# KleinLife Update

## Rhawnhurst • Active Adult Life November-December 2025

Located at Tabas House • 2101 Strahle Street, Philadelphia, PA 19152 • 215-745-3127

**Tuesday, Wednesday, Thursday • 10:30am-3:30pm**

## Come Eat Lunch with Us!

We're eating lunch together 3x a week! Have a hot delicious meal with your friends and neighbors. Cold meal options are available on most Wednesdays & Thursdays. Check out our menu for details!

For more information and/or to reserve your spot, please call 215-745-3127 or register on the touch screen at the center.

## Celebrating Milestones Together


## FREE Transportation Available

We can arrange FREE transportation for pick-up & return rides to KleinLife: Rhawnhurst through CCT Connect - Shared Ride Program.

All you need is a current CCT Connect ID *(acquired through SEPTA - 215-580-7800)*!

2 days advanced notice required. Call 215-745-3127 to schedule your ride to visit us.

Kleinlife 50 OUR JUBILEE YEAR

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™

# Kleinlife: Rhawnhurst
# PHOTO WALL

*L'Shanah Tova to All!*


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## Tuesday, Wednesday, Thursday • 10:30am-3:30pm

# NOVEMBER 2025*

| TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|
| **November 4**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Yoga Dance with Elayne<br>12:30 Lunch<br>1:15 Music Workshop with Brie: Gratefulness for Thanksgiving<br>2:00 Bingo | **5**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Core Strength with Herb<br>12:30 Lunch<br>12:45 Monthly Nutrition Education with Eileen: Eye Health<br>1:30 DJ & Long Karaoke Day | **6**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:15 Bereavement Support Group<br>11:30 Muscle Strength with Herb<br>12:30 Erev Shabbat Service<br>12:45 Lunch<br>1:30 Movie Afternoon with Popcorn<br>1:30 Bingo<br>2:00 Mah Jong Lessons & Play |
| **11**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Yoga Dance with Elayne<br>12:30 Lunch<br>1:15 Zoom Program: Situational Leadership with Janice for Veteran's Day<br>2:15 Bingo | **12**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Core Strength with Herb<br>12:30 Lunch<br>1:15 Game Day: Scrabble, Rummikub, Bingo, Mah Jong<br>2:00 DJ & Karaoke | **13**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Muscle Strength with Herb<br>12:30 Erev Shabbat Service<br>12:45 Lunch<br>1:30 Movie Afternoon with Popcorn<br>1:30 Bingo<br>2:00 Mah Jong Lessons & Play |
| **18**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:15 Bereavement Support Group<br>11:30 Yoga Dance with Elayne<br>12:30 Lunch<br>1:15 Coping with Anger, Anxiety, and Stress Workshop<br>2:15 Bingo | **19**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Core Strength with Herb<br>12:30 Lunch<br>1:15 Game Day: Scrabble, Rummikub, Bingo, Mah Jong<br>2:00 DJ & Karaoke | **20**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Muscle Strength with Herb<br>12:30 Erev Shabbat Service<br>12:45 Lunch<br>1:30 Movie Afternoon with Popcorn<br>1:30 Bingo<br>2:00 Mah Jong Lessons & Play |
| **25**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Yoga Dance with Elayne<br>12:30 Thanksgiving Luncheon<br>12:45 Thanksgiving Fest with Entertainment by JT Trinicara<br>2:15 Bingo | **26**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Core Strength with Herb<br>12:30 Lunch<br>1:15 Game Day: Scrabble, Rummikub, Bingo, Mah Jong<br>2:00 DJ & Karaoke | **27**<br>**Active Adult Life Closed**<br>**Thanksgiving** |

