

For Adult Registration call Jackie 366-5007

JCC Pro

ADULT PROGRAM ACTIVITIES											

THE ARTS

BASIC CERAMICS

The basics of hand-building and wheel-throwing, glazing and firing. Students with no experience, intermediate or advanced experience welcome. Individual creative expression strongly encouraged.

Instructor: Pat Siderman
10 Sessions. Starts Mon. Jan. 5, 10 am-12:30 pm
Fee: \$40 members, \$50 non-members

WHEEL THROWING

For students interested in developing skill on the wheel, this course will involve throwing a variety of forms, attachments, lids, etc. Some experience helpful, but not necessary.

Instructor: Pat Siderman
20 Sessions. M and Th. Starts Jan. 5, 7-8:30 pm
Fee: \$50 members, \$60 non-members

HANDBUILDING AND SCULPTURE

For students with some experience who wish to work toward larger, more complex forms. Emphasis on construction, including firing and glazing.

Instructor: Pat Siderman
20 Sessions. M and Th. Starts Jan. 5, 8-9:30 pm
Fee: \$50 members, \$60 non-members

FIGURE DRAWING

Beginners as well as experienced artists will sharpen their understanding of the human figure by drawing from live models.

Instructor: Ramona Morgan
6 Sessions. Starts Thurs. Jan. 15, 7:30-9:30 pm
Fee: \$30 members, \$45 non-members

DISCOVERING ACRYLIC PAINTING - ONE MORE TIME!

Projects designed to nurture the creativity of the beginning or intermediate art student; exploration of the medium, technique and the dynamics of motion.

Instructor: Renee Gorelick
10 Sessions. Starts Tues. Jan. 6, 10 am-1 pm
Fee: \$55 members, \$65 non-members



DANCE & MUSIC

INTRODUCTION TO MODERN DANCE Teen/Adult
Beginning level of modern dance to train dancers in the physical and expressive qualities of dance as an art form.

Instructor: David Heustess
10 Sessions. Begins Mon. Jan. 5; 4:00-5:30 or Wed. Jan. 7; 7:30-9:00 pm
Fee: \$35 members, \$45 non-members

STRENGTH AND STRETCH

For those involved in sports, on diets, or interested in an exercise break. Designed to strengthen muscles and increase flexibility.

Instructor: David Heustess
10 Sessions. Begins Tues. Jan. 6; 3:30-4:15 pm or Tues. Jan. 6, 6:00-7:00 pm or Thurs. Jan. 8; 6-7 pm or Sun. Jan. 11; 10:30-11:30 am

INTRODUCTION TO JAZZ DANCE Teen/Adult
Beginning level of jazz instruction to train dancers in the physical and expressive qualities of jazz dance as an art form. Students will be introduced to musical theatre and contemporary jazz styles.

Instructor: David Heustess
10 Sessions. Begins Thurs. Jan. 8; 4:00-5:30 pm
Fee: \$35 members, \$45 non-members

DANCE WITH ME!

As classic as a black dress with pearls, the elegance of ballroom dancing will be the most exciting new offering at the J. Foxtrot, waltz, rhumba, disco, the shag, the fabulous Tango Argentina - join us for a delightful "evening out."

Instructor: The Dancewright Studios
10 Sessions. Starts Wed. Jan. 7; 7:30-8:30 pm
Fee: Couples - \$50 members, \$60 non-members
Singles - \$30 members, \$40 non-members

JCC CHOIR

Open to all who love to raise their voices — in song! This group will promote enjoyment of the Jewish musical heritage throughout the community. The choir will also prepare contemporary pop tunes, old standards and show tunes.

Instructor: Kathleen Schattner
10 Sessions. Starts Mon. Jan. 5; 7:30-9 pm
Fee: \$25 members, \$35 non-members
10 student minimum

COOKING

CHINESE COOKING WITH BARRY Teen/Adult
Barry Hantman, the JCC and Foundation Director, will share his extensive knowledge of gourmet Chinese wok cooking during this four session workshop. Barry will teach us to prepare such delicious Chinese entrees as beef and mixed Chinese vegetables, Moo Goo Gai Pan, Won Ton Soup, fried Won Tons, Hunan Chicken and Pineapple.

