Adult Class Schedule

COURSE	TIME	FEE	INSTRUCTOR	COURSE DESCRIPTION			
MONDAY INTERMEDIATE CALLIGRAPHY 8 sessions begins Feb. 1	9:30-11:00 am	\$15/M \$22.50/NM	Susan Karben	For those who have had previous Calligraphy instruction. Mor depth in italic alphabet plus new alphabet work.			
BEGINNER TENNIS 6 sessions begins March 1	9:00-10:00 am	\$9/M \$13.50/NM	Pauline Tulson	Learn tennis fundamentals as well as instruction on strategy Limit: 8			
INTERMEDIATE TENNIS 6 sessions begins March 1	10:00-11:00 am	\$9/M \$13.50/NM	Pauline Tulson	Tennis Lessons for people with some prior instruction. Strategy doubles play, drills will be stressed.			
ADVANCED DOUBLE PLAYERS 6 sessions begins March 1	11:00-12 noon	\$9/M \$13.50/NM	Pauline Tulson	This class geared toward a "playing" lesson. Some drill included.			
CHAI On going beginning Jan. 11	10:00-2:00 pm			Ongoing program each Monday for older adults. Begins with a Current Events class & a painting class from 10-12 noon. Lunch & Chaibusiness is discussed. Afternoon programs vary & include speakers, entertainment, movies, plays & other special programs at the Center or away. JCC members is a requirement for participation in Chai Group.			
HISTORIC EVENTS: PAST & PRESENT 11 sessions begins Jan. 11	10:00-12 noon	\$9/M \$13/NM	Les Cohen	Class is in conjunction with CPCC. Excellent discussion of current events will get you thinking & participating.			
BEGINNER BRIDGE 8 sessions begins Feb. 1	7:30-10:00 pm	\$18/M \$27/NM	Jean Oliver	Beginners course using text of Silverman's Five Card maj available in class for purchase. Minimum of 12 people needed f class.			
INDOOR GARDENING 3 sessions begins Feb. 1	7:30-9:30pm	\$9/M \$13.50/NM	Tory Bradshaw	Class includes discussions & demonstrations on: repotting - getting ready for spring, preventative measures against insects, fertilization, cutting back-how to, good plants for particular light situations, watering requirements, symptoms of common plant problems			
TUESDAY BEGINNER CALLLIGRAPHY	9:30-11:00am	\$15/M	Susan Karben	& soils. Supply fee included. Learn basic techniques of italic handwriting. Step-by-step instru			
3 sessions begins Feb.1 COOKING WITH NATURAL FOODS 2 sessions Feb. 2nd & 9th	9:30-11: am	\$12/NM \$8/M \$12/M	Sue Rankin	tion to master this centuries-old craft. Learn how to make the transition to a more healthful way of nutrition by taking the foods & recipes you presently use & adapting them. Learn how to make these conversions & apply them while cooking main entrees, breads & desserts.			
POTPOURRI OF JEWISH COOKING 3 sessions begins March 16	9:30-11:30am	\$15/M \$22.50/NM	Peggy Gartner Sara Schreibman	Sampling of traditional Jewish dishes. A total participation class; make Challah, Rugelach and other sweets, & borrecas, one of many delicious Sephardic treats. Supply fee included.			
COMPUTE! 2 sessions Feb. 9th & 16th WEDNESDAY	7:00-9:00pm	\$18/M \$27/NM	Shuford Smith	For the would be purchaser, the curious, or the novice; an INTRODUCTION course Getting To Know Personal Computers. The group considers basic sales jargon, capacities & limitations of computers.			
DYNAMICS 8 sessions begins Feb. 3	9:30-10:30 am	\$10/M \$15/NM	Ene Harbin	Combines the "best" of Aerobics, Exercise & Yoga. Warm up stretches & then "move to the beat" with several Aerobic dances. After the Aerobic section some standing & floor exercises choreographed to music and designed to firm & tone muscles. Yoga stretches & postures & end class with Yoga relaxation period.			
FINANCIAL PLANNING 3 sessions begins March 10	7:30-9:30 pm	\$30 couple/I \$20 single/N \$45 couple/I \$30 single/N	M	With todays double digit inflation, dollars errode rapidly. Class will help handle this problem with your available dollars. First session deals with setting goals: financial, social, leisure, educational & prioritizing goals. Also included will be budgeting, insurance & investment. Second session will cover interest rates, money, costs, credit transactions & ways to save. Final session includes wills, estate planning, why's & how's.			
CANDY MAKING 1 session Feb. 24	7:30-9:30 pm	\$4/M \$6/NM	Henry Ohland	Melt, pour, & mold chocolate. Various flavorings & coatings will be used to show you what you can create. In this total participation class you will work with Jewish-symbol molds & all-theme molds. Make cherry cordials, reeses cups & more. Supply fee included.			
INTERMEDIATE BRIDGE 8 sessions begins Feb. 3	7:30-10:00 pm	\$18/M \$27/NM	Jean Oliver	For previous bridge players. Lesson followed by play with rearranged hands to emphasize lesson. Text, Silverman's Five Card			
HURSDAY				Major, available in class for purchase. Minimum 12 people needed for class.			
NDOOR GARDENING sessions begins Feb. 4	9:30-11:30 am	\$9/M \$13.50/NM	Tory Bradshaw	See Monday evening course description.			
CANDY MAKING session Feb. 25	9:30-11:30 am	\$4/M \$6/NM	Henry Ohland	See Wednesday evening course description			
BELLY DANCING 3 sessions begins Feb. 4	10:30-11:30 am	\$10/M \$15/NM	Jane Effinger	Learn all the basic belly dancing steps, then use your creativity & feminism to put them into dances by the end of the sessions. Dancing background not necessary.			
GREAT DECISIONS				Refer to special story			
ADULT CREATIVE SEWING sessions begins Feb. 4	7:00-10:00 pm	\$23/M \$35/NM	Sue Alvarez	Learn applique & quilt by machine. Finish items in class. You sup ply fabric, trim, imagination. Some sewing experience helpful. Br			
FRIDAY				ing sewing notions & portable sewing machine if possible. Supply fee varies.			
ADULT CREATIVE SEWING sessions begins Feb. 5	9:00-12 noon	\$23/M	Sue Alvarez	See Thursday evening course description.			

ADULT & CHILDREN REGISTRATION FORM		ACTIVITY	FEE	DAY OF WEEK	TIME NAME	GRADE (if appropriate)
FAMILY NAME						
ADDRESS						
TEL. NO.	MEMBER/NON-MEMBER					
BUS. NO.			4			