# Kleinlife: Rhawnhurst • NOVEMBER MENU*

| Tuesday | Wednesday | Thursday |
|---|---|---|
| **November 4**<br>**Hamburger**<br>Mashed potatoes; Hot carrot coins; Hamburger roll; Fruit cocktail | **5**<br>**Stuffed Shells with Tomato Sauce**<br>Spinach with carrots; Cauliflower; Fresh plum**<br>**or Choice Meal: White Fish Salad Platter**<br>Lettuce and tomato; Cucmber and red onion salad; Potato salad; Small bagel | **5**<br>**Sliced Turkey with Apple Glaze**<br>Traditional stuffing; Cranberry glazed carrots; Challah roll; Applesauce |
| **11**<br>**Meatball Tagine**<br>Brown rice; Green beans; Whole wheat roll; Applesauce | **12**<br>**Blintzes with Strawberry Glaze**<br>Carrot tzimmes; Marinated green bean salad; Whole wheat bread; Pineapples**<br>**or Choice Meal: Seafood Salad & Cheese Platter**<br>Lettuce & tomato; Marinated carrot salad; Broccoli, onion, & craisin salad; Whole wheat roll | **13**<br>**BBQ Meatloaf**<br>Mashed potato; Cole slaw; Challah roll**; Peaches**<br>**or Choice Meal: Grilled Chicken Caesar Salad**<br>Greek chickpea salad |
| **18**<br>**Orange Rosemary Glazed Chicken**<br>Brown rice with peas and carrot; Broccoli, cauliflower, and carrots; Whole wheat roll; Chocolate chip cookie | **19**<br>**Baked Fish with Lemon and Capers**<br>Buttered parsley potatoes; Mixed vegetables; Whole wheat roll**; Cinnamon applesauce**<br>**or Choice Meal: Vegetarian Chef Salad**<br>Carrot raisin salad | **20**<br>**Bowties with Bolognese Sauce**<br>Tossed salad with Italian dressing; Hot carrots & broccoli; Challah roll; Fresh plum**<br>**or Choice Meal: Turkey Sandwich on Whole Wheat Bread**<br>Lettuce & tomato; Cole slaw; Cold rice salad |
| THANKSGIVING FEST<br>**25**<br>**Roast Turkey with Cornbread Stuffing and Giblet Gravy**<br>Hearty vegetable soup; Cranberry sauce; Mashed sweet potatoes; Green beans; Whole wheat roll; Pumpkin pie | **26**<br>**Fish Cake**<br>Israeli salad; Brown rice; Whole wheat roll; Fresh nectarine**<br>**or Choice Meal: Tuna Salad Pita**<br>Lettuce & tomato; Chopped broccoli salad; Vegetable pasta salad; Whole wheat pita | **27**<br>**Active Adult Life Closed**<br>**Thanksgiving** |

**menu subject to change*
***included in choice meal*

# Kleinlife: Rhawnhurst

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## Tuesday, Wednesday, Thursday • 10:30am-3:30pm

# DECEMBER 2025*

| TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|
| **December 2**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Yoga Dance with Elayne<br>12:30 Lunch<br>1:15 Insights into the Bible: Chanukah Edition!<br>2:00 Bingo | **3**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Core Strength with Herb<br>12:30 Lunch<br>1:15 Game Day: Scrabble, Rummikub, Bingo, Mah Jong<br>2:00 DJ & Karaoke | **4**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:15 Bereavement Support Group<br>11:30 Muscle Strength with Herb<br>12:30 Erev Shabbat Service<br>12:45 Lunch<br>1:30 Movie Afternoon with Popcorn<br>1:30 Bingo<br>2:00 Mah Jong Lessons & Play |
| **9**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Yoga Dance with Elayne<br>12:30 Lunch<br>12:45 Entertainment by JT Trinicara<br>2:00 Bingo | **10**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Core Strength with Herb<br>12:30 Lunch<br>1:15 Game Day: Scrabble, Rummikub, Bingo, Mah Jong<br>2:00 DJ & Karaoke | **11**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Muscle Strength with Herb<br>12:30 Erev Shabbat Service<br>12:45 Lunch<br>1:30 Movie Afternoon with Popcorn<br>1:30 Bingo<br>2:00 Mah Jong Lessons & Play |
| **16**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Yoga Dance with Elayne<br>12:30 Chanukah Luncheon<br>1:15 Music Workshop with Brie: Chanukah & Holiday Songs<br>2:15 Bingo | **17**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Core Strength with Herb<br>12:30 Lunch<br>1:15 Game Day: Scrabble, Rummikub, Bingo, Mah Jong<br>2:00 DJ & Karaoke | **18**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Muscle Strength with Herb<br>12:30 Erev Shabbat Service<br>12:45 Lunch<br>1:30 Movie Afternoon with Popcorn<br>1:30 Bingo<br>2:00 Mah Jong Lessons & Play |
| **23**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:15 Bereavement Support Group<br>11:30 Yoga Dance with Elayne<br>12:30 Lunch<br>1:15 Coping with Anger, Anxiety, and Stress Workshop<br>2:15 Bingo | **24**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Core Strength with Herb<br>12:30 Lunch<br>1:15 Game Day: Scrabble, Rummikub, Bingo, Mah Jong<br>2:00 DJ & Karaoke | **25**<br>**Active Adult Life Closed**<br>**Happy Holidays!** |
| **30**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Yoga Dance with Elayne<br>12:30 Lunch<br>1:15 Zoom Program: Time Management with Janice for New Years Resolutions<br>2:15 Bingo | **31**<br>10:45 Chess Club<br>11:00 Chit Chat<br>11:30 Core Strength with Herb<br>12:30 Lunch<br>1:15 Game Day: Scrabble, Rummikub, Bingo, Mah Jong<br>2:00 DJ & Karaoke | **January 1**<br>**Active Adult Life Closed**<br>**Happy New Year!** |