Instructor: Barry Hantman
4 Sessions. Begins Sun. Feb. 1; Feb. 8; Feb. 15; Feb. 22; 12:30-2:00 pm
Fee: \$25 members, \$40 non-members

INTERNATIONAL GOURMET

Learn the secrets of preparing exotic dishes from China, France, Israel, Greece and Turkey. Enjoy convivial dining out as you savor your gourmet creations.

Instructor: Mino Hauck
3 Sessions. Wed. Jan. 28; Feb. 25; March 25; 10 am-noon or 6-8 pm
Fees: \$40 members, \$50 non-members for the series
\$15 members, \$20 non-members per session.

I-Around the World in 2 Hours: Chinese rice noodles (yes, there is an alternative to spaghetti) with chicken and vegetables, French puff pastry.

II-Challah 'n Soup. Make a feast with a variety of challahs and delicious Turkish wedding soup.

III-Creative Filo Cooking. The many uses of delicate filo hors d'oeuvres, Spanikopita, apple strudel.

BRIDGE

The Game
American Contract Bridge League sanctioned Duplicate Bridge game.

Instructor: Jerry Helms
Ongoing. Tuesdays 1:15-4 pm
Fee: \$2.50 members, \$3 non-members

Beginner's Bridge

The basics of the game for absolute or near beginners.

Instructor: Janet Gallitz
6 Sessions. Starts Tues., Jan. 6, 10:30-12:30 pm or Thurs. Jan. 8; 7:30-9:30 pm
Fee: \$32 members, \$40 non-members
8 student minimum

Beginner's Bridge - Part II

Bidding and play for the new or out of practice player.

Instructor: Janet Gallitz/Jerry Helms
6 Sessions. Starts Tues. Jan. 6; 7:30-9:30 pm
Fee: \$32 members, \$40 non-members

Intermediate to Advanced Duplicate Bridge Instruction and Play - Continued

Lesson hands pre-duplicated for discussion and analysis.

Instructor: Jerry Helms
6 Sessions. Starts Thurs. Jan. 8; 7:30-9:30 pm
Fee: \$38 members, \$45 non-members

Popular Bridge Conventions

Learn methods used by the experts - Stayman, Jacoby Transfers, Weak Two Bids, Negative Doubles and more.

Instructor: Jerry Helms
6 Sessions. Starts Tues. Jan. 6; 11:30 am-12:30 pm
Fee: \$24 members, \$30 non-members



WE'RE GOING OUT!

Try the J's Cultural Sampler. Join us for wine 'n cheese at Shalom Park, followed by opening night of "Ain't Misbehavin'" at the Little Theatre of Charlotte on Thursday evening March 12. On April 15, we're going to the Symphony to hear pianist Michael Ponti. Tickets are \$16 for each event.

Join your friends for two evenings of Charlotte's finest cultural offerings, topped off by a pre-performance cocktail party. Call Jackie Fishman at 366-5007 to reserve your spot on this cultural outing.



For Your Mind

GREAT DECISIONS

Great Decisions is a national program that acquaints citizens with some of the major public policy issues confronting the United States in the 1980s. The six week series will be presented by guest lecturers, followed by a question and answer period from the audience. Participants will receive a copy of the book "Great Decisions: Briefing for a Nonpartisan Foreign Policy Assn." which provides an in-depth background on each issue.

Topics will include: The Cold War, Policy, Defense And The Federal Budget, United States, South Africa, Foreign Aid, United States, Dealing With Pollution, and the Environment.

The lecture series is offered by the UNCC Center For International Studies. Registration for general public is \$15. Cost for JCC members is \$10. Call Jackie Fishman at 366-5007 for registration at JCC Desk.

Tuesdays 7:30-9:00 pm
February 10, 17, 24, March 3, 10, 17, 24

FOUR IN THE

Cosponsored with Jewish Family Services
Sundays 10:30 am

PARENTING - CHALLENGES

Feb. 15, **Patterns for Health**
Johnson, Family Life Agency

Feb. 22, **Parents, Yes You Can**
and **Communication** Lynn Barlow, Neighborhood of Greater Charlotte, Inc.

