potato cubes Brussel sprouts Challah roll Sweet muffin

Menu subject to change

Monday понедельник	Tuesday вторник	Wednesday Среда	Thursday Четверг	Friday Пятница			
<p><u>June • Июнь</u> 2</p> <p><b>Active Adult Life Closed</b></p> <p><b>Shavuot</b></p>	3	4	5	6			
<p><b>Tuna Nicoise Salad</b> Marinated tomato &amp; onion salad Italian dressing Marinated chickpea salad Whole wheat roll Marinated oranges</p>	<p><b>Salisbury Steak with Onion Gravy</b> Whipped sweet potatoes Cauliflower Whole wheat roll Fresh orange</p>	<p><b>Honey BBQ Chicken Quarter</b> Seasoned potatoes with peppers &amp; onions Green beans Challah roll Pineapples</p>	<p><b>Blintzes with Apple Raisin Chutney &amp; Sour Cream</b> Green beans Tossed salad with Italian dressing Whole wheat bread Cinnamon applesauce</p>	<p><b>Mealofaf with Gravy</b> Beets Whipped potatoes Whole wheat bread Fresh pear</p>	<p><b>Whitefish Salad Platter</b> Lettuce, tomato, &amp; onion Cold couscous salad Pickled beet salad Whole wheat roll Peaches</p>	<p><b>Corned Beef Sandwich</b> Lettuce &amp; tomato Potato salad Health salad Fresh pear</p>	<p><b>Baked Chicken with Gravy</b> Roasted potato Chateau blend vegetables Challah roll Fruit cocktail</p>
<p><b>Baked Fish with Newburg Sauce</b> Peas Rice pilaf with broccoli Whole wheat roll Fresh orange</p>	<p><b>Father's Day/June Birthday Party</b></p> <p><b>Baked Chicken Leg with Gravy</b> Rice pilaf Capri blend Garden salad Dinner roll Chocolate cake Juice</p>	<p><b>Seafood Salad with Cheese</b> Marinated cucumber salad Coleslaw Whole wheat roll Peaches</p>	<p><b>Beef Brisket</b> Brussel sprouts Kasha &amp; bowties Rye bread Pears Birthday cupcakes</p>	<p><b>Roasted Chicken Quarter with Garlic Thyme Pan Sauce</b> Potato wedges Island blend vegetables Challah roll Sweet muffin</p>			
<p><b>Baked Fish with Tomato Olives</b> Sautéed spinach with carrots Buttered penne Whole wheat roll Mandarin oranges</p>	<p><b>Teriyaki Beef</b> Asian blend vegetables Fried rice Whole wheat roll Pears</p>	<p><b>Lox &amp; Hard Boiled Eggs</b> Lettuce, tomato, onion, &amp; cucumber slices Health salad Small bagel Cream cheese Fruit cocktail</p>	<p><b>Grilled Chicken with White Wine Sauce</b> Tossed salad with Italian dressing Confetti couscous Whole wheat bread Fresh apples</p>	<p><b>Citrus &amp; Herb Glazed Sliced Turkey</b> Sweet potato cubes Brussel sprouts Challah roll Sweet muffin</p>			
<p><b>Cheddar, Onion, &amp; Potato Omelet</b> Carrot coins Broccoli salad Whole wheat bread Chocolate chip cookie</p> <p><b>День именинника</b></p>							

Menu subject to change

# PROGRAM DESCRIPTIONS

Call 215-698-7300 x193 and leave a message with your questions and comments.

## Weekly Programs:

### **Zumba with Olga • Mondays, 9:30am (except April 14, May 26, & June 2)**

Have fun working out with Olga Krupenkina. This Latin dance fusion exercise keeps you on your feet and looking forward to the next steps. Olga will keep you smiling with her positive energy.

### **Open Tech Center • Monday through Friday, 10:00am-2:00pm (except April 14, May 26, & June 2, 3)**

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.

