

More In and Around the JCC

Chai-Lites

Join the Chai-Lites on Mondays from 10:30 a.m. until 1:30 p.m. for discussion groups and lectures on various topics, exercise classes, the Golden Age Walking Club and a lot of camaraderie. On Tuesdays, attend the Luncheon Club once a month, take a field trip and attend a Senior Day which is sponsored by the Charlotte Chapter BBW. On Wednesdays, volunteer at the Speizman Shalom Park Jewish Library. Help the Chai-Lites assist in preparing for and celebrating Shabbat with the Jewish Day School students on Fridays. A brunch and feature film is held one Sunday per month in addition to a monthly birthday party. Local cultural events are also attended once a month. Transportation is available for all programs and activities. The yearly Chai raffle will be held in November; several special items will be offered. This raffle solely supports the programs for this group. For more information call Jane Abel at the J.

Transportation Available

Jewish Family Services has made transportation available to all Seniors needing this service on Thursdays. Persons may use the van for medical appointments, shopping, visiting friends, etc. There is a \$2 charge per person. Reservations can be made by calling Jewish Family Services at 364-6594 no later than the preceding Tuesday unless of course there is a medical emergency.

"Prime Timers" Party

The JCC Senior Adult Committee presents a Wine and Cheese Party for "Prime Timers" on Saturday, October 10 from 8 until midnight. Come meet some new people and listen to the Big Band Sounds from the '40s. Cost is \$4 for members and \$8 for non-members. Reservations can be made by calling Jane Abel, 366-5007.

Arthritis Support Group Formed

A support group for persons with any of the more than 100+ types of arthritis is being formed. The first meeting will be held at 7 p.m. on Wed., Oct. 21. This group is being offered in cooperation with the Arthritis Patient Services, a United Way Agency.

Chronic illness can be a heavy emotional burden for the person with arthritis and his/her family. Arthritis is traditionally known as an "old person's disease" but many young people, including children, have the disease. An arthritis support group offers one the opportunity to learn more about the diseases as well as others who have similar problems.

Please call Jane Abel, 366-5007, if you are interested in attending.

Judaism and Feminism Class

The Jewish Community Center of Charlotte's Adult Program Department is proud to offer a class examining "Judaism and Feminism" on three Wed. evenings, Oct. 21, Oct. 28 and Nov. 4 from 7:30-9 p.m. at Shalom Park.

The writer Phyllis Chesler once said "I am a feminist because I am a Jew." This class will explore the possibility of such a combination and how it impacts on prayer, ritual and traditions. Elaine Markmann Chernotsky will teach this exciting course.

Please call the JCC at 366-5007 for registration information.

"Fit for Life"

By Kelley McLoughlin

Do you want to get into shape, drop that extra 20 lbs., tone up, but you just don't know where to start? The Physical Education department has just the answer to your dilemma. FIT FOR LIFE involves individualized fitness evaluation and exercise prescription. First, your present level of fitness is assessed including blood pressure, flexibility, % body fat, cardiovascular capacity along with lifestyle factors. From this initial assessment an individualized exercise program is developed which incorporates your personal goals. Through one-on-one consultations your personal program is revised and updated as needed so your goals are achieved. Fit for Life is being offered free to health club members and for a low fee of \$15 to the general membership. For more information or to set up an appointment, contact Vicki or Kelley.

For those of you in fairly good shape who desire an advanced cardiovascular workout, a conditioning program using jump ropes will be offered on Saturday afternoons from 3-4 p.m. in the gym. Not only will this class enhance or maintain your cardiovascular fitness, it will also help develop dexterity and coordination — 2 very important sports skills! This class is free to all JCC members and a non-member guest can attend for only \$1.

Driver Improvement Class Offered

Licensed drivers fifty and over can improve their driving. Hopefully, insurance rates will be decreased if the legislature passes this law for those taking the course. There is no road test or exam. Classes will be held on Nov. 2 from 9 a.m. until 1 p.m. and Nov. 3 from 9 a.m. until 1 p.m. A \$7 check can be made payable to the AARP.

Health Club Presents Seminar Series

By Vicki Galliher
Health Club Director

Our new fall Health Club Seminar Series got off to an exciting start Wed. evening, Sept. 2. The seminar series will focus upon some of our most pressing health issues as they relate to our individual health and well-being.

The September seminar addressed the topic of osteoporosis. Speakers for the seminar were Dr. Jill McLoughlin of the Travis Medical Clinic and Maureen Regele, a registered physical therapist. Dr. McLoughlin and Ms. Regele discussed the physiology of osteoporosis, as well as the risk factors, symptoms, management and preventive factors. The session concluded with a question and answer session.

Osteoporosis is a clinical condition in which an individual experiences a loss of bone mass from the skeletal system. This loss of bone mass results in a weakened skeletal system which considerably increases the risks of skeletal fractures. Osteoporosis is the leading cause of fractures in the elderly.

The next seminar is scheduled for Tuesday, October 6 from 7-8 p.m. It will focus upon "The Crack & Cocaine Crisis." For parents with school-age children, this could be one of the most important events that you and your family could attend. We, as adults, owe it to our young people to be as well informed as possible about this latest social crisis confronting our young people today.

Stretch 'n Strength

The Adult Programming Department of The Jewish Community Center is happy to add another class to the Fall '87 schedule.

Stretch 'N Strength will run for 8 sessions from 11 a.m.-noon on Tuesday beginning October 7 and running through November 25.

This class is offered by Isabel Shankle, a dancer and exercise instructor who has studied and taught in Europe,

South America and the Caribbean.

This dance exercise program is set to musical accompaniment for the non-dancer. You'll build your body's movement possibilities and stretch your way to new muscular strength, flexibility and coordination.

Register now for this exciting new activity at your JCC!



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WomanReach

The Jewish Community Center of Charlotte is proud to be home to "WomanReach at the J," a provocative and stimulating monthly discussion focusing on the concerns of contemporary women. The group meets from 12:30-2 p.m. on the third Thursday of each month at Shalom Park. This season's dates and discussion topics are as follows:

Oct. 15	Facing Our Future—A Life Plan
Nov. 19	Turning Points—Where Do I Go From Here and How Do I Get Through?
Dec. 17	Between Women—Working Together

These programs are free and open to the public. Child care is available with advance reservation. Please call 366-5007 for more information.



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For catering elegance or restaurant reservations, call (704) 527-8000.

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