

- In and Around The JCC -

Older Adult Luncheon



The February 28 Older Adult Luncheon sponsored by the Jewish Community Center Board. *Lynn Sheffer chaired the event. It featured colorful, savory food and vocal selections by Lynn Woodruff.

Adult Classes

Discovery

Tues. and Thurs.
10:15 - 11:15 AM

7 Weeks-begins May 3

The WORKOUT class that focuses on body control with strengthening and flexibility exercises to music. Heavy emphasis on technique and positioning. Great for beginner to advanced.
Fee: \$30 M/\$40 NM

Class For Pregnant/Post Natal Women

Tues. and Thurs.
9:15 - 10:15 AM

7 Weeks begins May 3

Have you been in an exercise class or wanted to start one but you're pregnant? This class will deal with special problems related to pregnancy and the first three months of recovery. You are encouraged to bring your baby. (Please furnish a doctor's note stating that it is o.k. for you to participate.)
Fee: \$30 M/\$40 NM

Body Works by Trimdance

Tues. and Thurs.
9:15 - 10:15 AM

4 Weeks-begins April 7

Combines aerobics, yoga and calisthenics to improve coordination, stamina, and cardiovascular health.
Fee: \$16M/\$20NM
Instructor: Robin Clay

Cardio-Fitness

Tues. and Thurs.
11:15 AM - 12:30 PM
Tues. and Thurs.
5:45 PM - 7:00 PM

5 Weeks begins April 26

Intended for persons both new and familiar to running and walking for health. Present level of fitness will be analyzed using the Cooper Test. Learn to stretch out correctly before and after walking and/or running. Work at individual level for maximum benefit from this total fitness program.
Fee: \$22 M/\$28 NM
Instructor: Bill Finneyfrock

Tennis

Mondays - 6 Weeks Begins April 18

Beginner - 10:15 - 11:15 AM
Clinic includes skills, scoring, and singles game play.

Advanced Beginner - Low Intermediate-9:15-10:15 AM

Drillwork plus review of stroke production with singles and doubles strategy and play.
Fee: \$12 M/\$18 NM.
Instructor: Pauline Tulson - tennis instructor at the JCC for the past several years. Pauline is the Providence Day School Tennis Team's Coach and is very active in local tennis leagues.

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Chai

March was full of life for the Chai group beginning March 7 with a nutrition program by dietetics undergraduate Amy Fitzhenry. Highlighted in her presentation were special dietary needs of people over 65.

Kathleen Blackwell continued her Central Piedmont class through March 21 teaching "Literature of the Old Testament," interspersing lecture with some of her own Baroque violin artistry. A new CPCC quarter begins

April 11 with Judy Tager's new course "Man, Animals and Nature," a National Geographic type course.

March 14 Chai celebrated the March birthdays with an afternoon of seed planting. The group members started vegetable seeds which will, at the seedling stage, be planted in the garden space behind the JCC.

The pre-Pesach meeting March 21 was a concert given by Charlotte Symphony musicians Gene and Alice Kavadlo.

50 Plus

The first meeting of people interested in programs for Charlotteans 50 plus was held over coffee and dessert, March 2 at the JCC. Two aspects of the need for new programming were addressed. First, that the JCC's programs are geared to younger people and second, that there is no limit to what can be endeavored.

Activities for this spring and summer were then set in motion with one possible project being a progressive dinner. Watch for upcoming events in *The Charlotte Jewish News* and *Keeping Posted*. Those interested in helping with and participating in 50 plus programs are asked to call Abby at the JCC, 366-0357.

Attention Singles

The Atlanta JCC is extending an invitation to their third *Isles and Isles of Fun Cruise*, May 8 - 15, 1983.

This 7 day cruise will stop at Cozumel, Mexico; Ocho Rios, Jamaica; and Grand Cayman Island.

Meals, port tax and gratuities are included.

Any questions may be answered by contacting:

Peggy Haller (404) 934-1046

or
Patsy Goldberg (404) 875-7881

JCC MEMBERS ONLY

Discount tickets (\$2.75) available at "J" office for theaters at EASTLAND, SOUTHPARK, and CHARLOTTETOWN.

BINGO

B	I	N	G	O
5	18	35	49	60
7	24	33	55	63
11	19	Free	51	69
2	27	39	57	64
1	21	32	54	70

PLAY BINGO at the JCC
Tuesdays 7:30 p.m. Early Bird Special