### **Current Events with Chuck • Mondays, 10:30am (except April 14, May 26, & June 2)**

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

### **Canasta • Mondays, 11:00am & 12:30pm (except April 14, May 26, & June 2)**

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

### **Knitting Nook • Mondays, 12:30pm (except April 14, May 26, & June 2)**

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

### **Line Dancing • Mondays, 12:30pm (except April 14, May 26, & June 2)**

Learn dances from the best out there and perfect your steps while having fun. Steven Mesh, owner of Spotlight Dance Studio, is a professional ballroom dancer, coach, adjudicator, and choreographer.

### **Healing Movement • Tuesdays, 9:30am (except June 3)**

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

### **Total Body Strength • Tuesdays, 10:30am (except June 3)**

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 (except June 3)**

Join Joe for an assortment of trivia to have fun while keeping your brain active.

### **Pinochle • Tuesdays & Thursdays, 12:00pm (except June 3)**

Join in on a friendly card game or two.

### **EnhanceFitness • Tuesdays & Thursdays, 12:30pm (except June 3)**

Join this FREE evidence-based and interactive program showing holistic results. It combines the three key components of fitness: strength training, flexibility, and cardiovascular conditioning. Class is presented by Philadelphia Corporation for Aging. All program participants must complete an intake. Contact Inna Gulko at 215-698-7300 x195 to register.

### **Yoga with Olga • Wednesdays, 9:30am**

Wind down and feel your body relax with Olga Krupenkina. Through a series of stretches both sitting and standing, Mariya will help ease your mind, body, and spirit.

### **Art Therapy & Relaxation with Masha • Wednesdays, 12:30pm (except April 9)**

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, 11:00am & 12:00pm**

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

## **Weekly Programs (continued):**

### **Israeli Dancing • Wednesdays, 12:30pm**

Do you have Ruach (spirit)? Join Susan Novack to review the dances taught and work on some new ones! You'll do easy older and new dances with instruction. Come and have fun, exercise and see people! Bring a water bottle and wear sneakers.

### **Chess Club • Wednesdays, 2:00pm**

Play a classic friendly game to keep your brain thinking.

### **Low Visions • Thursdays, 10:00am**

Are you or someone you know experiencing difficulties due to limited vision? Join our program and learn just how much better life can be!

### **Fit Zenergy Blend • Thursdays, 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.

### **Chair Zumba • Fridays, 9:30am**

Olga Krupenkina will have you sweating while having fun. With upbeat music and both sitting and standing (with chair support) exercises, you'll be energized and ready to take on the rest of the week.

### **Oneg Shabbat • Fridays, 10:30am**

We welcome you and Shabbat for a special Friday program.

### **The Rabbi's Tisch • Fridays, 11:45am (except April 11)**

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.

## **Special Programs:**

### **Fire Prevention with the Philadelphia Fire Department • Wednesday, April 2, 12:30pm**

Learn the benefits of proper safety practices and identifying and eliminating all types of hazardous conditions, which pose a threat to life, the environment and property.

### **Keep it Moving - A Chronic Self-Management Program • Wednesday, April 2, 16, 23, 30, 12:30pm (Special time on April 9, 1:30pm)**

Do you have chronic pain or care for someone who does? Join this evidence-based workshop and learn how to self-manage your pain! Gain support from others with similar health issues with weekly 2 ½ hour sessions. Registrants must be 60+ and live in Philadelphia. *Philadelphia Corporation for Aging supports this program through Title IIID funds from the Pennsylvania Department of Aging. This program was developed at Stanford University and is now owned by Self-Management Resource Center, Inc.* Contact Inna Gulko at 215-698-7300 x195 to register.

### **Who Done IT? • Thursday, April 3, 10, 17, 24, May 1, 8, 15, 22, 10:30am • \$48/8 sessions**

"High quality storytelling" opens the door to entertaining reading featuring the "extremes of human behavior" caused by intense emotion. A variety of writers in the book, "The Best Mystery Stories of the Year" by 2021 series editor, Otto Penzler, present stories that are bound to make you think and guess the endings of well-drawn and dramatic stories. Everyone loves a good mystery! DeerStalker Hat and flashlight optional.

### **Opera: Viva Verdi • Thursday, April 3, 10, 17, 24, May 1, 8, 1:00pm • \$60/6 sessions**

We will view, discuss and analyze four operas of the Italian master Giuseppe Verdi. Their historical, social, political, moral and psychological aspects will be examined and explored.

