

- More In and Around the JCC -

Creative Sewing

A new addition to the lobby of the JCC is an exquisite quilted work by Sue Alvarez, one of the community's finest artists. This summer Sue will again teach workshops for adults at the JCC. Anyone who wishes to reserve a slot in upcoming Creative Sewing Classes is invited to call the JCC at 366-0357.

Self Defense For Women

The JCC is taking names of women interested in a self defense class. The standard course given by the Charlotte Police Department overviews laws and procedures, personal security, securing the home and crime prevention measures.

Interested women are asked to call Abby at the JCC, 366-0357.

Fresh Start

Tues. and Thurs.
7:30 - 8:30 PM
May 3,5,10,12

Just in time for Spring!

The American Cancer Society's New Quit Smoking program designed to help smokers stop and stay off cigarettes includes four 1-hour group sessions taking place over a two week period. Fresh Start 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 Fresh Start is that of planning ahead to avoid returning to cigarettes. A minimum of 15 people needed in order for the American Cancer Society to hold this class at the "J".

Fee: The class is offered at no charge. Please call the JCC at 366-0357 to register.

Time Management

Wed., April 20, 7-10 PM or
Thurs., April 21, 9-Noon

This workshop will introduce principles of effective time management, and show how they can be applied to handling many varieties of time mismanagement. Through simple questionnaires and self-examination exercises, participants will learn strategies for setting priorities, overcoming procrastination, saying "no" to overcommitment, and taking control of time into their own hands.

Fee: \$10 M/\$15 NM

Instructor: Sue Parry, Ph.D. Sue is a licensed psychologist with UNCC's Counseling Center. She has led time management workshops in a variety of settings.

Teacher Renewal Credit

Those interested in taking classes for teacher renewal credit, call Director of Adult Activities, Abby Hoffman at the JCC, 366-0357.

Figure Drawing

6 Weeks begins April 15
9:30 - 11:30 AM

A class for beginners as well as the experienced artist. The instructor will present warm-up exercises to encourage students to draw their non-verbal, kinesthetic responses to visual impressions. A varied time schedule between very quick and longer poses will enable the class to experience the various modes of drawing that the "Great Masters" have used.

**Registration Deadline: April 8

Fee: \$25 M/\$35 NM

Instructor: Ramona Morgan
Supplies: Students will buy approximately \$8 worth of supplies.

**One week prior to class instructor will inform students of where and what to purchase.

Interior Design

Tues., April 12, 7:30 - 9:30 PM

Everything you always wanted to know about interior design in one night? Well...not exactly. However, this one night may help you turn your Spring cleaning into something beautiful. Discover floor planning, color, design and texture coordinating and the creating of an atmosphere.

Fee: \$8M/\$12NM

Instructor: Betty Coyne

Men's Softball

Men's Softball is about to get underway. This year, as last, we will be having two seasons.

Spring Softball will begin on April 10, with a series of pickup games. The following Sunday, April 17 through May 22 will be the Spring Season. The Summer Season will begin on June 12 and extend through August.

The fee is \$15 for each season or \$25 for both.

All interested Center members should call in today to reserve their place.

Creative Playgroup

Spring is here and how our Creative Playgroup has grown! Wednesdays have become our most popular day. On that day we have from eight to ten children, so if you have any special plans for Wednesdays call early the week before to ensure a place for your child. There are still daily openings for Tuesdays, Thursdays and Fridays. Call the day before or that morning to reserve a slot. Our hours are still 9:15 a.m. - 1:15 p.m. and the cost is \$5.00 for Members/\$7.50 Non-Members for the morning. Remember, now that the weather is warmer and the children will be able to play outside, you'll want to get out too!!

We are continuing to make our plans for the summer. Please register early to guarantee certain days, or to let us know that you will be enrolling a child.

Art For A Day



Karen Kropp details an aspect of art conservation at the "Art for a Day" program. (Cheryl Palmer later presented a slide show of women's art).

Gardeners

The JCC is looking for community green thumbs to work the garden space behind the building. It's a great cooperative opportunity for those who like to work in the dirt and then watch the fruits of their labor ripen to the harvest. Call Abby Hoffman, Director of Adult Activities (366-0357) if you're interested.

Special JCC Membership Offer

For the month of April only, the Jewish Community Center is offering a special to first time members only. A reduction of \$50 will be given to those families who have never belonged to the Charlotte Jewish Community Center, making their 1983 dues \$200.

Single Parent Families, Married Couples under 25 and Single Adults over 25 can also take part in this special offer and pay only \$100 for 1983, a rate reduction of \$25. Singles Under 25 can receive a \$10 reduction and pay only \$50 for 1983 dues.

Don't forget, in order to take advantage of any of these special offers, you must act by April 30.

Center membership offers a variety of programs to its members at a reduced rate. Exercise programs, crafts, competitive athletics, and educational programs are only a small part of what you receive with your Center memberships. Also available are swimming pools, tennis courts and much more.

Remember, don't delay. To be eligible, you must sign up by April 30. For more information, call the Center now at 366-0357.

IT'S EVERYBODY'S CENTER



Aerobics

Monday, Wednesday, Friday
Monday, Wednesday
Monday, Wednesday

9:15 - 10:15 A.M.
5:45 - 6:45 P.M.
7:00 - 8:00 P.M.

6 Weeks-begins April 11

Make your body the sleekest thing you wear this Spring. Tone up with Aerobics right here at the JCC. It's lively, fun and so good for you, mentally and physically.

Instructors:

Mornings Ene Harbin
Evenings Joyce Mayo

Fees:

2 times per week Members \$29
Non-Members \$33
3 times per week Members \$44
Non-Members \$48

Registration Form

Name _____ Phone _____

Address _____ Mem/Non-Mem _____

Days _____ Time _____

Amount Enclosed _____

Please fill out and return with your fees to the JCC or mail to: P.O. Box 220188, Charlotte, NC 28222.

Basic Car Maintenance Seminar

Sponsored by CPCC at the JCC

Dates: Sunday, April 24 and Sunday, May 1
Time: 1:00 - 4:00 P.M.

Description: This course is not intended to make an automobile mechanic out of those who complete it. It will, however, give you an understanding of the basic mechanical systems on an automobile and familiarize you with common automotive terminology.

Course Objectives - To enable the student to:

1. Describe how to change the oil in personal car
2. Check fluid levels, hoses and fan belts
3. Change a wheel, replacing a flat with the spare tire
4. Describe basic tune-up procedures
5. Remove and check air filters

Fee: \$8 Members/\$10 Non-Members

The Great JCC Bicycle Rally coming soon...

Watch for future notices about this exciting event scheduled for May 15. Family involvement is encouraged.

