

The Jewish Community Center



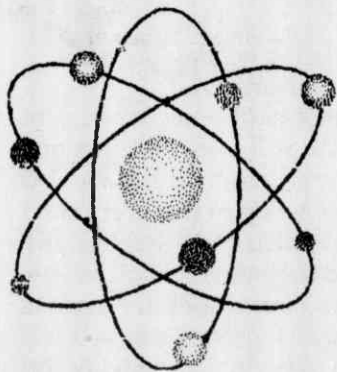
ISSUES 2000 - NANOTECHNOLOGY: THE WAY OF THE FUTURE

It's a word most people have not heard of, but this precise science is the way of tomorrow. Come to the Jewish Community Center on Tuesday, November 29 at 7:30 p.m., and discover what this fascinating topic will mean to your life in the not so distant future.

A nanometer is one 100-millionth of a meter; far smaller than any of us can imagine. A great many consumer products ranging from VCRs to personal computers require nanotechnology for their production and function.

New products, such as molecular computers and micromechanisms are envisioned for the future. Such products could allow the creation of small machines to perform heart repair and other medical tasks without invasive surgery. More direct nanotechnology is the base technology enabling the so-called information revolution. We are also beginning to see engineered materials with properties that will alter even familiar products such as automobiles.

Dr. Robert J. Hocken, Distinguished Professor of Precision Engineering with the Department of Mechanical En-



gineering and Engineering Science at the University of North Carolina at Charlotte, is a pioneer in Nanotechnology. His reputation is international in scope and has attracted a number of world class engineers and scientists to UNCC, including two faculty members recognized by the National Science Foundation with the prestigious New Young Investigator award. The department's research projects are supported by almost \$2.5 million in outside funding.

DATE: Tuesday, November 29

TIME: 7:30 p.m.

COST: \$4.00 MEMBERS

\$6.00 NON-MEMBERS

**JOIN THE
JCC
TODAY!!**



NOVEMBER 1994

PAUL DENNY - ATHLETIC DIRECTOR

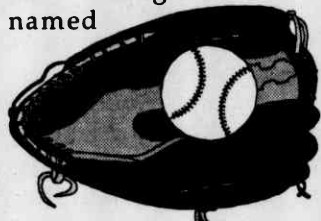
And now its time for "Sports Reporting... Light." This month we have cut out all of the excess fat so that we may offer nothing but efficiently nutritious athletic news. (Actually it's fifteen minutes to deadline and our computers are on the blink)

Youth Soccer is in the heart of the season. Teams are doing great. Rug rats molded into high-performance soccer machines. Coaches include Glenn Fishkin, David Segal, Michael Danze, Kevin Weatherford, Tim Garney, Darren Mond, Jered Mond, Paul Kessler, and Michael Kutsenko. Many others have done a big part. Too many others to get typed in such short time. But for those who know, pat yourself on the back.

The Adult Spring Racquetball League is worse than the Energizer Bunny. Still waiting for certain tourney matches to be played. Not enough time to mention the culprits who are named Tim Garney, Doug Masterson, Jeanne Patton, George Cronson, Stuart Napshin, and Matt Goldstein. These at-large people are reported to be armed and dangerous (although obviously not armed with a racquet).

Adult Softball seemingly began the fall season twice. After twenty-three consecutive rainouts (can you believe that?) the pitchers finally stood on solid ground. The official stats are not out as yet, so we can not say for sure who is leading the batting race. However, we ARE sure that it is not last year's batting champ, David Segal, who still claims that it is all (not) in the wrist.

The Adult Basketball League was just entering its fruitiest season yet. This fall, we have team colors such as mango, candy-apple, lemon, spoiled orange, blue berry, and cantaloupe. The seedy guys playing this time are peeling their way up the floor and picking apart defenses. Oooops! Fortunately I just ran out of



FIT OVER FIFTY - STRETCH & STRENGTHEN

50 + Two new classes at the JCC designed for those with specific physical concerns

that prevent them from participating in more vigorous exercise program.

FIT OVER FIFTY

This class offers a moderate cardiovascular workout without fear of injury. A no-impact class that focuses on raising the heart rate to a moderate level without overstressing troublesome muscles and joints. This class promises to be a fun, social way for people of all fitness levels to get & stay in shape.

STRETCH & STRENGTHEN

This class offers moderate stretching & toning exercises aimed at improving flexibility and strengthening weak joints and potentially troublesome muscle groups which is very important as we age.

FIT OVER FIFTY

MON & WED 11:00 AM

STRETCH AND STRENGTHEN

MON & WED 11:30 AM

Instructor: Denny Page

Monthly Fee:

\$ 15 Members/\$30 Non-Members

For more information call the JCC 366-5007

BALLET COMMUNIQUÉ

The JCC's School of Ballet is off to a spectacular start! Miss Amanda, our ballet mistress, is doing an excellent job turning our youngest members into graceful ballerinas. Karen and Elizabeth Bernstein, Haley and Blair Sklut and Heather Rousso are just a few of our pretty, pink pirouetters!

We also have a Pre-Ballet class on Tuesdays at 1:15 - 2:00 p.m.. There is still time to register your dancing daughters for this class.

If your daughter has some dance experience, the JCC program is a great way to get additional ballet training. Miss Amanda trained at the Royal Academy of Dance in London. She will help any dancer enhance and refine her talents.

We are looking forward to a Spring ballet performance. It is not too late to register your child for any of the classes.

ROCK AND ROLL AT THE JCC!

Learn to play GUITAR and fulfill that fantasy of becoming the next Eric Clapton. The JCC is offering 1/2 hour, private lessons with Charles Salem. Charles is an experienced teacher for the Guitar Workshop. Anyone over the age of 9 is eligible. Lessons are booked on a first come, first served basis. You must have your own guitar.

Classes available Wednesday and Friday afternoons. Sundays available upon request.

\$65.00 per month member

\$75.00 per month non-member

Questions? Call Susan Jacobs.

366-5007



Chai Group Lunch Schedule

Cost of hot, Kosher lunches is \$3.50.
Call Sue Klein for reservations.

Thursday, Nov 3 -	Juanita's Meatloaf
Monday, Nov 7 -	Roast Chicken
Thursday, Nov 10 -	Fresh Fish
Monday, Nov 14 -	Spaghetti and meatballs
Thursday, Nov 17 -	Lunch at Temple Israel in association with their program. Call Nell for reservations
Monday, Nov 21 -	Turkey with stuffing
Thursday, Nov 24 -	Program closed
Monday, Nov 28 -	B'nai B'rith Women will sponsor a luncheon for all seniors.

All schedules are subject to change.

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HAPPY THANKSGIVING — HAPPY CHANUKAH

Strictly Kosher Meats, Poultry, Deli, Groceries, Cakes
By Special Order from New York Smokehouse
Lox - Whitefish - Kippered Salmon - Sable

Sandwiches to Eat In or Take Out
Corned Beef Pastrami Turkey Salmi Franks

Hrs: Sun. 10-3 • M-W 10-6 • Th 10-8 • Fri. 9-3 • Closed Sat.