

Senior Adult Activities Calendar

Mon., Dec. 3—"Good Health Series" continues. Maria Kulklinski speaks on "Cancer Prevention & Nutrition."
 Fri., Dec. 7—"Shmooz with Marcia."
 Sun., Dec. 9—JCC/Temple Israel Family Chanukah Carnival.
 Mon., Dec. 10—Senior Adult Chanukah Party, Special Entertainment.
 Tues., Dec. 11—"Points of View"—Men's discussion group.
 Fri., Dec. 14—Lunch & Activity with the "little bunch."
 Mon., Dec. 17—Chanukah Party sponsored by HaLailah B'nai B'rith Women. Free lunch.
 Tues., Dec. 18—Out to Lunch Bunch.
 Wed., Dec. 19—Senior Movies at SouthPark Theater, 10:00, Free Admission.
 Fri., Dec. 21—Speaker Rose Naiman, "New Discoveries in Breast Cancer Research and Detection."
 Mon., Dec. 24—Brown Bag Lunch & Movie Day.
 Fri., Dec. 28—Transportation to the JCC for swimming, exercise (no other program).
 Mon., Dec. 31—Kibbitz & Cards.

Hot Lunch Program Menu

Mon., Dec. 3—BBQ Chicken	Mon., Dec. 17—HaLailah BBQ Chanukah Lunch
Fri., Dec. 7—Swiss Steak	Fri., Dec. 21—Chicken Pot Pie
Mon., Dec. 10—Turkey	Mon., Dec. 31—Baked Fish
Fri., Dec. 14—Soup & Sandwich	

Seniors Learn about CPR and First Aid

Twenty-nine seniors attended lectures on breathing, choking and cardiac emergencies during the Senior CPR Awareness Week at the JCC. The program was implemented in conjunction with the Senior Hot Lunch Program on Nov. 5 and Nov. 9. There will also be a sequel to the Senior CPR Awareness Week Program, "Senior First Aid Awareness Week," on Mon-

day, Jan. 7 and Fri., Jan. 11. The first aid program will address other emergency situations including severe bleeding, shock, diabetic emergencies, seizures, strokes, etc. The first aid program is free of charge. Lunches will cost \$2.50 each and must be reserved at least one day in advance. For more information call Tim Frank or Marcia Stern, 366-5007.

Exhibit Held on Breast Cancer by Education Organization

By Rose Naiman, Chair Charlotte Organization for Breast Cancer Education

"If we can save the life of only one woman, all our efforts will be worthwhile," was the directive of the Charlotte Organization for Breast Cancer Education as it concentrated its energy on its initial project: two weeks of education exhibits in observance of National Breast Cancer Awareness Month. The exhibits, sponsored by the Jewish Community Center and held at Cotswold Mall from Oct. 8 through Oct. 13 and at the JCC Oct. 15 through Oct. 19, featured pamphlets containing breast cancer information from the National Cancer Institute, information on mammograms supplied by the Carolina Medical Center, the Carolina Women's Breast Center and the National Cancer Institute, and breast self-examination shower cards supplied by the Cancer Information Services in Denver.

On Oct. 17, Dolores Bean, owner of Unique Boutique and herself a breast cancer survivor, displayed bathing suits, lingerie and a variety of prostheses; a great help in alleviating some of

the psychological trauma associated with mastectomies.

Slides of mammograms, supplied by Dr. Edwin Newman, became the main attraction of the exhibits.

A corps of 30 volunteers, with one or more professionals present at all times to answer questions, helped to man the exhibits. Each non-professional was trained to stress the importance of mammograms, to be taken initially at age 35 and then at regular intervals, for a long-range survival and reduced mortality. At present, education and early detection are the only tools available to save the lives of women.

During the two-week exhibits approximately 200 people viewed slides, watched videos, received free information pamphlets and self-examination shower cards and asked a myriad of questions.

The education exhibits must be held more frequently and in more areas of the city. We must try to give the public some positive information about research results to mitigate some of the existing anxiety and impress upon them the need for greater funding for breast cancer

Winter Holiday Camp

Winter camp is just around the corner. Take time now to mark your calendar so you won't miss out on all the fun. Camp will run Dec. 20, 21, 24, 26, 27, 28 and 31. We will gym, swim, have movies, bake, do arts and crafts and many more exciting vacation activities.

Your child should bring a swim suit, towel and dairy lunch each day to camp. Pre-care will be available from 7:30-9 a.m. and post-care will be available from 3-6 p.m. at an additional cost of \$1.50 per hour for members and \$2 per hour for non-members. This camp is for kindergarten through fourth grade children. The regular camp day will begin at 9 a.m. and end at 3 p.m. Cost for members is \$12 a day and \$18 a day for non-members.

Guitar Lessons Available

Anthony White will be teaching a basic beginners classical guitar class at the JCC this winter. This class is for those who have a sincere desire to learn how to play the guitar. Anthony prefers if you have had no or very little experience with the guitar.

The classes run for 14 weeks; cost is \$140. Each class will be 45 minutes in length. Classes are for children seven years and up; that includes kids as old as 99! Classes will be taught in a group setting with no more than five students in one class.

If you are interested please call Nina, 366-5007.

"Wedbye" Party Given for Jodi Mond



Jodi Mond, director of Teen Services for the 'J,' was married on Nov. 10 to Gary Michel. They now live in Chattanooga, TN. The 'J' staff gave her a surprise "wedbye" party. Photo on top (L to R) Rita Mond, Jodi's mother; Georgia Chernoff, Jodi's grandmother; Jodi; Darren Mond, brother and Patti Weisman. Bottom photo: The food was delicious and enjoyed by all.

Introducing Stephanie Luke

Where can you get baton twirling, dance, gymnastics, fitness and fun all in one place? Right here at the 'J' of course!

Stephanie Luke will be teaching this exciting new class during the winter session. Stephanie has taken classes, participated in many competitions, and won numerous awards. Stephanie

was Miss Majorette of the East in 1981. Novice World Solo Champion in 1981, Feature Twirler at East Carolina from 1982-1984. She will make a guest appearance at the Sock Hop on Dec. 16. Come to the Hop and get to know her.

Call Nina at 366-5007 for more information.

research.

The success of the efforts of the Charlotte Organization for Breast Cancer Education and of the activities of women and their supporters can be determined only when mortality rates decline.

Parents Needed As Girl Scout Leaders

Several parents have expressed an interest in having a Girl Scout Troop at the JCC. The possibilities have been discussed with the Girl Scout headquarters. We need a group of women to be the troop leaders.

If you are interested please call Nina, 366-5007. An organizational meeting will be arranged when we have enough volunteers to run the troop.



Chanukah Party

Sponsored by Carolina Connection (35+ Singles)

Date: Saturday, Dec. 15 Time: 7:30 p.m.

Place:
5620 Strawberry Hill - Clubhouse
(Near Sardis Rd., Clubhouse on Left)

Admission:
Covered Dish

Gift Exchange
Bring Gift Valued Up To \$10

R.S.V.P Please:
Eva N. 362-2219
Fran 366-5007

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