March 1 **Primary Prevention**
Susan Nixon, Drug Education

March 8 **Parents as Partners**
Help Your Child At Home
Mecklenburg Schools

Fee: \$2 members, \$3 non-members
\$6 members, \$9 non-members

THE WORLD OF

Learn a language that expresses humor and inventiveness. Be an advanced student welcome. Call Jackie Fishman at 366-5007 for information and the Charlotte Yiddish Village. Starts Wed. Jan. 7 (first week) 7:30 pm
Fee: no charge

BEGINNING TO INTEREST

Develop reading, writing and speaking skills in modern Hebrew. If you are interested in Israel, make this class the first step.

Instructor: Amalia Warshenbush
10 Sessions. Starts Mon. Jan. 12
Fee: \$35 members, \$50 non-members

THE JOINT ADULT STUDY

OF JEWISH STUDIES
Thursday evenings at 7:30 pm

Adult studies in Hebrew, Basic American Literature, Israel, Philosophy and Ethics, and more. Registration. Call the JCC for information.



MINDWORKS

Workshops Designed to Make You Smarter

The workshops will be taught by the Executive Director of MINDWORKS, Charleen Swansea.

MEMORY FOR KEEPS

Can't keep up with your car keys? Or your wallet? Are they saying you repeat yourself? If you don't learn to use your memory correctly, you are going to lose it! In this two part workshop, you will use crayons and rhyming and other playful techniques as you learn the memory experts' systems. Program yourself to be the opposite of absent minded. Learn to demonstrate your thoughtfulness and your intelligence by remembering names and dates. Learn how to put names and faces together. Learn to study well and retain what you read.

You are also going to hear about the newest medical findings and the recommendations of doctors about how to care for your memory. A workbook will be provided for easy future review. The success of this program in the Fall has demanded a repeat.

Mon., Tues. Feb. 23, 24; 7-10 pm
Fee: \$40 member, \$55 non-member

UNBLOCK YOUR CREATIVE SELF

Don't stay bogged down. Break out of traditional approaches and set free the powers of your imagination. The creative ingenuity that characterizes top executives and gifted artists is available to everyone. Learn how to initiate creative thinking in a series of exercises that stimulate risk taking and reawaken your sensual responses. Discover which brain hemisphere dominates your reflex thinking and how to maximize this natural inclination. Learn to see old problems in fresh ways. Experience brainstorming and mind mapping as tools to develop new ideas. Rekindle your enthusiasm and refresh your days by unlocking your creative approach to life.

Wed., Thurs. Feb. 25, 26; 7-10 pm
Fee: \$40 member, \$55 non-member

THE J BOOK CLUB

Join us once a month at the J to read and discuss books dealing with contemporary Jewish issues. Come to the first session prepared to discuss **When Bad Things Happen to Good People** by Harold Kushner. Refreshments and social time will follow.
3 Sessions. Wed. Jan. 14, Feb. 11, March 11. 7:30 pm
Fee: \$6 members, \$8 non-members

For Yourself

SINGLE PARENTING - TAKING GOOD CARE

Co-sponsored with Jewish Family Services
Taking good care of your children as well as yourself. This group will focus on healthy family functioning, reasonable expectations and practical parenting skills.

Instructor: Irv Edelstein, ACSW
4 Sessions. Starts Tues. Jan. 20; 7:30-9 pm
Fee: \$25 members, \$35 non-members

WOMAN AND WILL

Principles of estate planning with the particular concerns of women in mind.

Instructor: Meg Goldstein, Atty.
One Session. Wed. Feb. 4; 10 am-noon or Wed. Feb. 11; 7:30-9:30 pm
Fee: no charge, but registration required.

FRESH START

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

Instructor: American Cancer Society personnel
4 Sessions. Mon., Wed., March 2, 4, 9, 11. 7:30-8:30 pm
Fee: \$25 members or non-members, refundable upon completion of clinic.

BEYOND STRESS MANAGEMENT

Nurturing the Child Within
Tired of workshops? Try a "nurturing environment" experience for increasing self-confidence and personal power. The focus is on the body, mind and spirit.

Instructors: Diane Swarthout, Stypmann, MSW
Sat. Feb. 14; 7:30-9:30 pm
Saturday evening introduction. This session is required for the body, mind and spirit.
Fee: \$30 members, \$45 non-members

WOMANREACH AT THE J

Provocative and stimulating on the concerns of contemporary women.
Thursdays Jan. 22, Feb. 19
No Charge



THE CAROLINA BRASS

Thursday Evening
February 19, 1987
8 PM
Call the J for ticket information

