WE'VE GOT YOU COVERED! RESERVATIONS REQUIRED: 704-366-5007



Preschoolers

Holiday Hoopla & Got Shabbat

1-3 year olds, with parent/caregiver Celebrate Shavuot! We'll pretend we are camping in flower-covered hills, and enjoy songs & a snack w/Ms. Patty & Ms. Marcie!

Friday, May 15 • 9:15-10:15am Levine JCC's Family Place

\$10/family - Register at LJCC Customer Service Desk, or call 704-366-5007.

Teens

Teen Coalition Shabbat

Grades 8-12

Join us for a night of services, Shabbat dinner, and a comedic performance by Benji Lovitt.

Friday, May 1 • 6-8:30pm

\$5 fee - Register at LJCC Customer Service Desk, or call 704-366-5007.

Mitzvah Maddness: "Packets & Pizza"

Grades 6-8

We need help stuffing packets for the Kids Triathlon. Earn community service hours - get a head start on them for next year, or maybe you just want to do a community Mitzvah. Register by 5/26. Wednesday, May 27 • 5-6:30pm

\$5 for pizza - Register at LJCC Customer Service Desk, or call 704-366-5007.

Adults

Matter of Balance Workshop

Many older adults experience concerns about falling, which restricts their activities. This award-winning program is designed to help you manage falls and increase your activity levels. Limited space; advanced registration required.

Tue & Thu • 10am-12pm May 5-28 (Room TBA)

Questions? 704-944-6753 jodie.iagnocco@charlottejcc.org

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

All are welcome to join this informal, thought-provoking, social opportunity. Led by Talli Dippold. 3rd Tue/month.

Tuesday, May 19 • 10:30am Weinberg Center

jodie.iagnocco@charlottejcc.org

Organic Gardening Class "Seed to Saucepan"

Instructor Matt Kokenes of MicroFarm Organic Gardens will teach you how to grow fresh, organic produce right in your own backyard! May class focus: "Maintaining Your Organic Garden!"

Tuesday, May 26 • 10:30am-12pm **Weinberg Center**

M/\$20 NM/\$25

Register at the LJCC Customer Service Desk, or call 704-366-5007.

Presented by Kathy Dowd, AuD

FREE!

Tuesday, May 19 • 12-1pm FSP Boardroom, LJCC

'Healthy Living,

Healthy Aging"

Lunch & Learn

Adults 50+

FREE monthly seminars focusing

on keeping you Healthy at 100!

Make your adult years the

healthiest & best ever!

May Topic:

"Can You Hear Me Now?"

free!

Hearing is an important sense. Unfortunately, it can be compromised by the normal aging process, certain chronic illnesses, and a variety of medications.

Learn about the things that negatively impact our hearing, and the technologies available to assist us with hearing loss.

Nurse Lorrie 704-944-6880

LJCC Department Directory

Contact us you have questions!

704-366-5007 • charlottejcc.org

Membership 704-944-6742 susan.lerner@charlottejcc.org

Early Childhood 704-944-6891 stephanie.freedman@charlottejcc.org

K-5th Grade Programs 704-944-6733 mitch.ormand@charlottejcc.org

Teen Programs 704-944-6739 jessie.cohen@charlottejcc.org

Adult Programs 704-944-6753 jodie.iagnocco@charlottejcc.org

Seniors/Oasis 704-944-6792 jill.lipson@charlottejcc.org

Sports & Fitness 704-944-6743 stephanie.garner@charlottejcc.org

Aquatics / Swim Team 704-944-6746 joshua.steinberger@charlottejcc.org

LJCC Tennis / CRUSH 704-944-6748 gregory.oconnor@charlottejcc.org

Visual/Performing Arts 704-944-6778 susan.gundersheim@charlottejcc.org

> Social Action 704-944-6730 julie.rizzo@charlottejcc.org

Seniors

NOTE: Oasis is CLOSED for Memorial Day - Monday, May 25. ALL Oasis programs and classes are cancelled.

Bereavement Support Group

Everyone Welcome!

Facilitated by JFS Therapist Nicole Levine, this group is for those who have experienced a loss of someone close to them. We provide a safe, supportive environment to adjust to the changes, express individual grief, and honor the memories of those lost.

Wednesday, May 6 & Wednesday, May 20 10-11am • JFS Boardroom

No registration necessary.

OASIS Monthly Fieldtrip: Shopping at Charlotte **Premier Outlet Stores** Oasis/LJCC members only

Sponsored by The Stan Greenspon Charitable Foundation

This month we will be heading to the Charlotte Premier Outlet Stores

for a morning of shopping fun. Put on your walking shoes, and "shop till you drop," or just come and browse. After shopping we will head to Chili's restaurant for lunch.

Wednesday, May 27 9:30am Bus departs LJCC **2pm** Bus returns to LJCC Field trip is FREE; cost of lunch is on your own. Reservations required; Sign-up in Weinberg Center or contact: Audrey Herman at 704-944-6735, or audrey.herman@charlottejcc.org

KIDS' NIGHT IN @ THE J! Ages 7 weeks to 7 years JCC Members Only Plan A Date Night! Parents' Saturday, May 16 Night CHULD 5:30-8:30pm Out... wear your pj's · pizza · crafts CARE movie & popcorn • fun! NOTE: Children will \$18/child \$30/2 siblings \$40/3 siblings be grouped by age. Limited Space • Reserve Now: 704-366-5007

Lighter Versions of our Group Exercise Classes!

Blissful "Beginner" Yoga Mon • 11:15am-12:15pm

Wed • 4:00-5:00pm

Wed • 11:00-11:45am

Cycle Lite

Zumba GOLD® (\$) Jank Tue • 10:30-11:30am

OO News





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 ya membership!

Non-members: 12-Class Pass NM/\$25 Oasis/\$25