



aquatics tennis racquetball sports leagues seasonal camps teens afterschool programs childcare senior programs

## WE'VE GOT YOU COVERED!



7 wks-7 yrs

it's more than just babysitting!

### Hours

\$45 1hr \$38 10hrs \$90 30hrs

Mon-Fri AM ..... 8am-1pm  
 Mon-Thu PM ..... 4-7:30pm  
 Saturdays ..... 12-3pm  
 Sundays ..... 8:30am-2pm

A fun, safe place for your child to play while you workout!



For Grades K-5

### Location & Hours

Sundays only  
 8:30am-1pm  
 Location TBA

Member  
 1st hour FREE, then \$2/hr



RESERVATIONS REQUIRED:  
 704-366-5007

## Preschoolers

### Holiday Hoopla & Got Shabbat

1-3 year olds, with parent/caregiver  
 Celebrate Passover with songs, crafts & snacks with Ms. Patty & Ms. Marciel!  
**Friday, March 20**  
 9:15-10:15am  
 LJCC's Family Place  
 \$10/family; to register call the LJCC customer service desk 704-366-5007

## K-5<sup>th</sup> Grade

### 2/3 Round Up

2nd & 3rd Graders  
 Round up all of your friends and join us for an evening of pizza and fun activities.

**Saturday, March 7 • 6-9pm**  
**Camp Mindy**  
 M/\$20 B/\$12 NM/\$25  
 704-944-6738 • mark.didonato@charlottejcc.org

### Kids Club "45" – Magic!

4th & 5th Graders  
 Let's all get together for this exciting "club" here at the J! First, we'll have pizza then have fun learning magic with *Thomas the Magician!*  
**Saturday, March 7 • 6-9pm**  
**Weinberg Center, LJCC**  
 M/\$20 B/\$15 NM/\$25  
 704-944-6733 • mitch.ormand@charlottejcc.org

## Teens

### Teen Advisory Group "TAG"

Grades 6-8  
 Tag – you're it! Here's your opportunity to plan and execute activities for teens here at the J. Learn leadership & event planning skills and make new friends!  
**Sunday, March 8**  
 1-2pm • Teen Lounge **FREE!**

### Guys Night In: Game Truck

Grades 6-8  
 Guys – invite your buddies and have the J to yourself! We'll have pizza, La Riche, a free throw contest, time in the Game Truck, and an ice cream sundae bar.  
**Saturday, March 21 • 7-10:30pm**  
**Meet @ Teen Lounge**  
 M/\$25 B/\$15 NM/\$35  
 Register by March 18th • 704-366-5007

## Adults

### FREE Instructional Tai Chi Demonstration

Tai Chi/Qigong is a perfect, safe exercise to enhance balance, coordination and improve the discomfort from Arthritis. Discover the health benefits of this ancient art with instructor Mike Gentile.  
**Friday, March 6 • 12:30-1:30pm**  
**Swimmer Family Aerobics Studio**

### Learn to Play Mah Jongg

Men/Women/Couples  
 Learn the basics of this ancient Chinese tile game from an experienced teacher.  
**Wednesdays, 10am-12pm**  
**March 11-April 1 (4 weeks)**  
**LJCC Conference Room**  
 M/\$85 B/\$51 NM/\$95  
 704-944-6753 • jodie.iagnocco@charlottejcc.org

### Special Event: Meet the Author

**William Northrop will speak on Espionage and the Middle East.**  
 Hadassah & LJCC present a special evening with William Northrop, author, military historian, intelligence expert, and investigator. His most recent book *Spook War* gives readers a first-hand glimpse into the complicated and duplicitous world of espionage.  
**Sunday, March 15 • 4pm**  
**Lerner Hall @ Levine JCC**  
 \$10/person (includes wine/cheese reception)  
 Questions? Lynda White 704-541-8317

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

An informal, thought-provoking, social opportunity. All are welcome. Led by Talli Dippold. 3rd Tuesday each month.  
**Tuesday, March 17**  
**10:30am • Weinberg Center**  
 jodie.iagnocco@charlottejcc.org **FREE!**



FREE monthly seminars focusing on keeping you Healthy at 100!  
 Make your adult years the healthiest & best ever!

### March Topic:

### "Healthy Glowing Skin for Men & Women!"

Presented by  
 Cindy Tucker, RN, Dermatology, Laser & Vein Specialists  
**Thursday, March 19 • 12-1pm**  
**Room A111 / LJCC**

Keep your skin looking healthy and glowing. Not just for women!

Nurse Lorrie 704-944-6880

Future Seminars:  
 Apr 21 • May 19

## group-ex "LITE" 50+ fitness

Lighter Versions of our Group Exercise Classes!

### Blissful "Beginner" Yoga

Mon • 11:15am-12:15pm  
 Wed • 4:00-5:00pm



**Zumba GOLD®**  
 Tue • 10:30-11:30am



**Cycle Lite**  
 Wed • 11:00-11:45am



**Balance Training**  
 Wed • 12:30-1:00pm

**Restorative Deep Stretch**  
 Thurs • 11:45am-12:45pm

**Muscle, Core & More**  
 Fri • 11:15am-12:15pm

LJCC Members: FREE (included in your membership!)  
 Non-members: 12-Class Pass  
 NM/\$25 Oasis/\$25

## Seniors

### Bereavement Support Group

Facilitated by JFS Therapist Nicole Levine, this group is for those who have experienced a loss of someone close. Provides a safe, supportive environment to adjust to changes, express individual grief, and honor memories of those lost.  
 No registration necessary.  
**Wednesdays, March 4 & 18**  
 10-11am • JFS Board Room **FREE!**

### Chronic Disease Self-Management Program

Take control of your health in just 6 weeks! If you are dealing with a chronic disease and want to better manage your health care, then this FREE 6-week course developed by Stanford University is for you. Take charge & feel better!  
**Thursdays • 9:30am-12pm**  
**March 19-April 30**  
 (6 weeks; no class on 4/9)  
 You must plan to attend all 6 sessions; Space is limited; registration is required. For questions or registration, stop by the Weinberg Center or call Jodie Iagnocco 704-944-6753 or Jill Lipson 704-944-6792. **FREE!**

### OASIS Monthly Fieldtrip: Mint Museum Exhibit

Oasis/LJCC members only  
 Join us for a morning uptown at the Mint Museum. We'll be viewing "*Halston & Warhol: Silver and Suede*" – a captivating exhibition that, for the first time, unites the work of Roy Halston Frowick and Andy Warhol, offering a unique perspective on the intersections between their lives and creative practice. After the museum, we will have lunch at Greek Isles.  
**Wednesday, March 25**  
 10:15am Bus departs LJCC  
 2pm Bus returns  
 \$18/person (paid in advance by 3/18), plus, cost of lunch. Reservations required; Sign-up in Weinberg Center or contact: 704-944-6735 • audrey.herman@charlottejcc.org

Sponsored by The Stan Greenspon Charitable Foundation

## ALL SENIORS WELCOME!

– Made possible by –  
 The Stan Greenspon Charitable Foundation

## Oasis Senior Passover Seder

A Passover luncheon and a community Seder led by Rabbi Jenathan Freirich, Cantor Mary Thomas, and musical accompaniments by Miss Patty.

**Friday, March 27th • 12-2pm • Gorelick Hall, Levine JCC**

\$5 plate

\*Advance Registration (w/payment) required by March 23  
 704-944-6735 • audrey.herman@charlottejcc.org



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\*An annual administration fee of \$20 per individual or \$35 per family is required for non-member participation in programs and services.