### **Bingo • Thursday, April 3, 17, May 1, 15, June 12, 26, 12:30pm**

Play this fun classic game for FREE!

## **Special Programs (continued):**

### **Silver Screenings: A Real Pain • Friday, April 4, 12:30pm**

Come watch a movie/series right after lunch. We will be viewing Hulu's Academy Award winning film for Best Supporting Actor and nominated for Best Screenplay, "A Real Pain." Starring Jesse Eisenberg and Kieran Culkin, the movie follows mismatched cousins David and Benji touring Poland to honour their grandmother. Their adventure becomes complicated as old tensions resurface while exploring their family history.

### **LGBTQAI+ Connection • Tuesday, April 8, May 27, 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.

### **Passover Seder • Wednesday, April 9, 10:30am**

Passover is more than a meal. It's the re-telling of one of the most important pieces of Jewish history and was meant to be shared with family and friends. Join us for a traditional Seder led by Rabbi Sandra Berliner with musical accompaniment by Gene Gelfonson.

### **Connectedly (formerly SOWN) • Thursday, April 10, 24, May 8, 22, June 12, 26, 10:30am**

Make new connections, share common challenges, discuss coping tools, and exchange information and resources. This FREE group, facilitated by Gail Bober, MSW, provides a forum for seniors to support each other. For more information, contact Carly Handley at 215-487-3000 x24.

### **BOOM Muscle • Thursday, April 10, 24, May 8, 22, June 5, 19, 10:45am**

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.

### **Silver Screenings: The Brutalist • Friday, April 18 & 25, 12:30pm**

Come watch a movie/series right after lunch. We will be viewing the Academy Award winning film including Best Actor, "The Brutalist." Starring Adrian Brody, Felicity Jones, and Guy Pearce, the movie follows a visionary architect who escapes postwar Europe by coming to America to rebuild his life, his career, and his marriage. On his own in a strange new country, he settles in Pennsylvania, where a wealthy and prominent industrialist recognises his talent.

### **Yom HaShoah Program: Art Project & Short Film Debut (English) • Monday, April 21, 12:30pm**

Participate in a meaningful event to reflect and honor Holocaust victims and survivors through a symbolic art project. Participants will create leaves for tree installation in memory of their loved ones who perished or survived. After the art project, we will show the documentary "Home. Leaving the Old...Finding the New", filmed at KleinLife with KleinLife participants. This powerful film, funded by the JFNA shares the stories of older adult immigrants, including Holocaust survivors, and Ukrainian refugee children, exploring themes of loss, resilience, and the emotional journey of finding a new "home." *This service is supported by a grant from The JFNA Center on Holocaust Survivor Care and Institute on Aging and Trauma.*

### **Tai Chi with Dr. Joseph Wang • Tuesday, April 22, May 20, June 17, 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.

### **Earth Day Art with Nicole • Tuesday, April 22, 12:30pm**

In honor of Earth Day, we'll be doing an environmentally friendly project with Nicole Hersh.

### **Volunteer Appreciation Luncheon • Thursday, April 24, 11:30am**

Let's honor the volunteers that help our agency with a special luncheon and entertainment by vocalist Meredith Beck. Please reserve your lunch by 4/17/25 on the touch screen.



## **Special Programs (continued):**

### **SEPTA Senior Fare Card Event • Monday, April 28, 10:00am-2:00pm**

Hosted by State Rep. Sean Dougherty, seniors are invited to apply or renew their FREE SEPTA Key Card. This services is FREE for all residents 65 and older. Please bring a valid PA identification. The SEPTA Photo ID card will be mailed to you directly by SEPTA.

### **Drawing & Painting • Tuesday, April 29, May 6, 13, 27, 10:30am • \$80/4 sessions**

LAST SESSIONS BEFORE THE SUMMER HIATUS. 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!

### **Town Meeting • Tuesday, April 29, 12:30pm**

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

### **BBQ Sauce Tasting • Tuesday, May 6, 11:45am**

It's National Barbecue Month and we're celebrating by tasting an assortment of BBQ sauce.

