



Elmore Avenue Shul presents 2 programs for seniors

Lunch and Learn With Rabbi Herman

Followed by

Exercise Class Provided by Jewish Family Services

Place: The JEC Gym/ Levy Auditorium

Date: Wed., January 7, 2009

Time: 11:30 AM Lunch

Menu: Tuna, Egg Salad, Bagels, Salad, Tea, Coffee,

12:00 Noon Parsha Study with Rabbi Herman



12:30 PM – 1:30 PM Exercise Class

Class designed for seniors. No special attire needed.

Cost for Lunch only: \$4.00 Senior Group Members
\$5.00 Non-Members.

RSVP: Beverly Winter (908) 527-9815 to reserve lunch, to reserve a place in the exercise class or to arrange a ride.

For more information about the exercise class or to RSVP for exercise contact Joanne Cohen (908) 352-8375.

For your convenience the back area of the parking lot will be open 11:10 -11:40 for arrival & at both 12:30 – 12:45 and 1:25 -1:40 for departure.