# Kleinlife: Rhawnhurst • DECEMBER MENU*

| Tuesday | Wednesday | Thursday |
|---|---|---|
| December 2<br>**Hamburger**<br>Mashed potatoes; Hot carrot coins; Hamburger roll; Fruit cocktail | 3<br>**Stuffed Shells with Tomato Sauce**<br>Spinach with carrots; Cauliflower; Fresh plum**<br>**or Choice Meal: White Fish Salad Platter**<br>Lettuce and tomato; Cucmber and red onion salad; Potato salad; Small bagel | 4<br>**Sliced Turkey with Apple Glaze**<br>Traditional stuffing; Cranberry glazed carrots; Challah roll; Applesauce |
| 9<br>**Meatball Tagine**<br>Brown rice; Green beans; Whole wheat roll; Applesauce | 10<br>**Blintzes with Strawberry Glaze**<br>Carrot tzimmes; Marinated green bean salad; Whole wheat bread; Pineapples**<br>**or Choice Meal: Seafood Salad & Cheese Platter**<br>Lettuce & tomato; Marinated carrot salad; Broccoli, onion, & craisin salad; Whole wheat roll | 11<br>**BBQ Meatloaf**<br>Mashed potato; Cole slaw; Challah roll**; Peaches**<br>**or Choice Meal: Grilled Chicken Caesar Salad**<br>Greek chickpea salad |
| CHANUKAH LUNCHEON<br>16<br>**Stuffed Chicken Breast with Poulet Sauce**<br>Fresh spinach salad with cranberries & raspberry vinaigrette; Potato latkes with applesauce; Green beans; Challah roll; Jelly donut; Orange juice | 17<br>**Baked Fish with Lemon and Capers**<br>Buttered parsley potatoes; Mixed vegetables; Whole wheat roll**; Cinnamon applesauce**<br>**or Choice Meal: Vegetarian Chef Salad**<br>Carrot raisin salad | 18<br>**Bowties with Bolognese Sauce**<br>Tossed salad with Italian dressing; Hot carrots & broccoli; Challah roll; Fresh plum**<br>**or Choice Meal: Turkey Sandwich on Whole Wheat Bread**<br>Lettuce & tomato; Cole slaw; Cold rice salad |
| 23<br>**Dijon Chicken**<br>Brussel sprouts with craisins; Roasted red potatoes; Whole wheat bread; Sweet muffin | 24<br>**Fish Cake**<br>Israeli salad; Brown rice; Whole wheat roll; Fresh nectarine**<br>**or Choice Meal: Tuna Salad Pita**<br>Lettuce & tomato; Chopped broccoli salad; Vegetable pasta salad; Whole wheat pita | 25<br>**Active Adult Life Closed**<br>**Happy Holidays!** |
| 30<br>**Hamburger**<br>Mashed potatoes; Hot carrot coins; Hamburger roll; Fruit cocktail | 31<br>**Stuffed Shells with Tomato Sauce**<br>Spinach with carrots; Cauliflower; Fresh plum**<br>**or Choice Meal: White Fish Salad Platter**<br>Lettuce and tomato; Cucmber and red onion salad; Potato salad; Small bagel | Janaury 1<br>**Active Adult Life Closed**<br>**Happy New Year!** |

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## Weekly Programs:

**Chess Club • Tuesdays, Wednesdays, Thursdays, 10:45am (except Nov. 27, Dec. 25, & Jan. 1)**
Play a friendly game or two of this brain boosting activity or play checkers, sudoku, or even solve a mystery of who-don-it!

**Chit Chat • Tuesdays, Wednesdays, Thursdays, 11:00am (except Nov. 27, Dec. 25, & Jan. 1)**
Have relaxing convos and "schmoozing" about various topics: fashion, movies, eateries, kids & grand kids, etc. at this fun and light program.

**Let Your Yoga Dance with Elayne Goldstein • Tuesdays, 11:30am**
Benefit from a blend of movement and yoga that is just right for you. Choose to participate sitting, standing, or a combo and enjoy ending off with a mini session of meditation and relaxation.

**BINGO • Tuesdays, 2:00pm/2:15pm & Thursdays, 1:15pm (except Nov. 27, Dec. 25, & Jan. 1)**
Play and Win this fun classic game with your friends and neighbors and the winners always win MONEY!

