

Adult Classes

COURSE	TIME/PLACE	FEE	INSTRUCTOR	COURSE DESCRIPTION
MONDAY				
CHAI GROUP Ongoing.	10 a.m. - 1:15 p.m. Randolph Park Apts. Clubhouse	Free to JCC members	See course description	Professionals in the community cover wide variety of topics such as religion, politics, self-improvement & cultural arts. The group also takes trips to local areas of interest. For a list of specific upcoming events, call the JCC, 366-0357.
YOGA				
Session 1 (4 weeks), Begins Jan. 14 Session 2 (4 weeks), Begins Feb. 11	9:00 - 10:00 a.m. Armstrong House	\$15M/20NM per session	E. Grattan	Main emphasis is the postures (asanas) & breathing techniques (pranayama) of Hatha Yoga. Relaxation is incorporated during & between various postures. Students advised to wear loose clothing, refrain from eating at least 1½ hours before class. Bring a blanket.
QUICK AND EASY BREADS FOR BRUNCH Jan. 14	6:30-8:30 p.m. The Charlotte Russe 5321 E. Independence Blvd.	\$10 M/NM	H. Edidin	The name describes the class perfectly. Call the JCC for a specific list of recipes.
TUESDAY				
EXCITING HORS D'OEUVRES & BEAUTIFUL GARNISHES Jan. 22, 29	2-3:30 p.m. to be announced	\$15M/\$21NM	J. Landis	Learn to make fast & easy canapes & party eats. Also, make it look as good as it tastes.
WHAT DO YOU DO WHEN YOUR TEA KETTLE BOILS OVER, OR HOW DO YOU LET OFF STEAM? Jan. 15, 22, 29	1:00-3:00 p.m. Armstrong House	\$24M/\$32NM	D. Ellis	This workshop will deal with stress & focus on how to make it manageable for you.
STAINED GLASS (4 weeks) Begins Jan. 15	7:30-9:30 p.m. Armstrong House	\$30M/\$42NM	C. Shafranek	Students will learn the basic skills of cutting, soldering & finishing techniques. Finished projects may include a window ornament or a decorative box. Call the JCC for details on materials needed.
WEDNESDAY				
ALIVE CLASS	WATCH FOR DETAILS			
BASIC WEAVING				
Session 1 (4 weeks), Begins Jan. 16	9:30-11:30 a.m. Armstrong House	\$20M/\$28NM	C. Shafranek	Course will involve working on a cardboard loom. Different types of techniques will be explored using various types of materials, many of which can be found in your own home.
INTERMEDIATE WEAVING				
Session 2 (4 weeks), Begins Feb. 13	9:30-11:30 a.m. Armstrong House	\$20M/\$28NM	C. Shafranek	A frame loom will be made & used for more advanced projects.
YOGA				
Session 1 (4 weeks), Begins Jan. 16 Session 2 (4 weeks), Begins Feb. 13	7:30-8:30 p.m. Armstrong House	\$15M/\$20NM per session	E. Grattan	See description under Monday.
THURSDAY				
YOURS TRULY NEEDLE- POINT Ongoing	9 a.m. - 5:00 p.m. Lynn Lerner's home 3802 Columbine Circle	Free	L. Lerner	Instruction for needlepoint enthusiasts at all levels. Materials are available for purchase right inside the door. All proceeds go to charity.
THE NEW JEWISH INSTI- TUTE SERIES	see page 9 for details			
HERITAGE: CIVILIZATION AND THE JEWS In conjunction with CPCC Jan. 10 - March 21	7:00 - 9:00 p.m. Armstrong House	\$13.75 M/NM	M. Krieger	This program chronicles 3000 years of Jewish history through 18 countries on 4 continents as it traces the development of Jewish thought & culture.

Registration Information

This schedule of activities presents information on programs for the period beginning January 1985.

HOW TO REGISTER

1. Review these pages with your family and decide which activities you and children wish to participate in.
2. Since registration begins immediately, complete and mail in the registration form on the next page, or bring it to the Center office, with the specified fee.
3. Registration must be accompanied by the FULL FEE and telephone registration will be accepted for all classes.
4. Classes begin as each is indicated.
5. Payment will not be accepted after the first class, unless prior arrangements are made.

CANCELLATIONS AND REFUNDS

All activities are scheduled on a minimum number of participants. We regret that should a class not register sufficient numbers, it will be cancelled and all fees will be refunded.

Because classes are based on a limited enrollment, activity fees are not refundable upon cancellation by a participant unless the place can be filled.

YOUR SUGGESTIONS ARE ENCOURAGED

The Center's activities are based upon the interests and concerns of our members. We hope to be flexible enough to change and expand services where physically and financially possible. Therefore, your suggestions and ideas are appreciated.

You are cordially invited to serve on any of the numerous or administrative committees of the Center, and to thereby assist in its growth and development.

COMPLAINTS & SUGGESTIONS

Our Center is only as good as our knowledge of the growing and changing needs of our members. We know that we make mistakes, and we want to correct them as quickly as possible. Please communicate your complaint to any member of the Center's program staff, Board of Directors, the Executive Director, or the President.