

October @ The J

Enriching Lives and Building Relationships through Quality Jewish Experiences

Sports, Fitness & Wellness

Infant Massage

Fridays 10:00-11:15am
October 12, 19, 26
Family Place

Infant Massage provides a special time of communication that fosters love, compassion and respect. It helps relieve colic, enhances neurological development and establishes sound sleep patterns. Come join the class and learn how to increase baby's sensory awareness, improve the immune system and reduce stress hormone levels.

Members: \$150 Benefactors: \$90 Non-members: \$165

Mother/Daughter Belly Dancing

Wednesdays 4:00-5:00pm
October 10 – November 14 (6 weeks)
Upstairs Dance Studio

Enjoy the feminine art of belly dancing with your daughter. This class is designed for girls ages 6-10 years old. You will learn to shimmy and dance two pieces of choreography during the 6 week session.

Members: \$90* Benefactors: \$54* Non-members: \$120*
***Price includes both Mother and Daughter.**

SKILL: Starting Kids in Learning Lacrosse

Thursdays 4:00 – 5:00pm
October 11 – December 6 (8 weeks) No class: 11/22
Ostrow Family Athletic Field

Learn the basic fundamental skills of lacrosse – passing, catching, ball handling and shooting. Class will provide instruction in all these areas and also review terminology, team positions, rules of the game, scoring and, of course, safety. You must bring a lacrosse stick and mouth guard. Class will be held indoors for inclement weather.

Members: \$96 Benefactors: \$58 Non-members: \$136

For more information on the above programs, contact Stephanie Garner at 704-944-6743 or Stephanie.garner@charlottejcc.org.

JCC Jaws Fall Swim Team

Oct. 8 – Dec. 15

This is the time to get involved if you have been thinking about swim team. Our Fall program serves as a tune up for our Winter swim team that competes in the Hornet's Nest Swim League.

For more information, contact Peter Perers at 704-944-6745 or peter.perers@charlottejcc.org.

Social

Newcomers Schmooze

October 7, 10am-12noon
Weinberg Center

Come join us for a cup of coffee, meet some new friends!

Light up the Night Progressive Dinner

Saturday, October 13
6:15pm-7:15 pm LJCC Lerner Hall

After cocktail hour, we'll disperse to themed dinners at people's homes. Then we'll meet for a Dessert Reception together at Sheri and Paul Makowski's home for a Havdallah service and live musical entertainment! For more information, contact Jodi Valenstein at 704-944-6730 or jodi.valenstein@charlottejcc.org.

Member/Benefactor: \$68/person, \$136/couple
Non-member: \$80/person, \$160/couple

Thanks in Deed Luncheon

Monday, November 19, 12-2pm

Professional Chef David Himmelberger and assistants will be preparing this delicious meal. Live entertainment will be provided by the Charlotte Chorale's performance of Broadway tunes. We will be collecting non-perishable food items to donate to those in need. Tickets must be purchased in advance. For more information, contact Jodie Iagnocco at 704-944-6753 or jodie.iagnocco@charlottejcc.org.

JCC/Oasis Members: \$10 Non-members: \$12

Arts & Music

Suessical! The Musical

November 17, 2 & 7pm & November 18, 2pm

Join us for the first annual LJCC Theatre Performance! Come see your friends and family as they take the stage. Volunteers are still needed and sponsorship opportunities are available.

Starving Artists

Nov 4th, 12-4, Lerner Hall

Come support local artists as they gather for one afternoon just for you! Browse, mingle, chat, snack, and find those masterpieces you've been looking for!

For more information on arts and music, contact Aree Pearlman at 704-944-6792 or aree.pearlman@charlottejcc.org.



Fit for everyone.

Sandra and Leon Levine Jewish Community Center
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