### **Mother's Day & May Birthday Party • Thursday, May 8, 11:30am**

Join us for lunch with birthday cupcakes and celebrate the special women in our lives with entertainment by Kristin Coryell. Have a birthday in May? Let us know by calling 215-698-7300 x193 or email [info@kleinlife.org](mailto:info@kleinlife.org). Please reserve your lunch by 5/1/24 on the touch screen.

### **Accidental Presidents (OLLI) • Monday, May 12 & 19, 12:30pm • \$12/2 sessions**

This course, led by David Hudiak, will cover the four Vice Presidents who rose to the White House due to an accident of fate—the assassination of their predecessor. Specifically, we will study why each of these Accidental Presidents was nominated for the Vice-Presidency in the first place, the circumstances of their predecessor's assassination, how well (or not so well) each of them did as President, and some interesting facts about their lives.

### **Israel Independence Day Party • Wednesday, May 14, 11:30am**

We're celebrating Israel becoming an independent state with a festive meal and entertainment by Hadar McNeill.

### **Creativity Day on Display • Tuesday, May 20, 12:30pm**

We're celebrating National Creativity Day by putting all of our creators of art on display! Whether you're a painter, photographer, knitter, sculptor, or anything inbetween, we want to showcase your talents. Want to participate? Let us know by calling and leaving us a detailed message at 215-698-7300 x176.

### **Under Heavy Fire: The Heroes and History of the Medal of Honor with Herb Kaufman**

#### **Wednesday, May 21, 10:30am**

In honor of Memorial Day, historian Herb Kaufman will take the audience through the creation of this distinctive recognition of military valor, and share the stories of several of the more than 3,500 esteemed group of American heroes. This presentation brings alive the history of these courageous recipients, including the train ride that started it all, the soldier too young to serve, the only woman recipient, and the only soldier to be considered for three Medals of Honor.

### **Smart Home Technology with VisionLink • Wednesday, May 28, 12:30pm**

Discuss strategies and learn techniques to live more independently while managing sight loss. This workshop is helpful to all who are curious about smart technology.

### **Silver Screenings: Will & Harper • Friday, June 13, 12:30pm**

Come watch a movie/series right after lunch. In honor of Pride Month, we will be viewing the documentary, "Will & Harper", which follows when Will Ferrell finds out his close friend of 30 years, Harper Steele, is coming out as a trans woman, the two decide to embark on a cross-country road trip to process this new stage of their relationship in an intimate portrait of friendship and transition.

## Special Programs (continued):

Father's Day & June Birthday Party • Tuesday, June 17, 12:30pm

Join us for lunch with birthday cupcakes celebrate the special men in our lives with entertainment by Joe Parker. Have a birthday in June? Let us know by calling 215-698-7300 x193 or email [info@kleinlife.org](mailto:info@kleinlife.org). Please reserve your lunch by 6/10/24 on the touch screen.

# Lifelong Learning Spring PART II

Starting Thursday, April 3, 2025

Topics include:

Accidental Presidents  
*a Widener University OLLI program*

Opera: Viva Verdi

Who Done IT? (More  
Short Stories)

Drawing & Painting



**PICK UP A CLASS BROCHURE TODAY!**

For more information, contact Andrea Kimelheim  
at 215-698-7300 x176 or [akimelheim@kleinlife.org](mailto:akimelheim@kleinlife.org)

*Show Off Your Creative Talents to the Community*

# CREATIVITY DAY ON DISPLAY

**Tuesday, May 20 • 12:30pm**

We're celebrating National Creativity Day early by putting all of our creators of art on display! This special day was founded to honor and celebrate everyone who creates new things each day, someone just like you.

Whether you're a painter, photographer, knitter, sculptor, or anything inbetween, we want to showcase your talents.

Want to participate? Let us know by calling and leaving us a detailed message by May 15 at 215-698-7300 x176.



at **Kleinlife**

# Take a Trip in 2025!

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.