**Core Strength with Herb • Wednesdays, 11:30am**
Help stabilize your middle to keep your body strong with a workout led by Herb Kaplan where exercises can be done in the sitting and standing positions.

**Game Day • Wednesdays, 1:15pm**
Play some of your favorite games such as Rummikub, Scrabble, Bingo, and Mah Jong in a friendly setting.

**Karaoke • Wednesdays, 2:00pm (1:30pm on Nov. 5)**
Sing your heart out to the tunes you love – ALL REQUESTS TAKEN & PLAYED!

**Muscle Strength with Herb • Thursdays, 11:30am (except Nov. 27, Dec. 25, & Jan. 1)**
Keep your energy going with a special and fun workout led by Herb Caplan. Exercises will be done both sitting and standing.

**Erev Shabbat Service • Thursdays, 12:30pm (except Nov. 27, Dec. 25, & Jan. 1)**
We welcome you and Shabbat for a special universal service. Come and pray for health, recovery and peace for yourself, loved ones and our community.

**Movie Afternoon with Popcorn • Thursdays, 1:30pm (except Nov. 27, Dec. 25, & Jan. 1)**
Unwind with a critically-acclaimed tv series and popcorn. We'll be watching episodes of the Netflix series, "The Crown." The show follows the political rivalries and romances of Queen Elizabeth II's reign and the events that shaped Britain for the second half of the 20th century.

**Mah Jong Lessons & Play • Thursdays, 2:00pm (except Nov. 27, Dec. 25, & Jan. 1)**
Do you want to forget your problems? Join our group and focus on playing this fun and advanced rummy-style game! We are now teaching and playing mah jong during *Game Day* on Wednesdays, too.

## Special Programs:

**Music Workshop with Brie • Tuesday, November 4 & December 16, 1:15pm**
Connect through music with Brie Wall, a Board-Certified Music Therapist, singer-songwriter, and community music group facilitator. Brie uses a compassionate, person-centered, and strengths-based approach that you'll enjoy. In November, we'll be focused on gratefulness for Thanksgiving, and in December we will be focused on Chanukah & holiday songs.

**Monthly Nutrition Education with Eileen • Wednesday, November 5, 12:45pm**
Join us for a Lunch N Learn exploring an important and relevant health or well-being topic focused on our nutrition facilitated by Eileen Chopnick, a licensed Dietician nutritionist, and gives a special presentation! This session, we'll be discussing about eye health and what are good foods for prevention.

**Bereavement Support Group • Thursday, November 6 & December 4 and Tuesday, November 18 & December 23 , 11:15am**
Have you suffered from a loss of a loved one? You don't have to feel that you are alone. This support group will be led by Eileen Weinstock, MSW LCSW. She brings extensive and varied work experience in many fields of social work such as: child welfare, mental health, rehab, and counseling for individual, families and group therapy.

**Zoom Program: Situational Leadership • Tuesday, November 11, 1:15pm**
Are you effective at influencing and guiding yourself and others? We will explore situational leadership with the inspirational Janice Herman via Zoom.

**Coping with Anxiety and Stress Workshop • Tuesday, November 18 & December 23, 1:15pm**
Do you feel stressed & anxious sometimes? Come and learn skills on how to cope and manage it. This workshop will be led by Eileen Weinstock, MSW LCSW. She brings extensive and varied work experience in many fields of social work such as: child welfare, mental health, rehab, and counseling for individual, families and group therapy.

**Thanksgiving Fest • Tuesday, November 25, 12:30pm**
Be thankful among friends and share a feast, with all the trimmings, together. After lunch, we'll enjoy your favorite song sung by our favorite entertainer, JT Trinicara..

**Insights into the Bible Series: Chanukah Edition • Tuesday,December 2, 12:30pm**
This insightful class brings biblical personalities to life, revealing them as timeless role models. By exploring their experiences and lessons, struggles and triumphs, we discover practical wisdom to inspire our own personal growth and transformation.

**Entertainment by JT Trinicara • Tuesday, December 9, 12:45pm**
Come ready to dance and sing along to one of our favorite entertainers, JT Trinicara.

**Chanukah Luncehon • Tuesday, December 16, 12:30pm**
Join us for our annual Chanukah luncheon before Brie's Holiday Music Workshop that includes latkes and a jelly donut.

**Zoom Program: Time Management • Tuesday, December 30, 1:15pm**
Become a better time manager. We will look at ourselves in terms of time management techniques... new year's resolutions, too, with the inspirational Janice Herman via Zoom.