

# Adult

## Relax and Enjoy

### ACTING

**Wednesdays - 7:30 - 9:30 pm - 7 weeks beginning Oct. 6**

Learn awareness, body work, scenery work, diction and much more. A minimum of 15 people in order to hold the class. This class open to teens and adults.

FEE: \$18M/\$27NM

INSTRUCTORS: Gladys Lavitan and Barbara Guller

### INTERMEDIATE BRIDGE

**Thursdays - 7:30 - 10 pm - 8 weeks beginning Oct. 7**

For previous bridge players. Lesson followed by play with rearranged hands to emphasize lesson. Text, Silverman's Five Card Major, available in class for purchase. Minimum of 10 people in order to hold the class.

FEE: \$20M/\$30NM

INSTRUCTOR: Jean Oliver - A member of the American Contract Bridge League Teacher's Association. She holds her Life Master Title. Jean has been teaching Bridge at the JCC for the past several years.

### WEAVING

**Mondays - 7 - 8:30 pm - 8 weeks beginning Oct. 4 (Adults & Children 10 yrs. & up)**

Make your own frame loom, cardboard loom, and/or backstrap loom. Learn various traditional weaving techniques such as: horizontal and vertical stripes, pile weaves, lace weaves, tapestry, and knotted weaves. Weave functional and non-functional fiber pieces. Partial supply fee included. Students will bring additional yarns.

FEE: \$19M/\$26.50NM

INSTRUCTOR: Libby Ginn - A local artist.

### CERAMICS

**Tuesdays - 4:00 - 6:00 pm - 7 weeks beginning Oct. 5 (For adults & children over 8)**

**Thursdays - 1:00 - 3:00 pm - 7 weeks beginning Oct. 7 (For adults only)**

Complete at least one project in each handbuilding technique (coil, slab, & pinch). Focus on individual creativity, and assignments to encourage creative thinking. Instruction on potters wheel.

FEE: Tuesday - \$37M/\$50NM (Supply fee included)

Thursday - \$28M/\$38NM (Supply fee included)

INSTRUCTOR: Cathy Siderman - Cathy has been the crafts specialist at the JCC for the past several years. Ideas and creativity are endless! Cathy shows her work at exhibits and festivals around Charlotte.

### ADULT CREATIVE SEWING

**Thursdays - 6 - 10 pm - 5 weeks begins September 30**

**Fridays - 9 am - 1 pm - 5 weeks begins October 1**

**Week 1 - Log Cabin - The "Log Cabin" story is told and many samples are shown. A how-to demo is given using 3 assembly techniques. Students will piece at least one log cabin block in class.**

**Week 2 - String Piecing - Quick assembly string piecing is demonstrated. Samples of quilts and hangings are shown. Traditional quilt patterns "Rail Fence," "Stairway to Heaven" and "Windmill" are pieced by the class.**

**Week 3 - Seminole Patchwork - Traditional patchwork originally stitched by the Seminole Indians in Florida. This is an intricate extension of string piecing. Many samples are shown and many samples are stitched by students in the class.**

**Weeks 4 & 5 - Applique - Machine applique is demonstrated using several techniques from simple to complicated. Students learn machine embroidery and how to write their name and draw simple pictures with their machine. The class starts with simple decoration. In the 5th week opaque projector pattern techniques will be shown. Students will do decorative samples and try a portrait or house scene.**

FEE: \$27M/\$40 NM

INSTRUCTOR: Sue Alvarez - The "J's" Creative Sewing instructor for the past several years. Sue is a local fiber artist and shows her work around the Carolinas and Virginia. Some of her beautiful creations are now in the Ivey's stores as part of their fall and winter line.

### BEGINNER CALLIGRAPHY

**Tuesdays - 9:30 - 11:00 am - 8 weeks begins Oct. 5**

Learn the basic techniques of italic handwriting. Step-by-step instruction to master this centuries-old craft. Bring a fine point felt tip pen to the first class.

FEE: \$15M/\$22.50NM

INSTRUCTOR: Susan Karben - Calligraphy instructor for many years and the past two at the JCC.

### BEGINNER BRIDGE

**Tuesdays - 7:30 - 10:00 pm - 8 weeks beginning Oct. 5**

Beginner's course using text of Silverman's Five Card Major (available in class for purchase). Minimum of 10 people in order to hold the class.

FEE: \$20M/\$30NM

INSTRUCTOR: Jean Oliver - A member of the American Contract Bridge League Teacher's Association. She holds her Life Master Title. Jean has been teaching Bridge at the JCC for the past several years.

## For Your Body

### AEROBICS

**M.W.F. 9:15 - 10:15 am**

**M.W.TH. 5:45 - 6:45 pm**

**M.W.TH. 7:00 - 8:00 pm**

Any 2 mornings a week or 2 evenings a week - \$24M/\$29NM

Any 3 mornings a week or 3 evenings a week - \$36M/\$42.50NM

First Session: 6 weeks begins Sept. 13

Second Session: 6 weeks begins Nov. 1

Dance your way to fitness with easy steps and upbeat music. It is the most fun you will have while getting in shape. Bring a towel or mat and wear good tennis shoes.

