

COURSE	TIME	FEE	INSTRUCTOR	COURSE DESCRIPTION
SUNDAY				
EXERCISE FOR MEN ONLY 8 Sessions, Begins Oct. 7th	9:30-10:30 a.m.	\$8/M \$12/NM	Moshe Straz	Calisthenics, stretching & jogging for fitness & conditioning. Wear gym attire.
MONDAY				
BEGINNER'S CAKE DECORATING 8 Sessions, Begins Sept. 10th	9:00-11:30 a.m.	\$13.50/M \$20/NM	Maxine Van Diver	Learn the art of cake-decorating taught by a professional. Create beautiful flowers, borders & designs. Own supplies necessary.
CHAI GROUP	10:00 a.m.-2:00 p.m.			On-going Senior group meeting weekly for current events, painting & special programs. If interested call Ilse Bergen, 366-0300.
FAMILY LIFE EDUCATION				
MOM OR SUPERMOM 4 Sessions, Begins Oct. 8th	9:30-11:30 a.m.	\$15.00	Anda Cochran	Presented by Early Intervention Program of Mental Health Center. Designed to explore the motherhood myth, help women feel good re: their parenting & develop courage to grow as persons.
Child care provided by Reservation - over 1 year		\$1 per hour per child		
CHEF'S CHOICE Limit 25 6 Sessions, Begins Oct. 8th	10:00 a.m. Till	\$6/M \$9/NM	Restaurant Chefs	Chefs from Cafe Eugene, Riccio's, Silver Cricket, House of Hunan, Breadbasket & Feathers will prepare their specialty with enough for everyone to taste & recipes to take home.
EASY MOVING 10 Sessions, Begins Oct. 8th	7:00-8:00 p.m.	\$25/M \$35/NM	New Reflections Staff	A unique approach to exercise using elements of dance to stimulate awareness of body movement & to maintain a flexible body.
CPR TRAINING 3 Sessions, Begins Oct. 8th	7:00-10:00 p.m.	\$12	Eddie Leighton	Life saving techniques in the event of heart attack & accident. Includes instruction in aid to a person who is choking.
BEGINNER'S CAKE DECORATING 8 Sessions, Begins Sept. 10th	7:00-9:30 p.m.	\$13.50/M \$20/NM	Maxine Van Diver	Learn the art of cake-decorating taught by a professional. Create beautiful flowers, borders & designs. Own supplies necessary.
ASTROLOGY 10 Sessions, Begins Aug. 27th Late registration accepted	7:30-9:30 p.m.	\$20	Lori Seifert	Covers chart calculations, an understanding of "why" astrology works & the basis of chart analysis.
BEGINNER'S BRIDGE 8 Sessions, Begins Oct. 8th	7:30-9:30 p.m.	\$16/M \$24/NM	Jean Oliver	A course using the text of SILVERMAN FIVE CARD MAJORS which will be available in class for \$1.25.
PAINTING 8 Sessions, Begins Oct. 8th	7:30-9:30 p.m.	\$16/M \$24/NM	Beverly Howard	Painting in oils or acrylics. Consisting of individual projects as well as classroom techniques.
FUNDAMENTALS OF MODERN DANCE 10 Sessions, Begins Oct. 8th	8:15-9:15 p.m.	\$25/M \$35/NM	New Reflections Staff	This class will focus on fundamental movement concepts using improvisational techniques. (No previous training necessary)
TUESDAY				
YOURS TRULY NEEDLEPOINT	9:00 a.m.-5:00 p.m.	No Fee		Lynne Lerner, 3802 Columbine Circle, 366-6765.
BEGINNING TENNIS 8 Sessions, Begins Oct. 9th	9:15-10:15 a.m.	\$8/M \$12/NM	Cathy Gleaves	Learn tennis fundamentals as well as instructions on strategy.
WOMEN'S EXERCISE 8 Sessions, Begins Oct. 9th	9:30-10:30 a.m.	\$8/M \$12/NM	Betsy Bonomo	This course is designed to reduce body inches & promote overall physical condition thru regular program fitness exercises.
BEGINNER'S BRIDGE 8 Sessions, Begins Oct. 9th	9:30-11:30 a.m.	\$16/M \$24/NM	Caroline Stone	A course using the text of SILVERMAN FIVE CARD MAJORS which will be available in class for \$1.25.
INTERIOR DESIGN 8 Sessions, Begins Oct. 9th	10:00-11:30 a.m.	\$12/M \$18/NM	Betty Coyne	Total coverage of design concepts for home & office.
FAMILY LIFE EDUCATION				
WHEN YOUR PARENTS GROW OLD 4 Sessions, Begins Oct. 9th	10:00 a.m.-12:00 p.m.	\$16/M \$24/NM	Rita Arundel	Help participants cope more effectively with effects aging parents have on them & their families by looking at feelings as well as facts re: this part of life.
INTERMEDIATE TENNIS 8 Sessions, Begins Oct. 9th	10:30-11:30 a.m.	\$8/M \$12/NM	Cathy Gleaves	Tennis lessons for people who have had some prior instruction.
WEDNESDAY				
EASY MOVING 10 Sessions, Begins Oct. 10th	9:15-10:30 a.m.	\$25/M \$35/NM	New Reflections Staff	A unique approach to exercise using elements of dance to stimulate awareness of body movement & to maintain a flexible body.
PERSPECTIVES	9:30-11:30 a.m.	\$80 - Year	UNCC - College of Human Development & Learning	Continuing program designed for members of last year's Alive II and III. For information: call Esther Frank - 366-4248.
Co-sponsored by Charlotte B'nai B'rith Women				
Begins Sept. 19th				
BATIK 8 Sessions, Begins Oct. 10th	9:30-11:30 a.m.	\$16/M	Judy Klein	Unique materials will be made in class using the ancient & oriental art form of dyeing cloth.
WOMEN'S VIEW 1-Day Workshops	10:00 a.m.-2:00 p.m.	\$4.50/M \$6/NM		
Sept. 26th - "Every Wise Woman Buildeth Her House"			Janet Lefkowitz & Peggy Gartner,	A series of one-day programs focusing on issues of particular concern to women. Box lunch included. Baby sitting available for additional fee.
Oct. 24th - "The Expandable Woman"			Rabbi Richard Rocklin	
Nov. 28th - "Women in The Arts"			Dr. Jonnie McLeod & Mary Williams Gladys Lavitan & Cheryl Palmer	

Registration Information

1. All classes begin the week of Oct. 8th, unless otherwise noted.

2. Since registration begins IMMEDIATELY, complete and mail the form, or bring it to the JCC office with the specified fee.

3. Registration must be accompanied by the FULL FEE and no telephone registration can be accepted for fee activities.
4. Our fees are based on minimum of 8 participants in a class. We regret that should a class not register sufficient numbers, it will be cancelled and all fees will be refunded. No refunds can be made to participants cancelling their enrollment if it affects the continuation of the class.

5. No fees can be pro-rated for those participants who are unable to attend all class sessions.