STAY FIT, ACTIVE + CONNECTED AT EVERY AGE!

Preschool

Strollercize Fitness Club

Moms - bring your baby and stroller and join other moms for an energizing outdoor workout. We will include intervals of strengthening and toning using bands and body weight, as well as walking and jogging, all while interacting w/your child & other moms.

Wednesdays • 12:05-12:50pm April 9 – May 21 (6 weeks) Meet at Camp Mindy M/\$36 B/\$Free NM/\$54

Got Shabbat?

Newbom-30 mos. w/Caregiver Come try our famous "Got Shabbat" music class with Ms. Patty!

Friday, May 16 • 9:15-10:15am Gorelick Hall

M/\$5 B/\$Free NM/\$7



Parents' Morning Out Program
12 mo+ (& walking) and up
Mon-Fri • 9:15am-12:15pm
2, 3 or 5 day option

NOW ENROLLING FOR FALL - CALL FOR A TOUR! 704-944-6891

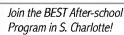
LJCC Departments Directory

Program Questions? Contact:

- **★ Early Childhood / Preschool** stephanie.freedman@charlottejcc.org 704-944-6891
- **★ K-5th Grade Programs** mark.didonato@charlottejcc.org 704-944-6738
- **★ Teen Programs** jessie.cohen@charlottejcc.org 704-944-6739
- **★ Adults / B.I.S.Y.** jodie.iagnocco@charlottejcc.org 704-944-6753
- **★ Seniors / Oasis** audrey.herman@charlottejcc.org 704-944-6735
- **★ Dance/Theatre/Visual Arts/Music** susan.gundersheim@charlottejcc.org 704-944-6778

K-5th Grade





J-TEAM Afterschool Program

Mon-Fri • 3-6pm

Located in the Activity Centers at Camp Mindy, we are committed to providing a well-rounded experience for your child.

Award

Vinning

K-5th Grades



Questions/Availability • 704-944-6733 mitch.ormand@charlottejcc.org

Teens

Teen Social: Take a Hike

6th-8th Grades
Let's hike the trails at the US National
White Water Center! RSVP by 4/30.
Sunday, May 4 • 1-5pm

Drop-off/pick-up @Teen Lounge M/\$20 B/15 NM/\$30

Jammin' at the J

Middle School only!

DJ, basketball, inflatables & snack bar!

Saturday, May 10 • 7-11 pm

\$15 per ticket

Teen Advisory Group Meeting

6th-8th Grades (newcomers welcome!)
Come share your ideas for new teen
programs YOU want to see at the J!!

Sunday, May 18 • 1-2pm Teen Lounge



Adults

Creative Photography Course

In this class you will learn to use your iPad and tablet as a creative tool to enhance your everyday photos and turn them into inspiring works. With the tap of a finger you will be able to sharpen images, add light effects, borders or text and also learn how to share or print them directly from your device. You do not have to be artistic or technologically savvy to create beautiful photos.

Tuesdays, May 13 & 20 6:30-8:30pm • Gorelick Hall

4-hr course: M/\$60 B/\$40 NM/\$70

Group Ex "LITE"

New, Lighter Versions of our Group Exercise Classes!

See our current Group Exercise Schedule: charlottejcc.org

IMPORTANT

Life Conversations: There's No Time Like *Now!*

This FREE community-wide program for Jewish seniors and their families will help facilitate the difficult and crucial "conversations" that we often avoid until it's too late! Professional guest speakers and vendors from local agencies will provide the information, resources and inspiration needed for your family to engage in these critical "conversations."

The "Care" Conversation

Loss of independence, transitional care in/out of the home, and the JFS Senior Outreach Program.

Sunday, May 4 • 10am-12pm Gorelick Hall, LJCC

FREE! Light snacks provided. RSVP by **April 29th**

Last Conversation Date "Closing" June 8, 11am-1pm

Nurse Lorrie • 704-944-6880 Jodie lagnocco • 704-944-6853 jodie.iagnocco@charlottejcc.org

Funded through a generous grant from



Levine JCC & Levine-Sklut Library Book Club

Join us for this informal, thoughtprovoking, social opportunity. Book selections are chosen by the group. Led by Talli Dippold & guests. Free!

Tuesday, May 20 • 10:30am Weinberg Adult Center 704-944-6780

Tdippold@shalomcharlotte.org

"Healthy Living, Healthy Aging" Lunch & Learn Adults 50+

FREE

FREE!

Maeyy'ssToppioic:

"Minding Your Bones"

Presented by Nelsa Anderson Ciapponi, MD

Tuesday, May 20
12-1pm • Room A111
Light healthy snack served:

or bring a dairy/veg lunch.

Final Seminar Date: 6/19 Nurse Lorrie 704-944-6880

Seniors

AARP "Smart Driver" Program

Cars have changed and so have traffic rules & driving conditions. "Get up to speed" and learn all the latest rules, laws, how to deal with aggressive drivers and handle problem situations.

Thursday, May 1

9:30am-2pm (30 min. lunch break)
Weinberg Adult Center, LJCC
AARP Member/\$15 Non-mem/\$20

OASIS Fieldtrip: Charlotte Farmers Market & Lunch

Sponsored by Stan Greenspon Charitable
Foundation • Oasis/LJCC members only.
Join us for a morning of fun as we head
off to the Charlotte Farmers Market.
Enjoy browsing and buying fresh
produce and other "wares." Afterwards
we will enjoy lunch at Bill Spoons
Barbeque Restaurant.

Wednesday, May 28 9:30am Bus departs LJCC 2:15pm Bus returns

FREE; lunch cost on-your-own.

Space is limited; RSVP required.

Sign-up in the Weinberg Center or contact Audrey Herman 704-944-6735, or audrey.herman@charlottejcc.org

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