

January @ The J

Enriching Lives and Building Relationships through Quality Jewish Experiences

Begin 2008 with the LJCC

January is a great month to
join the Levine JCC!

The one time Joining Fee will be waived
for the month of January.
Call 704-944-6741 for more information.

Sports & Fitness

Levine JCC Sports Specialty Camps

Registration begins February 10, 8:00am

- The Ethan Horton Flag Football Camp: June 16-20
- Soccer Skills Camp: August 18-22
- Dell Curry/Charlotte Bobcats Basketball Camp:
August 11- 5th
- Summer Tennis Camps: 1/2 & Full Days: June 23-Aug.1

Capoeira

Charlotte's Capoeira school, Academia Aprende, is thrilled to bring to the LJCC this unique Brazilian dance/ martial art form.

Capoeira I: Ages 6-18

Fridays, January 11 - March 14, 4:00 - 5:00pm

Capoeira II: Age 18+

Saturdays, January 12 - March 15, 4:00 - 6:00pm

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

Wellness

The LJCC is proud to offer the following wellness programs in conjunction with the CMC Health Center:

- Shake off Your Wintertime Blues: January 15 & 29
- Health Class: January 16 - March 5
- Wellness Friday Lecture - Late-Life Depression: January 25
- Grocery Shopping with a Registered Dietician: January 28
- Cholesterol Screening: January 29

For more information on wellness programs,
contact Katherine Bilbro RN/BSN at 704-944-6756
or katherine.bilbro@carolinashealthcare.org

Enrichment

Digital Camera 101

January 17, 7:00 pm-9:00 pm

Randy Franklin will teach you how to use your digital camera!

Cooking for your Health Without Losing the Taste!

January 31, 7:00 pm-9:00 pm

Chef Charlie Reed of Johnson and Wales will take our palettes on an adventure as he teaches us healthy cooking for 2008!

For more information about these programs,
contact Jodi Valenstein at 704-944-6730 or
jodi.valenstein@charlottejcc.org

Social

Newcomers' Schmooze

January 13, 10:00am- Noon

Weinberg Adult Center, located in the LJCC

New to Charlotte? Want to meet some new friends? Come by for some coffee and a bagel!

Mah Jongg Nights

January 24, 6:30 - 9:00 pm

Weinberg Adult Center

Join us for a night of mah jongg, snacks and a pizza dinner!

Super Escape: Ladies Only!

February 3, 9:00 am -1:00 pm

Weinberg Adult Center

Who says Superbowl Sunday is about the MEN? Join us as we pamper ourselves for a Sunday morning here at the LJCC!

Camp Mindy!

Camp Registration

February 10, 8:00am-Noon

The Sam Lerner Center

Counselor Meet & Greet

January 27, 1:00-4:00pm

Simply Sweet (The Fountains Shopping Center)



Fit for everyone.

Sandra and Leon Levine Jewish Community Center
5007 Providence Road | 704.366.5007 | charlottejcc.org