

JCC Adult Classes

Chicken Soup and You!

Why chicken soup? We all know it makes us feel better, but wouldn't you like to find out why? Marilyn Muccio, a local nutritional consultant and counselor, has appeared on several talk shows, both in Charlotte and in New York. She has done presentations on the topics of nutritional principles, diet, food selection and economics. She will give you the inside story on healthy shopping and cooking: Everything you always wanted to know about the nutritional value of Jewish cuisine, but didn't think to ask!

Join Marilyn for "Chicken Soup and You," to explore the nutritional wonderland of traditional Jewish cooking. Why not whole wheat noodle kugel?



Monday, Oct. 14; 2:30-3:30 p.m. Armstrong House
Wednesday, Oct. 16; 7:30-9:00 p.m. \$3.50/M; \$4/NM

"Natural Color and You" Clinic

As special as is each person, so are the colors one wears that let natural skin tones glow.

Get to know your special colors at our NATURAL COLOR & YOU Clinic. Explore the colors that look best on you. Discover the natural feel and care of your skin type. Then combine the right colors and proper make up tones to bring out the beauty in you.

Clinics are open to men and women of all ages. Each clinic is limited to four people.

Clinics will be conducted by Kay Goode and Margaret Irwin. They have been conducting successful color and skin care workshops in the Charlotte area for several months. Their forte is helping you feel your very best by showing you how you can look your very best. They have been expertly trained by the Forsyth Technical College in Winston-Salem, N.C.

Tues. Oct. 29; 10 a.m. - Noon
Wed. Oct. 30; 7 p.m. - 9 p.m.
Tues. Nov. 12; 10 a.m. - Noon
Wed. Nov. 13; 7 p.m. - 9 p.m.



Armstrong House
\$15/M
\$17/NM

Creative Sewing



Want to amaze your friends and relatives with your artistry? Then come join our talented Charlotte fiber artist, quilter and all-around craftsperson as she leads a class in Creative Sewing. If you've never "ooed and ahd" over Sue's magnificent wall hangings, clothing, tote-bags or pillows, just ask a friend.

Her intricately machine embroidered or machine quilted pieces have been in exhibits all over the Carolinas as well as in the Southeast and the Midwest. She recently won a first place in wall hangings in the 1985 Indiana Seasons Quilt Block competition. Her publicly and privately commissioned works grace both national and international collections.

In addition to her workshops at Spirit Square and the Quilters Gallery, we are honored to have Sue teaching with us at the JCC.

You will learn to create your own designs and artfully produce gifts of lasting beauty. Make that special Chanukah gift with Sue's expert guidance.

Thurs., Oct. 17-Nov. 21; 7-10 p.m. Armstrong House
Fri., Oct. 18-Nov. 22; 9 a.m.-Noon \$30/M; \$40/NM

Drama Workshop

Connie Welsh is the founder and artistic director of Charlotte's Tarradiddle Players and the Theatre-in-Education Programs in the Charlotte Mecklenburg Schools. She is a seasoned director of both adult and children's productions, an accomplished actress, a playwright as well as a gifted teacher. Connie's Drama Workshop will focus on expressive communication.

Tuesday, Oct. 15-Dec. 17
7 p.m. - 8:30 p.m.



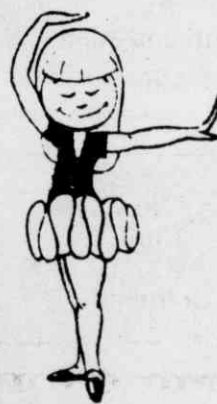
Temple Beth El
\$50/M; \$60/NM

Teen/Adult Ballet

Claudia Folts currently teaches ballet at Charlotte's Spirit Square Arts Center. She has performed with the Chicago Ballet Company, the New York City Opera, as well as with numerous local and regional companies. In addition to her class offerings for the JCC's Children's programs, Claudia will be offering Teen/Adult Beginning Ballet: an introduction to ballet fundamentals through a movement-oriented technique.

Wednesday, Oct. 16-Dec. 18
7 p.m. - 8 p.m.

Temple Beth El
\$50/M; \$60/NM



Adult & Children Registration

Activity	Fee	Day(s)	Time	Grade (if child)
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FAMILY NAME _____

FIRST NAME _____

FIRST NAME _____

FIRST NAME _____

FIRST NAME _____

TEL. NO. _____

BUS. NO. _____ MEMBER/NON-MEMBER _____

MAIL TO JCC, P.O. Box 13369, Charlotte, NC 28211
For More Information Call: 366-0357.