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friendship, companionship, recreation, cultural events, art and music therapy, fitness, day trips, intergenerational programs, mentoring, technology, dance, tai chi, yoga, walks, Jewish Home Lifecare is pleased to invite you to **Stay at Home & Help Our Elders Stay Young at Heart** on **MONDAY, NOVEMBER 3, 2008** aromatherapy, massage, photography, poetry, restaurant outings, movies, video games, email, internet Support, education, friendship, companionship, recreation, cultural events, art and music therapy, fitness, day trips, intergenerational programs, mentoring, technology, dance, tai chi, yoga, walks,

Jewish Home Lifecare is an agency of

UJA Federation
of New York

 Jewish Home Lifecare

 Jewish Home Lifecare

Your support helps Jewish Home Lifecare provide programs that help our elders stay young at heart all year round...

.... programs like community outings to **Central Park, Wave Hill, City Island, South Street Seaport** or **Coney Island**. Visits to **museums, theaters, restaurants** and **shopping** centers. Or perhaps a **garden picnic** sponsored by the **2nd Avenue Deli**, a **Cinco de Mayo** celebration complete with **Mariachi Band**, a **Mardi Gras** party, or a celebration of **Black History Month**. **High-tech games** and **programs** like **Nintendo's Wii**, the **Internet**, **e-mail** and **Computer Classes** have all become popular favorites as well.

Any way you look at it, these programs **challenge** and **engage** our elders in mind and body, **enhance** the **quality** of their lives, and help them stay **young at heart**.

Please fill out the enclosed RSVP card, and tell us that you will

**Stay at Home
& Help our Elders
Stay Young at Heart**

through a full range of life-enhancing programs that your support makes possible.