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

## 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!

## 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!

[starrtours.com/kleinlife](http://starrtours.com/kleinlife)

Or, call Us:  
609-587-0626

# Starr Tours at KleinLife 2025 Trip Schedule

## Join Andrea for these fantastic trips!

Strasburg Rail Road Experience & Train Museum, <i>May 10</i> .....	\$159
Havre de Grace, MD: Day on the Bay, <i>Jun 25</i> .....	\$179
Seaside Heights, NJ & River Lady Boat Cruise, <i>Aug 20</i> .....	\$169
New York City by Land & Sea, <i>Sep 27</i> .....	\$219
"Holiday Inn" at Dutch Apple Dinner Theatre, Lancaster, <i>Dec 13</i> .....	\$179

### Featured Multi-Day Trip: Adirondack, NY Rail & Sail

September 10-12, 2025

\$949 pp/double occupancy

\$1,159 pp/single occupancy



## Explore the complete list of day trips departing from KleinLife!

Mar 8 Philadelphia Flower Show	Oct 12 NYC Express: Lower Manhattan
Apr 9 Sight & Sound Theatre "Noah" - Lancaster, PA	Oct 18 American Museum of Natural History: New York City
May 17 "Death Becomes Her" on Broadway, NYC	Oct 24 Green Dragon Farmer's Market - Ephrata, PA
May 17 NYC Express: Midtown/Theatre District	Oct 25 "A Chorus Line" at Dutch Apple Dinner Theatre
May 17 "Operation Mincemeat" on Broadway, NYC	Oct 25 "Death Becomes Her" on Broadway, NYC
May 17 "The Outsiders" on Broadway, NYC	Oct 25 NYC Express: Midtown/Theatre District
May 17 "Sunset Blvd." on Broadway, NYC	Oct 25 "Operation Mincemeat" on Broadway, NYC
May 29 "Tony Bennett Songbook" at Tropicana, Atlantic City	Oct 25 "The Outsiders" on Broadway, NYC
Jul 17 Assateague Island Boat Cruise - Ocean City MD	Nov 6 Silver Birches Murder Mystery
Jul 19 "Hell's Kitchen" on Broadway, NYC	Nov 8 "Hamilton" on Broadway, NYC
Jul 19 "Lion King" on Broadway, NYC	Nov 8 NYC Express: Midtown/Theatre District
Jul 19 "MJ The Musical" on Broadway, NYC	Nov 8 "Stranger Things: The First Shadow" on Broadway, NYC
Jul 19 NYC Express: Midtown/Theatre District	Nov 18 "Christmas Candy Caper" at Bird-in-Hand Stage
Jul 30 "Wizard of Oz" at Dutch Apple Dinner Theatre	Nov 30 "Deck the Halls" at American Music Theatre - Lancaster
Aug 2 "BOOP! The Musical" on Broadway, NYC	Nov 30 Longwood Gardens Holiday
Aug 2 NYC Express: Midtown/Theatre District	Dec 2 Brooklyn's Christmas Lights
Aug 8 Coney Island, NY	Dec 3 Pennsylvania Christmas & Gift Show
Aug 11 Mystery Day Trip: Destination Unknown	Dec 4 "Dance to the Holidays" at Tropicana, Atlantic City
Aug 16 Baltimore, MD Crab Feast & Boat Cruise	Dec 5 New York Botanical Garden & Holiday Train Show
Aug 16 Yankee Day: Stadium Tour & Yogi Berra Museum	Dec 6 Cape May, NJ Victorian Christmas
Aug 21 Sweet Treats & Salty Eats: York, PA	Dec 6 Longwood Gardens Holiday
Aug 26 US Open Tennis Day Session - Flushing, NY	Dec 7 Turkey Hill & Hershey Sweet Lights Holiday
Sep 6 Sight & Sound Theatre "Noah" - Lancaster, PA	Dec 11 Sight & Sound Theatre "Noah" - Lancaster, PA
Sep 16 Brooklyn, NY Chocolate Tour	Dec 12 Mount Hope Holiday & Lititz, PA
Sep 24 "Lights Out - Music of Frankie Valli" at Penn's Peak	Dec 13 "Holiday Inn" at Dutch Apple Dinner Theatre
Sep 27 Strasburg Rail Road Experience & Train Museum	Dec 13 Koziar's Christmas Village & Murdough's Christmas Barn
Oct 4 Hudson Valley, NY's Gilded Age	Dec 16 National Christmas Center and Stone Gables Estate
Oct 12 9/11 Memorial & Museum	Dec 17 "Deck the Halls" at American Music Theatre -