

JCC Special Programs

CHAI-LITES

Join the Chai-Lites on Mondays from 10:30 a.m.-1:30 p.m. for discussion groups and lectures on various topics, exercise classes, the Golden Age Walking Club and a lot of camaraderie. Wednesdays, volunteer at Speizman Jewish Library. Enjoy birthday parties and cultural events. Transportation available for all programs and activities. Once a month shoppers can board the JCC van to visit area shopping centers from 10-1. For more information call Jane Abel, 366-5007.

LUNCHEON AND MOVIES

Join the older adults one Tuesday a month for lunch at a local restaurant and a matinee movie. Dutch treat and nominal charge for transportation.

FIELD TRIPS

Field excursions once a month on Tuesday. Past trips have been to the Blumenthal Home, Schiele Museum in Gastonia, The Charlotte Observer Building and Blowing Rock. Limited to thirteen persons. Nominal charge for transportation.

TRANSPORTATION

Jewish Family Services has made van transportation available to all Seniors needing this service on Wednesdays and Thursdays for medical appointments, shopping, visiting friends, etc. A \$2 charge per person. Reservations: call Jewish Family Services, 364-6594 no later than preceding Tuesday.

Financial Planning

Robert V. Sytz, Jr., C.P.A., C.F.P., a financial consultant based in Charlotte, will be presenting a financial planning workshop for small business owners. He will be discussing such strategies as creating wealth through retirement and deferred compensation plans, key executive planning and other employee benefit ideas. These seminars will be held on October 18 and 25 from 7-9 p.m. Fee is \$25 for members and \$35 for non-members.

Health Service Offered

Blood pressure and pulse checks by Vicki Galliher, director of the Health Club, will be held on October 10, November 14 and December 12 at 10:30 a.m.

Laurel Eye Associates presents "The Aging Eye" and a visual screening for glaucoma and distance-visual acuity (free of charge).

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Happy New Year

"May this be a year of Peace, Health and Happiness for all mankind."

A Woman's World

A series of three luncheons designed for and about women.

SELF-ESTEEM and a WOMAN'S WORLD

Feeling good about yourself and your role in the family — that's the challenge for the modern woman. How can you meet your needs without feeling guilty?

October 12, 11 am-1 pm
Guest Lecturer: Liz Brown

STRESS and a WOMAN'S WORLD

What role does stress play in a woman's life? Does it affect your family? Join us for a lively discussion about stress in today's family and learn techniques to manage the stress in your life.

November 9, 11 am- 1 pm
Lecturer: TBA

MOTHERS, DAUGHTERS and a WOMAN'S WORLD

You are always your mother's daughter. Will you always be a child to her? Take a look at the special challenging relationship between mothers and daughters.

December 14, 11 am-1 pm

Cost: \$8 each; \$20 series includes lunch
Minimum: 10 persons

BRIDGE ANYONE?

Anyone interested in putting together a Bridge Club at the J please call Marty Gerber 366-5007.

Socially Responsible Investing

If you are interested in finding out how you can make a positive impact with your or your organization's investment funds, please join us for a candid discussion of socially responsible investing. This discussion is courtesy of Liz and Bob Brown of Scott & Stringfellow, members of the New York Stock Exchange.

October 26, 7-8:30 pm

Refreshments

\$10 Members / \$12 Non-Members

Let's Get Organized Workshop/Brunch

"Coming Out of the Closet"...your closets are a reflection of your life. Learn to stop procrastinating and start organizing. A no-fail method for getting yourself and your closets back in order. Brunch included.

Instructors: Ann Haskell and Nancy Van Fossen

Date: October 19

Time: 9:30 am-12:30 pm

Cost: \$15 Members / \$18 Non-Members

Minimum: 10 people

Adoptive Families Forum

Presented by the Children's Home Society and the JCC. This lecture/discussion will provide a current picture of adoption services available through the Children's Home Society. It will also discuss current N.C. law and recent dialogue in the N.C. legislature.

October 6
No Charge

Travel Talks

Around the world in one hour!

Join Bill Burton

Tues., Sept. 27—
Atlanta to the Sea:
Following Sherman's March

Mon., Nov. 24 —
Germany: The Romantic
Road

Mon., Dec. 12—
Florence-Venice: The
Birth of the Renaissance

\$1.00 Members

\$1.50 Non-Members

Programs begin at
7:00 p.m.



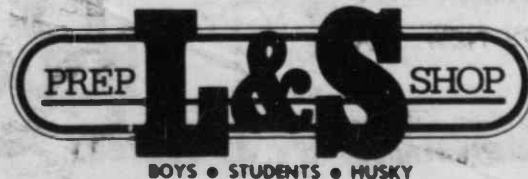
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