

JSOCCER * JPILATES * JCLAY * JHOOPS * JTEAM * JBABY * JMOM * JMASSAGE *

Early Childhood

Kids' Night In / Parents' Night Out at the J
7 Weeks - 12 Years

Kids enjoy a night in here at the J with pizza, themed crafts and a movie while you enjoy a night out.

Saturday, October 20

5:30-8:30pm

1 child \$25

2 children \$50

3 children \$65

Teens

JForce Youth

Grades 5-10

Designed for the athlete or non-athlete, and consists of an overall fitness program designed to improve body strength and endurance, speed and agility.

Tuesdays and Thursdays

5:30-6:10pm

M/\$140 B/\$110 NM/\$170

Adults

LJCC Wine and Cheese Tasting Night at Seaboard!

Adults 50+

Bring a friend; meet a friend! Join members of the LJCC, and enjoy 5 different cheeses paired with 5 different wines. Space is limited, so don't miss out. RSVP with payment online or at the front desk by Sunday, October 28.

Thursday, November 1 • 6-7pm

M/\$35 NM/\$40

Location: Seaboard Brewery, Taproom & Winery

213 North Trade Street, Matthews, NC 28105

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

Tai Chi/Qigong

Adults 50+

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

Tuesdays, 11:45am-12:45pm (all levels)

Swimmer Family Aerobics Studio

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

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

Flu Shot Clinic AT THE LJCC

Friday, October 12

14 yrs + older • No Appointment Necessary!

No co-pay for Aetna, BlueCross/BlueShield of NC, Cigna, Medicare Part B & United Health Care - all others \$40.99

NOTE: Regular Dose & High Dose (recommended for 65+)

Weinberg Senior Center

9am-3pm

Also available at the LJCC

MEDICARE PART D COUNSELING

Prescription Drug Plan Open Enrollment

Oct 15 through Dec 7

To make an appointment with a Volunteer SHIP Counselor:

Jill Lipson: 704-944-6792 or

jill.lipson@charlottejcc.org

Sharri Benjamin: 704-944-6753 or

sharri.benjamin@charlottejcc.org



The POWER of Aging

A year-long lecture series that will inspire and motivate you to live your best life.

Meets once per month:
Tuesdays • 9:15-10:15am

OCT topic: "Important Life Conversations"
Free • FSP Boardroom

A collaborative program between LJCC's Senior & Adult Department and First Hand Success' Lorrie Klemors, RN, MSH

OASIS Funded (in part) with a grant from: **BjM FOUNDATION FOR SENIOR SERVICES**

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



Memory Café

Caring for a family member with mild to moderate dementia? Come with them to the JMemory Café. Socialize and meet new friends!

Meets twice every month:
2nd & 4th Thursdays
10am-12pm
Weinberg Senior Center

A light breakfast is served at each Café, sponsored by **bluedot Ceres**

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704-944-6792 • jill.lipson@charlottejcc.org



OASIS

The Senior Enrichment (OASIS) Program's mission is to enrich the quality of life for all seniors, regardless of religious affiliation. We welcome all adults age 50 and up from the greater Charlotte area.

HOURS
Monday-Friday • 9am-5pm
Weinberg Senior Adult Center

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

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

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



Help Out. Do Good. Feel Good
SOCIAL ACTION = LJCC CARES

HEALING Ourselves HEALING the Engage in **TIKKUN OLAM** - repairing the world

Lomax Incubator Farm Service Project & Tour
Bring your family and join us for Tikkun Olam.
Sunday, October 7
10am-1pm
3445 Atando Rd, Concord
Register at LJCC Customer Service
704-366-5007 by October 1

Movie Screening: Wasted!
Join us as we take a look at how we buy, cook, recycle and eat food in the USA.
Tuesday, October 16
7pm
Sam Lerner Center at Shalom Park
Register at LJCC Customer Service
704-366-5007