

# Programs

Fishman, adult program director, 366-5007.  
Office, Shalom Park.

## FOR YOUR MIND

### WOMANREACH

**Painting Your Own Rainbow.** A lively, provocative session focusing on the concerns and aspirations of women's lives, led by facilitators from Charlotte's nationally recognized women's center.

Instructors: WomanReach volunteers

4 sessions  
Thursdays  
Sept. 25, Oct. 23  
Nov. 20, Dec. 18  
12:30 p.m. - 2:00 p.m.  
Fee: no charge

### THE ALIVE! CLASS

Cosponsored by the JCC and Charlotte Chapter B'nai B'rith Women, in cooperation with UNCC's Dept. of Continuing Education.  
*Church-State Relations: The Religious Fundamentalism Resurgence.*

Instructor: Dr. Schley Lyons & colleagues

Starts Wed. Oct 1  
7 sessions  
9:30 a.m. - 11:30 a.m.  
Fee: \$48

Call Janine Rosner, 366-5631 to register for this class.

### MINDWORKS

Positive ways to improve your mental and creative processes (see article).

Instructor: Charleen Swansea

Tues., Wed., Thurs.  
Sept. 23, 24, 25  
3 sessions  
7:30 p.m. - 10:00 p.m.  
Fee: \$40 M/\$55 NM

## FOR YOUR HEALTH

### FRESHSTART

The American Cancer Society's Stop Smoking Clinic. A straight-forward, no-nonsense quit smoking program.

Instructors: American Cancer Society personnel

4 sessions  
Mon. Sept 15; Wed. Sept 17  
Mon. Sept. 22; Wed. Sept. 24  
7:30 p.m. - 8:30 p.m.  
Fee: \$25 M/NM

### CPR TRAINING AND CERTIFICATION

Cardio-pulmonary resuscitation training sponsored by the American Red Cross.

Instructor: Millie Campbell

Starts Sat. Nov. 1  
2 sessions  
1:00 p.m. - 5:00 p.m.  
Fee: \$10 M/\$12 NM

## 4 in the Morning

An investment seminar presented by  
MERRILL LYNCH PIERCE FENNER & SMITH, INC.

Sundays 10:30 a.m. - noon \$1 M/\$2 NM  
November 30 - Estate Planning: Wealth Accumulation and Preservation  
December 7 - Real Estate Tax Investments: Long Term Growth plus Tax Sheltered Income  
December 14 - General Market Information  
Merrill Lynch presents a "Broad Range of Services for Investors" or "What Everyone Should Know About Investing."  
December 21 - Insurance Strategies. How to choose the right insurance to suit your needs: get current income, pay less taxes and preserve savings, all at the same time.

## Aerobics for the Brain!

The J is delighted to present Charleen Whisanth Swansea, nationally known author, teacher and consultant in a three evening seminar focusing on Memory Training. Scheduled dates and times are Tuesday, Wednesday and Thursday evenings, September 23, 24 and 25, 7:30 - 10 pm. Cost for JCC members is \$40; \$55 for non-members.

Based on recent discoveries about the brain, the workshop is designed to maximize the individual participant's involvement so that concentration is easy and learning is retained for future use. The workshop will be conducted as a combination of lecture-stories, class discussion, creative brainstorming, exercises in color, clay, music, problem solving and group experiences.

Ms. Swansea's creative teaching methods are the subject of a feature length film which won the award as "Best Documentary" at the 1980 American Film Festival. She has taught at Stanford University, Columbia University, Queens College and the University of North Carolina. She has written music and network television scripts. Founder of the influential literary magazine, "Red Clay Reader," Ms. Swansea is currently the senior editor of Red Clay Books. She has served on advisory committees for the Rockefeller Foundation and the National Endowment for the Humanities.

"The brain," says Ms. Swansea, "has amazing capacity, but if it isn't used, it becomes weak." MINDWORKS trains minds to handle complicated situations. "Our brains are computers. They can handle details if they are programmed."

Please call Jackie Fishman at the J, 366-5007, for more information and to reserve your spot for this stimulating seminar.

## The Cultural Sampler



Join the JCC family for a smorgasbord of Charlotte's finest cultural offerings during the 1986-87 season. Opera dance, musical theatre and symphony are all yours in one reasonable priced package, topped off by a preview wine and cheese get-together for each event at no extra cost.

The package price for the J's Cultural Sampler, four exciting evenings including the extra glamour of Opening Nights, is \$50 for JCC members and \$65 for non-members. Patron tickets are \$100. Single tickets may be purchased on an availability basis. Call Jackie Fishman, at 366-5007, to reserve your spot on this cultural tour of Charlotte's finest offerings in the art world.

- I Charlotte Opera (Opening Night)  
"Gianni Schicchi/I Pagliacci"  
Thursday, October 2
- II Spirit Square (dance series)  
Joffrey II  
Saturday, November 22
- III The Little Theatre of Charlotte (Opening Night)  
"Ain't Misbehavin'"  
Thursday, March 12
- IV The Charlotte Symphony  
Michael Ponti, piano: von Weber, Mozart Stravinsky  
Wednesday, April 15



**Carnival Time**  
Sept. 21 1-4 p.m.

Alvin E. Levine Shalom Park  
Gymnasium



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