

Fitness & Wellness

HOLIDAY HOOPLA!

Sunday, December 3rd @ 9:00 am 12:00 pm.
 Join us for a day of Celebration and preview services in the fitness center:

- *Speed Training*: 5 minute workshop intervals with trainers to demonstrate their specialties
- *Body Composition Analysis*
- *Chair Massage*
- *Daily Caloric Intake Analysis*
- *Gift Certificates and Spa Packages*
- *Pilates Reformer demonstration sessions*
- *Great Holiday Gift selections*

For more information contact Thea Winick-Turnbull @ 704-366-5007 or thea.winick-turnbull@charlottejcc.org.

Fine Arts

Registration is coming for these great new Arts Classes for all ages:

- Early Childhood: Baby Signs, Music and Me
- Preschool: Little Hands Judaica, Groovin' and Shakin' with Explore!
- K-5: From Bach-to-Rock, Cartooning
- Teen: Improv & Theatre Games, Surface Decoration, Collage, Mosaics
- Adults: Surface Decoration, Oy! Veh! Jewish Clay!, Scrapbooking, Music Appreciation, Italian, Culture Club, Independent Study (in fine arts)

And don't forget about our music lessons: guitar, bass, dobro, mandolin, sitar, and voice.

Maccabi Arts Fest – coming this August – Are you in high school? Do you participate in dance, digital photography, painting, writing, music – both vocal and instrumental, theatre, or other interests? Want to share your talent with other teens from other JCCs across the country for a week-long adventure you will never forget? This is the event for you!

Contact Aree Pearlman @ 704 366-5007 today if you are interested in any of these programs!

Ceramics Paint Class "Paint a Bowl"

Friday, December 8, 1:00 -2:00 pm. Roll up your sleeves and create your own masterpiece on a ceramic bowl (11"). Fran Brown will lead this one hour class in the LJCC Ceramics Studio. Cost: \$8.00 (includes materials and instruction). Class is limited to 8 students. Payment in advance is required. For more information, call Linda Bass @ 704-366-5007.

Social

"Understanding the Situation in Israel Today"

Lecture Series: December 7 at 7:00 pm, Gorelick Hall. The Carolina Center for Jewish Studies presents Jeff Spinner-Halev, Interim Director and Kenan, Eminent Professor of Political Ethics, Department of Political Science. Lecture will be followed by a question and answer period. Free and open to the public. This lecture is made possible by a grant from the Revson Foundation and the Carolina Center for Jewish Studies at the University of North Carolina at Chapel Hill.

LJCC Monthly Bookclub Meeting

On Tuesday, December 12 at 10:30 am at Joseph Beth Booksellers (South Park Mall) we will have our 2nd book club meeting to discuss Philippa Gregory's, *The Queens Fool*. This is a fabulous book. Joseph Beth will give LJCC book club members a 20% discount off of their purchase, just mention at the checkout. Please call Jodi Valenstein @ 704-366-5007 for more details.

Shotz: Quirky Programs for People with Lots of Interests & Little Time, "Conquer the Chaos"

Wednesday December 13th at 7:00 pm in the Weinberg Adult Center. Are you tired of clutter, chaos and stress? Do you need to find a better place for you "stuff"? Learn how to get organized and stay organized! Carson Tate, a professional organizer and owner of Living Simply will help us find our way out of the mess! Wine and light appetizers will be included. \$5/Benefactor free. Sign up at the front desk of the LJCC. Call Jodi Valenstein with any questions, 704-366-5007.

JAMMIN' AT THE J

Saturday: December 16th @ 7:00-11:00 p.m.
 6th thru 8th Graders Only! 500 max. TICKET PRICES:
 \$10 in advance AND \$12 Saturday (day of the event)

Magical Mystery Chanukah-Magic Show with Eddy Wade

Sunday, December 17, 1:30 pm, Gorelick Hall
 Tickets on sale at LJCC front desk. \$5 Individual or \$118 Family Sponsorship. Sponsor price includes 5 tickets, reserved seats, pizza lunch and eight fun gifts for each day of Chanukah! More information call Beth Winterfield or Anna Gunsher @ 704-366-5007.

POKER NIGHT Middle School and High School

Thursday: December 21st @ 6:15 to 8:15 pm
 Come and play Texas hold em' with all your friends. Bring friends from school or your neighborhood... win gift certificates and help support the teen lounge. Most importantly... GIRLS, you can beat the guys, can't you? Come on out and play! Teen Lounge -Must register one week prior to event date.

LJCC Winter Program Registration begins on December 11th! Look for your Program Guide in the Mail!