Instructors: Ene Harben - mornings; Marilyn Hedgepath - evenings.

\* Bring a friend to the first class and if you both sign up you will receive a 10% discount on your fees.

### WORKOUT

**Tuesdays 9:15 - 10:15 am**

**Thursdays 9:15 - 10:15 am**

\$15M/\$22.50NM First session

\$12M/\$18NM Second session

First Session: 8 weeks begins Sept. 2

Second Session: 6 weeks begins Nov. 2

Upbeat exercise program using isotonic and isometric exercises designed to increase strength, flexibility and muscle tone. All instructors are thoroughly trained in all aspects of body awareness and exercise technique.

Instructors: Workout Staff

\* Drop Ins on an existing class - \$3.00 per class.

### WORKOUT - A LUNCH BREAK PROGRAM

**Tuesday 12:10 - 12:50 pm or 1:10 - 1:50 pm**

**Thursday 12:10 - 12:50 pm or 1:10 - 1:50 pm**

First Session - 8 weeks begins September 7

FEE: \$15M/\$22.50NM per session

Second Session - 6 weeks begins November 2

FEE: \$12M/\$18NM per session

Upbeat exercise program using isotonic and isometric exercises designed to increase strength, flexibility, and muscle tone. All instructors are thoroughly trained in all aspects of body awareness and exercise technique. A lunch break exercise program designed to work you hard but leave your hair and make-up intact. Changing facilities available.

INSTRUCTORS: Workout Staff

### TENNIS

**Mondays - 6 weeks beginning September 13**

**BEGINNER - 9:15 - 10:15 am**

Clinic includes skills, scoring and singles game play.

### ADVANCED BEGINNER - LOW INTERMEDIATE

**10:15 - 11:15 am**

Drill work plus review of stroke production with singles and doubles strategy and play.

FEE: \$12M/\$18NM

INSTRUCTOR: Pauline Tulson - tennis instructor at the JCC for past several years. Pauline is the Providence Day School Tennis Teams Coach and is very active in local tennis leagues.

### YOGA

**Fridays - 9:15 - 10:45 am - 10 weeks begins Oct. 8.**

Yoga for Purification and Higher consciousness will be offered for beginners and those with previous yoga experience. Instruction will include yoga posture, breathing, relaxation and meditation. Other topics to be shared will include diet, visualization, and yoga philosophy. This class will be a unique opportunity to learn, share and grow in higher consciousness and spirit.

FEE: \$20M/\$30NM

INSTRUCTOR: Chip Bassett - teacher of Ashthanga yoga. He has instructed privately and at CPCC for several years

### SAMPLE YOGA CLASS FRIDAY, SEPTEMBER 24

**9:15 - 10:45 AM**

Chip Bassett will do a sample class at the JCC for you. Please call the JCC to reserve your place in this Sample Yoga Class.

## A Change Of Season Means A Change For You

### Self Defense For Women

**Wednesday - 7 - 10 pm - 3 weeks begins Oct. 6** Female Security is a nine hour course being given by the Charlotte Police Department's Crime Prevention Unit. This class is being offered by the JCC and Ha Lailah Chapter of B'nai B'rith Women and will be held at the "J". Topics include: Laws and Procedures, Personal Security, Securing the Home, Personal Home Security, Rape - Before and After the Fact and Defensive Tactics. **A MUST FOR ALL FEMALES - TEENAGERS AND OLDER!!!**

**NO FEE:** A minimum of 25 women are needed in order for the Charlotte Police Department to hold this class at the "J." Please call 366-0357 to place your reservation.

### Saving Cents By Sewing

**Thursdays - 9:30 - 11:30 am - 6 weeks begins Oct. 7**

You will learn to do basic alterations such as hems, waistlines, zippers, shortening sleeves and more for women's, men's and children's clothing. Class will also include simple dressmaking instruction.

FEE: \$15M/\$22.50NM

INSTRUCTOR: Hannah Miller, alterationist and dressmaker

### Successful Images For Your Individual Lifestyle

Rita Smart, VIP representative for Ivey's, is coordinating this workshop which will include presentations on hair, make-up and wardrobe. Successful Images will be done by experts from Ivey's and will be done complimentary. This class will be held on Monday nights in November. Details will be forthcoming.

### FreshStart

**Monday & Wednesday - 7:30 - 8:30 pm - November 8, 10, 15, 17.**

**Tuesday & Thursday - 10:30 - 11:30 am - October 26, 28 and November 2, 4.**

The American Cancer Society's New Quit Smoking program designed to help smokers stop and stay off cigarettes. It includes four 1-hour group sessions taking place over a two week period. FreshStart is an active, pragmatic approach to quitting. The sessions provide all of the essential information and strategies needed to direct participants' efforts at stopping smoking. The key concept of FreshStart is on planning ahead to avoid returning to cigarettes. Minimum of 15 people needed in order for American Cancer Society to hold this class at the "J."

FEE: None - Please call to make your reservations. We must have minimum of 15 people.

INSTRUCTOR: American Cancer Society