



**'SINGLES OVER 60'**

at

# THE KOSHER CAFÉ EAST

## BETH EL SYNAGOGUE

50 Maple Stream Road  
East Windsor, NJ



**Wednesday, April 14, 2010**

**12:30 pm**

**Healthy Hands:** Hand Massage and Preventing  
Carpel Tunnel.

Davida Nugiel, Certified Massage Therapist will  
show you how to maintain hand and wrist health  
through massage.

**Enjoy a hot family style kosher meal, interesting program  
and friendly faces on the 2<sup>nd</sup> Wednesday of each month.**

**Open to the community**

**Cost: \$5.00**

**RSVP: 609-987-8100**

Meal prepared by Greenwood House under the supervision of Rabbi Isaac Leizerowski