



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

Adults

Ladies' Night Out

Belk Theater Event – *The Bodyguard*

Smash musical hit based on the movie! Must register by Friday, March 3.

Thursday, March 9

Meet for dinner at 6:15pm (Restaurant TBD)

Ticket \$65 (dinner not included)

704-944-6737 • robin.stier@charlottejcc.org

Writing Class: Tales to Treasure - How to Discover and Write Compelling Family Stories

Adults 21+

Tuesdays, 7–8pm • March 7 – 28 (4 classes)

Room A110 • Instructor: Dana Kumerow

M/\$54 B/\$48 NM/\$60

Register with LJCC Customer Service 704-366-5007

by Thursday, March 2. 704-944-6753 or

sharri.benjamin@charlottejcc.org

Canine Good Citizen & Puppy Training

Adults 18+ with dog/puppy at least 10 weeks old

Session I: Mondays, March 20 – May 1 (6 weeks)

Session II: Mondays, May 15 – June 26 (6 weeks)

6-7pm (Canine Good Citizen)

7:15 – 8:15pm (Puppy Training)

704-944-6739 • jessie.cohen@charlottejcc.org

Let's Dance!

Don't be left off the dance floor at weddings and B'nai Mitzvah parties. Come learn the latest dances and impress your family and friends!

Thursday, March 30

Cupid Shuffle, Watch Me (Whip/Nae Nae)

7-8pm

Swimmer Family Aerobics Studio

(Two more classes on 4/27 and 5/25)

Instructor: Jessica Weill

M/\$10 B/\$8 NM/\$12 per class

704-944-6753 • sharri.benjamin@charlottejcc.org

Masters Swim Program

Mondays/Wednesdays/Fridays • 6–7am

2 classes per week: M/\$40 NM/\$55

Unlimited classes per week: M/\$60 NM/\$75

It's a Novel Thing!

LJCC & Levine-Sklut Judaic Library Adult Book Club

3rd Tuesday of each month, 10:30am • Free

For more information or location, contact the

Levine-Sklut Judaic Library at (704) 944-6780

SHIP Seniors' Health Insurance Information Program

Free Medicare Counseling Available year round! Please call Senior & Adult Director Jill Lipson at 704-944-6792 for information



Tai Chi/Qigong

Adults 50+

Improve your strength, balance and flexibility through this gentle form of fitness.

Intermediate Level • Ongoing

Tuesdays, 11:45am–12:45pm

Beginner Level • Ongoing

Tuesdays, 1–2pm

Oasis/M/\$30 B/\$20 NM/\$42 per month

Drop-in fee: M/B/\$12 per class NM/\$14 per class

Painting & Beyond Art Class

Adults 50+

1st, 2nd & 3rd Mondays of the month

10-11:30am • Room A110

Oasis/M/ \$5 per class NM/ \$10 per class

Register with LJCC Customer Service 704-366-5007

Speak Up!

Learn how to protect yourself from financial scams, Medicare fraud, and domestic abuse!

Friday, March 24
12-1:30pm

The Sam Lerner Center
at Shalom Park

RSVP to Jill Lipson
704-944-6792

jill.lipson@charlottejcc.org

LJCC Department Directory

Please contact us you have questions!

Membership

Susan Lerner 704-944-6741
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

Adults & Seniors/Oasis

Jill Lipson 704-944-6792
jill.lipson@charlottejcc.org

Sports

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

Amie Gray 704-944-6726
amie.gray@charlottejcc.org

Social Action

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

Oasis Senior Passover Seder



ALL SENIORS WELCOME!



This Event Made Possible

& Sponsored By

STANLEY P. GREENSPON

A Passover luncheon and a community Seder led by clergy from Temple Beth El and Temple Israel and musical accompaniments by Miss Patty.

Wednesday, April 5 • 12-2pm
Gorelick Hall, Levine JCC

\$5

Space is Limited.

Advance Registration

(w/payment) required by March 30

704-944-6735

sharri.benjamin@charlottejcc.org

Exploring Meditation

Adults 21+

Come learn how to calm your mind, cultivate greater presence and compassion, and focus in your daily life. Each hour-long class will focus on a different type of meditation practice technique. Take one class, or take them all, to discover what practice resonates with you.

Tuesdays, 6–7pm

March 7 – Yoga Nidra

Guided body scan meditation practice

April 4 – Metta Meditation

Loving-Kindness meditation practice

M/\$12 B/\$10 NM/\$15 per class

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

704-944-6753 or
sharri.benjamin@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.