

# In And Around The JCC

## A Note From Jackie

By Jackie Fishman, Adult Program Director

Don't miss these upcoming special presentations at the J!

**Woman and Will:** JCC board member and attorney Meg Goldstein will lead a seminar focusing on the principles of estate planning with the particular concerns of women in mind. One session. Wed., Feb. 4, 10 a.m.-noon or Wed., Feb. 11, 7:30-9:30 p.m. No charge, but registration is required.

**FreshStart:** Don't let that New Year's resolution slip away. Start saving your life with the American Cancer Society's Stop Smoking Clinic. 4 sessions. Mon & Wed., Mar. 2, 4, 9, 11, 7:30-8:30 p.m. \$25 members or non-members; refundable upon completion of clinic.

**The Alive Class:** The latest in the Alive! series cosponsored by the JCC and Charlotte Chapter B'nai B'rith Women. Now in its eighth year, the spring program is "Religious Liberty and Public Education: Implications of the Tennessee Textbook Case." This seminar will bring together various speakers to discuss the significant questions raised by the textbook protest. Are these legitimate issues of religious liberty? What kinds of people are doing the protesting? What rights and freedoms are being undermined? Is the state's ability to run an effective system of instruction being undermined? Is the Tennessee case merely a bizarre and isolated instance or part of a tide of moral and religious vigilantism? How are the textbook debate, anti-pornography and other rulings related? Speakers from the religious ministry, the media and the law profession will help us think through the issues. 8 sessions. Wednesdays, Feb. 18 - Apr. 8, 9:30-11:30 a.m. Fee \$48. Please call Janine Rosner, 366-5631 to register.

**Four in the Morning:** Cosponsored with Jewish Family Services. "Parenting - Challenge and Change." Sunday mornings, 10:30 a.m. - noon.

- Feb. 15 - Patterns for Healthy Family Living. Jim Johnson, Family Life Agency.
- Feb. 22 - Parents, Yes You Can! Sexual Development and Communication. Lynn Barnhardt, Planned Parenthood of Greater Charlotte, Inc.
- Mar. 1 - Primary Prevention-The Best Defense. Susan Nixon, Drug Education Center of Charlotte.
- Mar. 8 - Parents as Partners in Education-How to Help Your Child At Home. Carol Newman, Charlotte-Mecklenburg Schools.

Fee: \$2 M/\$3 NM per session or \$6 M/\$9 NM for the series.

## The 'J' Presents Carolina Brass in Concert

On Thurs. evening, Feb. 19 at Shalom Park, the Jewish Community Center will present the Carolina Brass in concert. Tickets may be purchased at the JCC office at \$10 for JCC members, \$12 for non-members and \$7 for senior citizens. Patron tickets may be purchased for \$20. Babysitting will be available with reservations required in advance.

Formed in 1980, Carolina Brass has rapidly grown into one of the South's leading chamber ensembles. Made up of four principal brass players from the Charlotte Symphony Orchestra and a Davidson College music professor, the group gives over 100 performances annually. A large and varied repertoire combined with a unique ability to communicate to a wide range of



audiences has enabled the quintet to receive consistent praise not only for their

musical artistry but for their ability to combine the three roles of performer, educator

and entertainer.

"Carolina Brass is something special. While one is impressed by the high level of musicianship and technical proficiency that this group consistently exhibits, the quality that makes Carolina Brass unique is the contagious warmth and enthusiasm it brings to its music making. It is wonderful that 'classical' music can be so thoroughly entertaining without the slightest sacrifice of artistic quality or integrity. One enters a Carolina Brass concert as a member of an audience, but leaves a dedicated fan." - Boris Sellers, Director of Spirit Square Arts Center.

Join us at the 'J' for a very special evening of musical entertainment. For more information call Jackie Fishman, 366-5007.



Instructor Renee Gorelick leads the aspiring artist to new creative dimensions in her "Discovering Acrylic Painting" class, Tuesdays, 10 a.m. - 1 p.m. at the 'J'. Pictured are (L to R) Ginny Wright, Barbara Levin, Gorelick, Sandy Kornstein, Sandra Newton and Marty Gerber.

## Swansea Will Make You Smarter

Nationally known author, teacher and consultant Charleen Whisnant Swansea will present two workshops designed to make you smarter.

"Memory for Keeps" is scheduled for Mon. and Tues., Feb. 23 and 24. "Unblock Your Creative Self" will be presented Wed. and Thurs., Feb. 25 and 26. Both sessions will be held from 7-10 p.m. each evening at Shalom Park. Cost for each workshop is \$55. To reserve your spot in these exciting sessions, please call Jackie Fishman at 366-5007.

Based on recent discoveries about the brain, "Memory For Keeps" is designed to maximize the participant's involvement so that concentration comes easier and learning is more easily retained. The workshop will include lecture-stories, class discussion, creative brainstorming, exercises in color, clay, music,

problem-solving and group experiences.

"Unblock Your Creative Self" will help you break out of traditional approaches and set free the powers of your imagination. Learn how to initiate creative thinking in a series of exercises that stimulate risk-taking and reawaken your sensual responses. Rekindle your enthusiasm and refresh your days by unblocking your creative approach to life.

Ms. Swansea is the founder of *The Red Clay Reader*, a literary magazine, and is senior editor of *Red Clay Books*. She is also executive director of Southern Review, Inc. and program consultant to the Atlantic Center for the Arts. The author of music and network television scripts, Ms. Swansea was the subject of a feature-length film which won the award as Best Documentary at the 1980 American Film Festival.

## Special Weekend Workshop Offered

The JCC is offering "Beyond Stress Management," a weekend workshop scheduled for Sat., Feb. 14, 7:30-9:30 p.m., and Sun., Feb. 15, 12:30-7 p.m. at Shalom Park.

Instructors Noel Stypmann and Diane Swarhout will create a nurturing environment providing the opportunity for participants to increase their self-confidence and break through communications barriers. Using breathwork, visualization, bodywork and movement, the accent will be on interaction within the group. This powerful "playshop" will emphasize the connection of body, mind and spirit.

Cost for this weekend event is \$35 for J members/\$45 NM. Please call Jackie Fishman, 366-5007 for more information.

## Join In The Fun with 55'srs

Any Wednesday evening, from 7:30 on, you'll find a friendly bunch of laughing, schmoozing and fun-loving folks meeting in the Chai Lounge at the J. Their common bond is that they're all active 55-year-olds (more or less) and they enjoy socializing at the J on a regular basis.

This group enjoys cards, games and most of all lively conversation with convivial people: couples, singles, working or retired. A little coffee, a little nosh, a lot of fun. Please feel free to drop in and sample an enjoyable Wednesday evening with them. Call Jean Moses, 364-6730, or Jane Abel, 366-5007, for more information.



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