

Class Schedule — Adult

On Your Toes

Teen/Adult Ballet with Claudia Folts will be taught on Wednesday evenings 7 - 8 p.m. at Temple Beth El, Oct. 14-Dec. 20. \$50 member/\$60 non-member.

This is an introductory course stressing fundamentals through a movement oriented technique.



Go Get Gorgeous

Natural Color and You Clinics will be conducted by Kay Goode and Margaret Irwin on the following dates:

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

Armstrong House \$15 Member/\$17 Non-member
 (limit 4 persons per class)

Discover your very best colors for fashion, make-up and skin type.

Nutrition In Traditional Jewish Cooking



Marilyn Muccio

Join nutritionist Marilyn Muccio for Chicken Soup and You on one of the following dates:

Mon., Oct. 14 2-3:30 p.m.
 Wed., Oct. 16 7:30-9 p.m.

Armstrong House \$3.50 Member/\$4.00 Non-member

Find out everything you ever wanted to know about the nutritional values of Jewish cuisine.



Connie Welsh

Mother's Morning Out



Margaret Irwin reading to children as Patsy Lanford stands and watches.

Child care for infants and toddlers is offered by the JCC on Wednesday and Friday mornings, 9 a.m. - 1 p.m. Call 366-0357 for details.

Special 1-Day Adult Program

On November 3, the JCC will sponsor a leisurely day's outing to Winston-Salem's nationally acclaimed Piedmont Crafts Fair. The Fair features 125 outstanding craftspeople and artists from throughout the Southeast who have been admitted into the Piedmont Craftsmen by a jurying process. A dazzling array of works, ranging from blown glass to clay sculpture to warm woolies, will be shown in both traditional and contemporary forms. The Fair offers an unusual chance to meet artists and to purchase some truly exciting craft objects.

A chartered bus will leave from a convenient location mid-morning. Bring a thermos of coffee and "schmooze" with friends as you travel through the autumn countryside. We'll visit the Fair at the Winston-Salem Coliseum, where gourmet delicacies will be provided by the Golden Apple, a specialty food emporium. Shop around for those special Chanukah gifts, and then join the group for early dinner at a nearby Winston-Salem restaurant. Back on the bus to relax and enjoy the ride home, arriving in Charlotte between 7 - 8 p.m.

This adult activity is yours for under \$15 per person. Call the JCC, 366-0357, for reservations.

Drama Workshop

Tues.- Oct. 15-Dec. 17 7:00-8:30 p.m.
 Temple Beth El \$50 Member/\$60 Non-member
 Ms. Connie Welsh, instructor

This course is designed for people with little or no acting experience. It focuses on "the scales of acting," those basic techniques which one must master in building a foundation for further work as an actor. Physical and mental relaxation techniques, vocal work and some scene study will be introduced.

Creative Sewing

Prize-winning quilter Sue Alvarez will be teaching a six week session in Creative Sewing on these dates:

Thurs., Oct. 17-Nov. 21 7-10 p.m., Armstrong House
 Fri., Oct. 18-Nov. 22 9-noon, Temple Beth El
 \$30 Members/\$40 Non-member

Learn machine quilting and machine embroidery techniques to make your own dazzling fabric arts, wall hangings, clothing, pillows, and bags.

Runners! Walkers!



The Time:
 Sunday mornings at 7:30 a.m. or 10 a.m. (before or after you've dropped the kids off at Sunday School).

The Place:
 The track at the new JCC site, 921 Jefferson Drive.

The Event:
 Informal running, walking, getting the old joints moving.

The Stars:
 You and your running/walking buddies!

Get a head start on using the fabulous new facilities. You can watch the progress of the building and begin a great new habit — Sundays at the "J".



REGISTER FOR A JCC CLASS

Registration

Fee	Day(s)	Time	Grade (if child)

MEMBER/NON-MEMBER

Charlotte, NC 28211

