

Sports & Fitness

### Eating For Energy - Tweak Your Diet & Energize Your Life

Wed. Jan. 17th @ 11:30 am - 12:30 pm LUNCHEON  
 Led by Robin Ives, Holistic Health Counselor, AADP, this wellness lecture will help you understand how some foods help or hinder your energy levels and what you need to do to add life to your diet. Reservations by Jan. 10th for lunch. Cost is \$10/pp. For more information contact Anji Paumier or Kim Sensenbrenner @ 704-366-5007 or anji.paumier@charlottejcc.org.

### Partner Massage Class

Sun. Jan. 28th @ 2-6 pm  
 Bring your spouse, friend, or partner to learn new massage techniques to relieve and melt-away stress and general aches & pains in a method that won't wear you out. For more information contact Julie Thomas LMBT #2236 @ The Massage Hotline 704-944-6863.

**LJCC \$50/pp Ben/Sil \$30/pp NON \$70/pp**

Fine Arts

### Culture Club - Charlotte Symphony

#### Friday Morning Coffee Classics

Fri. Feb. 2nd 9 am - 12 pm  
 Culture Club explores all that Charlotte and the region have to offer in art, culture and just plain socializing. This session we will meet at the LJCC and travel together to Belk Theater to watch rehearsal and meet Vivian Hagner, violinist for Bravo Brahms. Presentation is part of the Charlotte Symphony's Classics Series. Fee of \$15 includes Caribou Coffee and Great Harvest Bread Co. pastries.

### JCC Maccabi Arts Festival

#### Do You Know A Creative Young Adult!!

#### Here's THE Opportunity in 2007!!

Coming Apr. 12th -17th. 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! Check out [www.jccmaccabiartsfest.org](http://www.jccmaccabiartsfest.org), TODAY!

### 20Somethings-Get Connected

Are you a 20Something? Do you want to meet other people your age who are connected with the LJCC? Ready for some fun events? We have ongoing activities - Don't miss the next one! Call Aree Pearlman @ 704-944-5007 for more information

### SAVE THE DATE! Israeli Art Show

Apr. 22nd-29th 9 am - 9 pm Lerner Hall  
 Our annual event will be here soon! Proceeds from the show benefit: Israel, the Jewish Federation of Greater Charlotte, and the Levine JCC. We need volunteers!

For information on this and the above events, contact Aree Pearlman@ 704-366-5007 or aree.pearlman@charlottejcc.org.

Social

### Girls Just Want to Have Fun! 3rd - 5th Graders

Sat. Jan. 27th @ 7 - 10:00 pm  
 Come aand make new friends! This program is designed for girls to foster positive Jewish friendships in the community through games and activities. Registration is required one week prior to the event. FOR MEMBERS ONLY.

**LJCC \$20 Ben/Sil \$12**

For more information, contact Micki Knopp @ 704-366-5007 or micki.knopp@charlottejcc.org.

### Gotta Move! Children's Concert Series

Sun. Jan. 28th @ 3 pm  
 Camp Mindy presents our annual Children's Concert Series featuring Obakunle Akinlana. He will bring the warmth of African culture, storytelling, drumming and music to enliven our winter duldrums. Performance tickets are available at the LJCC front desk. Call Beth Winterfield for more information @704-366-5007 or beth.winterfield@charlottejcc.org.

### "Hearty Winter Stews" Cooking Class Series

Mon. Jan. 8 at 7 pm  
 Come and enjoy the experience with Chef Robert Brenner of Johnson & Wales University as he demonstrates and teaches us how to cook rich, delicious stews. Stews include both a meat & vegetarian variety.

**LJCC \$50 Ben/Sil \$30 NON \$60**

For more information contact Jodi Valenstein @ 704-366-5007 or jodi.valenstein@charlottejcc.org.

### Kid's Nite Out! 3rd - 5th Graders

Sat. Jan. 27th @ 7 - 10:30 pm  
 Come and join all your friends for a fun evening out! Kids Nite Out! is a program designed to foster positive Jewish friendships in the community. Registration is required prior to the event. The theme for this month's event is "Open Gym & Games". FOR MEMBERS ONLY.

**LJCC \$20 Ben/Sil \$12**

For more information, contact Mark DiDonato @ 704-366-5007 or mark.didonato@charlottejcc.org.

### "Lost Boys of the Sudan"

Thurs. Jan. 11th @ 7 pm Lerner Hall  
 In partnership with Catholic Social Services Refugee Office of Charlotte, we are proud to present "Lost Boys of Sudan". An award winning documentary about the plight of young Sudanese boys fleeing from their war-torn homes to escape death & slavery. Presentation is followed by a Q&A session with the director and a local "Lost Boy" from Charlotte. Please call Jodi Valenstein @ 704-366-5007 for more details.

### Weekday Gourmet with the "J"!

Fri. Jan. 19th @ 10:30 am Meeting at Weekday Gourmet!  
 901 S. Kings Dr. Suite 108, Charlotte, NC  
 Meal preparation at it's best! The group chooses six meals to assemble, prepare, package and take home, ready to pull out and reheat when you need them. Delicious home cooked meals at take-out convenience. Maximum 15 participants. Contact Jodi Valenstein @ 704-366-5007 or jodi.valenstein@charlottejcc.org for meal selection choices. Meals are designed to feed 4-6 people.

**LJCC \$112 Ben/Sil \$100 NON \$124**

