



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

Wednesdays, 3:30-4:15pm
Upstairs Dance Studio

I. January 6-February 24

M/\$120 B/\$72 NM/\$160

II. March 9-May 25 (no class 3/30)

M/\$165 B/\$100 NM/\$220

Kids Club "45"

Grades 4 & 5

Enjoy a pizza dinner with your friends, and learn magic from a real magician.

Saturday, January 23 • 5-8pm

Lori Sklut Rec Hall, Camp Mindy

M/\$25 B/\$15 NM/\$30

Register at the LJCC customer service desk, or call 704-366-5007

Adults

Writing Workshop:

"Telling it how you see it!"

Are you interested in finding your writing voice or style? This class will guide you through the process of using your personal experiences, to create memoirs, essays, opinion pieces and inspire your creative side.

Tuesdays, 1-2pm • Rm A110

January 5-February 23 (8 weeks)

M/\$80 B/\$56 NM/\$95

Exploring Meditation

J-Prime, age 50+

NEW!

Are you looking to live more consciously? Explore the various forms of meditation and how they can benefit you. Learn how to control your thoughts, emotions and actions, quiet the noise in your mind and attain clarity of thought.

Mondays, 10:15-11:15am

January 18-February 22 (6 wks)

Rm D118 (across hall from the Library)

M/\$90 B/\$65 NM/\$105

Introduction to Mindfulness-Based Meditation

J-Prime, age 50+

NEW!

Learn techniques to calm the mind and cultivate greater presence, compassion and focus. Discover the health benefits of meditation and ways to nurture mindfulness, gratitude, compassion and to manage stress in everyday life. We will practice breath-awareness meditation together each week.

Mondays, 5:30-6:30pm

January 18-February 22 (6 wks)

Upstairs Dance Studio

M/\$90 B/\$65 NM/\$105

LJCC & Levine-Sklut Judaic Library Adult Book Club

"It's a Novel Thing!" Join us on the 3rd Tuesday of each month for this informal yet thought-provoking opportunity to share your love of fiction. Group discussions are facilitated.

Tuesday, Jan 19 • 10:30am

Questions? Call 704-944-6780

FREE!

Healthy Living, Healthy Aging: "Achieving Health Naturally"

Adults, age 50+

FREE monthly lunch-hour seminars focusing on keeping you "healthy at 100!" January guest speaker: Bobbie Mabe, Educator/Horticulturist

Thursday, January 21

12-1pm • FSP Board Room

Healthy snack served, or bring kosher lunch

FREE!

Ladies Night Out: The Real"ish" Housewives of Charlotte

Join us for dinner and a show uptown!

Thursday, March 3

6pm - Dinner at the JCC

7:30pm - Show @Booth Theater

\$35 per person; includes dinner

To RSVP call 704-366-5007 or stop

by the LJCC customer service desk.

Questions? robin.stier@charlottejcc.org

LJCC Department Directory

Please contact us you have questions!

Membership

Susan Lerner 704-944-6742

susan.lerner@charlottejcc.org

Early Childhood

Patty Torcellini 704-944-6891

patty.torcellini@charlottejcc.org

K-5th Grade Programs

Mitch Ormand 704-944-6733

mitch.ormand@charlottejcc.org

Teen Programs

Jessie Cohen 704-944-6739

jessie.cohen@charlottejcc.org

Adult Programs

Jodie Iagnocco 704-944-6753

jodie.iagnocco@charlottejcc.org

Seniors/Oasis

Jill Lipson 704-944-6792

jill.lipson@charlottejcc.org

Sports & Fitness

Stephanie Garner 704-944-6743

stephanie.garner@charlottejcc.org

Aquatics / Swim Team

Joshua Steinberger 704-944-6746

joshua.steinberger@charlottejcc.org

LJCC Tennis / CRUSH

Greg O'Connor 704-944-6748

gregory.oconnor@charlottejcc.org

Visual/Performing Arts

Susan Gundersheim 704-944-6778

susan.gundersheim@charlottejcc.org

J-Childcare

Maxine Serrano 704-944-6726

maxine.serrano@charlottejcc.org

LEVINE JCC'S

BIGGEST LOSER

YOU DON'T NEED TO DO IT ALONE!

2016 Team Challenge
FEBRUARY 1-29

Several coaches, times & schedules - choose which team works best for you!

- Weigh in each week (only team totals will be posted, NOT individual weights)
- Meet with your group twice per week for a supervised workout
- Follow coach's weekly assignments & guidelines
- Bonus Workouts will be available.

COMMIT TODAY!
Sign up at the LJCC front desk, or call 704-366-5007
Questions? catherine.bennett@charlottejcc.org

OASIS ENRICH ENLIGHTEN ENJOY

Senior Enrichment

MON-FRI • 9am-5pm
Weinberg Senior Adult Center

- * Game Days
- * Enrichment Activities
- * Educational Seminars
- * Painting Classes
- * Monthly Field Trips
- * Exercise Classes
- * M/W/F Lunch

Please read our monthly newsletter online or pick up a hard copy in Weinberg Center.

If you have questions, contact: Jill Lipson • 704-944-6792
jill.lipson@charlottejcc.org

LJCC Cares & Social Action

Blanket Drive

Through March 1

Please help us to collect new and gently used blankets to give to women and children at the **Salvation Army's Center of Hope**. The blankets are used by the women and children at the shelter, then taken with them when they move out into their own housing.

Drop off in the box located outside J Childcare. **Thank you for your support!**

Questions? Julie Rizzo 704-944-6730
julie.rizzo@charlottejcc.org

Jewish Federation of Charlotte
JCC Charlotte
Levine
DOING THE MOST GOOD
THE SALVATION ARMY
SOCIAL ACTION = LJCC CARES

like us! • facebook.com/levinejcc

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