

## SO MANY WAYS TO STAY FIT, ACTIVE + CONNECTED!



### early childhood

Stephanie Freedman 704-944-6891  
stephanie.freedman@charlottejcc.org

#### Mandarin Chinese for Preschoolers

3-5 year olds  
Kids will learn Chinese in this fun, interactive class.

**Mondays • 1:15-2pm**  
**October 21-December 2 (7 weeks)**

**Family Place**  
7-wk Session: M/\$77 B/\$60 NM/\$94

#### Little Chefs

3-5 year olds  
A drop-off cooking class for kids.  
Transfers available from CJP.

**Tuesdays • 1:15-2pm**  
**October 22-December 3 (7 weeks)**

7-wk Session:  
M/\$78 B/\$60 NM/\$90  
704-944-6891 • stephanie.freedman@charlottejcc.org



### k-5th grade

#### J-Tribes

K-5th Grade  
J-Tribes is a father/child program designed to foster relations between fathers & their kids in exciting ways. Father/child pairs are placed in 'tribes' of 12 pairs. "All-Tribe" programs include seasonal outings, volunteer opportunities, and a Spring camping trip.

**Sunday, October 13**

**The Amazing Maize Maze**  
Father/child "pair" per school year:  
M/\$100 NM/\$150 (+\$50 per additional child)  
704-944-6733 • mitch.ormand@charlottejcc.org

#### Club "45"

Calling all 4th-5th Graders  
Come have some Saturday Night FUN with friends. This month, we'll meet at Camp Mindy for pizza, then have more fun than you can possibly imagine with the return of "Over-the-Counter Improv!"

**Saturday, October 5 • 6pm**

**Meet at Camp Mindy**  
M/\$20 NM/\$25  
704-944-6733 • mitch.ormand@charlottejcc.org

#### Family Night - Pizza & a Movie

K-5th Graders & their Families  
Fun for the whole family!  
Join us for a night of pizza and a family-friendly new release movie.

**Saturday, October 12 • 5-7pm**

**Lori Sklut Rec Hall, Camp Mindy**  
Per Family: M/\$15 B/\$10 NM/\$25  
704-944-6738 • mark.didonato@charlottejcc.org



### teens

Jessie Cohen 704-944-6739  
jessie.cohen@charlottejcc.org

#### Jammin' @ the J

6th-8th Grade  
We'll have a DJ, basketball, awesome inflatables, and a snack bar open all night!

**Saturday, October 19 • 7-11pm**  
Year-round Pass: M/\$135 NM/\$150  
Or \$15 per ticket



#### Teen Leadership Council

6th-8th graders (Newcomers welcome!)  
Looking for a great leadership opportunity? Help create/run programs for the middle school teens. Make new friends, learn how to plan events, and complete community service projects. Meets monthly.

**Sunday, October 20 • 5-6pm**  
**LJCC Teen Lounge FREE**

#### LJCC & BBYO

##### Saturday Night Take Over

6th-8th grades  
Swimming, sharbade, basketball, snacks & sodas along with video games in the Teen Lounge. The LJCC is for the Teens tonight!

**Saturday, October 5 • 7-10 pm**  
M/\$10 B/\$5 NM/\$15



#### Flu Shot Clinic

**Monday, October 7**  
**9:30am-3pm**

**Weinberg Adult Center**

If you are covered by Medicare Part B, BC/BS of North Carolina, Aetna, or United Health Care there will be NO co-pay. You will need to complete the Insurance consent form. All others will be charged \$31.99. Clinics are serviced by CVS Pharmacies. Credit cards, cash or checks made out to CVS Pharmacy will be accepted.

704-944-6753 • jodie.agnocco@charlottejcc.org

No appointment necessary!



Your Ticket to Staying Young!

Adults 55+

#### LJCC & Levine-Sklut Library Book Club

Join us every 3rd Tuesday of the month for an informal, thought provoking, social opportunity. Book selections are chosen by the group. Led by Talli Dippold (& occasional guests).

**Tuesday, October 15**  
**10:30am - Weinberg Center**  
**7pm - Levine-Sklut Judaic Library**

Please RSVP for evening meeting  
704-944-6780 • Tdippold@shalomcharlotte.org

### adults

Jodie Iagnocco 704-944-6753  
jodie.iagnocco@charlottejcc.org

#### Mah Jongg Classes

Men, women or couples; 4 participants/session min. Learn the basics of how to play this ancient game from an experienced teacher, and you'll be a pro in no time. (sessions are 4-weeks)

**Tuesdays (PM), 6:30-8:30pm**

**I: October 1-22 II: Oct 29-Nov 19**

**Wednesdays (AM), 10am-12pm**

**I: October 2-23 II: Oct 30- Nov 20**

4-week Session: M/\$85 B/\$51 NM/\$95

#### Mah Jongg - LJCC OPEN PLAY Night

All levels welcome.

Join us every 2nd Tuesday of each month. Bring your sets, cards, snacks for a night of fun and friendship.  
**Tuesday, October 8 • 7-9pm FREE!**

#### "Healthy Living, Healthy Aging" Returns

Adults 50+

Join us as we initiate our 2nd Annual Healthy Living Healthy Aging Program, where the focus is to keep you healthy at 100! These FREE monthly seminars will show you how to fool Mother Nature and make your adult years the healthiest & best ever. Light healthy snack provided (or bring a dairy/veg. lunch).

#### "Keepin' Your GI Tract Movin' & Groovin'"

With Gastroenterologist Dr. Jeffrey Zaidman

**Tuesday, October 15 • 12-1pm • Rm A110**

For information contact: Nurse Lorrie 704-944-6880  
Future Seminar Dates: 11/21, 12/17, 1/21/2014

### seniors

#### OASIS October Fieldtrip:

##### Choir Music at Myers Park UMC

Oasis & LJCC members only. Sponsored by the "Stan Greenspon Charitable Foundation"

**Wednesday, October 16th**

**9:45am-1:30pm** (bus departs & returns to LJCC)

This month we'll head to the **Myers Park United Methodist Church** to view a performance of "The Cap & The Collar - A Place in the Choir." For years, Rabbi Yossi & Pastor Paul have been bridging the gap of people of all faiths by entertaining them with their original traditional songs. Lunch provided (\$5).

Space is limited; reservations are necessary!

Sign up in the Weinberg Center or contact:  
704-944-6735 • Audrey.Herman@charlottejcc.org

#### Do You Have Questions About Medicare?

Are you confused about the Open Enrollment Period for your Prescription Drug Plan, which runs October 15 thru December 7? **FREE counseling** is available to help answer all your questions. Services provided by SHIP (Senior Health Insurance Information Program).

To make an appointment for a private consultation:  
704-944-6753 or Jodie.Iagnocco@charlottejcc.org