



TEMPLE  
ISRAEL  
CENTER

# WISE AGING

*There is a “new aging” happening.*

Being 60+ is now a time of continued development, of generativity and life repair. Using texts, discussions and contemplative exercises, we'll identify new possibilities offered by this time of life.

## WISE AGING & MEDITATION:

**Kick-Off is on Wednesday,  
October 18!**

Facilitators: Adrian Strizhak, Chaplain and Jewish Educator  
Sally Shore Wittenberg, Spiritual Leader of Kerhonkson  
Congregation, Meditation Leader

Schedule: Wednesdays: 10:30 AM–12:00 PM  
October 18, 25; November 1, 8, 15, 29; December 6

Fee: \$100, check payable to Temple Israel Center

Questions? Email Adrian at [StrizAdrian@gmail.com](mailto:StrizAdrian@gmail.com)