

Relax and Enjoy



Geri Kvavitz, Israeli Dance



Pat Wilson, Bridge



Sue Alvarez, Quilt Magic

Israeli Dance

Wednesdays - 6 Weeks beginning Feb. 1: 7:30 pm - 9 pm
Held at Temple Beth El

Instruction in Israeli dances for beginner to intermediate. A six week course designed to introduce participants to the exciting world of Israeli dance - its steps and music.

FEE: \$12M/\$18NM

INSTRUCTOR: Geri Kravitz - Geri began dancing in 1974 at the Hillel at Case Western Reserve in Cleveland. In 1978 she moved to Charlotte and began participating in International Dance, a weekly open program which includes many Israeli dances. Geri taught in the last two sessions of the Joint Adult Jewish Institute.

Beginner Bridge

Thursdays 9:30 am - 11:30 am
8 Weeks beginning Jan. 26

Beginners course using text, Silverman's Five Card Major, which is available in class for purchase. Minimum of 10 people needed for class.

FEE: \$20M/\$30NM

INSTRUCTOR: Pat Wilson - A member of the American Contract Bridge League Teacher's Association. She holds her Life Master Title and teaches for the Charlotte Bridge Association.

Intermediate Bridge

Thursdays 7:30 pm - 9:30 pm
8 Weeks beginning Jan. 26

For previous bridge players. Lesson followed by play with rearranged hands to emphasize lesson. Text, Silverman's Five Card Major, available in class for purchase. Minimum of 12 people needed for class.

FEE: \$20M/30NM

INSTRUCTOR: Pat Wilson - See credentials above.

Bridge Club Class

Wednesdays 7:30 pm - 9:30 pm
8 Weeks beginning Jan. 25

Two hours of bridge play with class time devoted to bidding and playing the hand. This course is for anyone with some bridge experience.

FEE: \$20M/\$30NM

INSTRUCTOR: Pat Wilson - See credentials above.

Chai Group

Mondays ongoing beginning Jan. 9: 10:15 am - 1:15 pm
Held at the Randolph Park Apartments Clubhouse

A morning course for community senior adults taught by instructors from Central Piedmont Community College involving subjects from American History to rug hooking. Members enjoy a noon bag lunch together and then participate in an afternoon program which ranges from yoga to safety lectures, nutrition to music performances. Other activities focus on celebration of the Jewish Holidays.

Once a month Chai goes on an afternoon outing to Discovery Place, to the movies, or to another place of interest. Transportation is available for those who need it.
FEE: FREE to members of the JCC.

Quilt Magic

Quick Quilt Piecing
Wednesday, Jan 25: 9 am - 12:30 pm
Held at the JCC Little House

Learn a variety of quick quilt piecing techniques using the sewing machine. Students will finish several traditional blocks. Bring sewing notions and portable machine if possible. A supply list will be provided by instructor prior to class.

FEE: \$12M/\$18NM

Machine Applique and Embroidery
Thursday, Feb. 2 and Thursday, Feb. 9: 7 pm - 10:30 pm
Friday, Feb. 3 and Friday, Feb. 10: 9 am - 12:30 pm
Held at the JCC Little House

Week 1 - Students will learn beginning machine applique using several techniques from simple to complicated.
Week 2 - Machine Embroidery - Students learn to write their names and make simple pictures using colored threads. A supply list will be provided by instructor.

FEE: \$20M/\$30NM

INSTRUCTOR: Sue Alvarez - Sue is a local fiber artist and shows her work in the Carolinas and in Virginia. She recently was juried into the prestigious Emerging Quilters Show, an international exhibition held at the University of Ohio. Sue was also recently chosen as one of fifteen N.C. quilters to make a quilted block in conjunction with the 400th anniversary of British settlement in N.C. She teaches at the Quilters Gallery Inc. on East Blvd. During the month of January her work can be viewed at the Paper and Fiber Show at Appalachian State University in Boone.

Men's Fashion Sense

Thursday, Feb. 16: 8 pm - 9:30 pm
Held at Taylor-Richards (next to Fridays on Independence Blvd.)

The elegant wine and cheese seminar features spring clothes for dress, work and leisure. Focus on coordinating colors, textures and styles. Look at trends in the spring fashion arena. Learn about clothes that are functional and good-looking, multi-use - How can my wardrobe work for me? Spend the least and get the most.

10% off clothes at Taylor-Richards if you purchase items that night.

FEE: \$1, Men (and women) welcome

INSTRUCTOR: Glen Taylor - Glen is one of the owners of two men's stores, Taylor Richards and Jodhpurs. He is a veteran of 20 years in the men's clothing business.

Cross Country Ski Trip

Sunday, Jan. 15 - Early morning - Evening
Day long cross country trip to Moses Cone Memorial park suitable for beginners and experienced alike. The cost of the program includes equipment, food, and instruction.
FEE: \$22M/\$30NM (REGISTRATION DEADLINE IS MONDAY, JANUARY 9)

INSTRUCTOR: Stephen Rhodes - Stephen has been an instructor with various outdoor programs over the last four years. He is an avid and experienced outdoorsman and brings with him vast knowledge and skill in the sport of cross country skiing.

Yours Truly Needlepoint

Thursdays - Ongoing 9 am - 5 pm
At the home of Lynn Lerner, 3802 Columbine Circle
Instruction for needlepoint enthusiasts as all levels.
Materials are available for purchase right inside the door.
FEE: FREE
INSTRUCTOR: Lynn Lerner

For You



Beth B

Body V Trim

Tuesday & Thursday 4:00 - 5:00 pm
4 Weeks begins Feb. 2
Held in Rama Rd. Element

The JCC fitness class through the use of calisthenics to improve coordination and cardiovascular health.

FEE: \$16M/\$20NM

INSTRUCTOR: Robin Clark - Robin is a fitness instructor with over 10 years experience in fitness and routines.

Yoga

Tuesdays 7:30 pm - 9 pm
6 Weeks begins Jan. 24

Held at Temple Beth Shalom

The main focus of the class is on breathing techniques (pranayama) which is incorporated during the class. Postures are designed to improve posture. Students are encouraged to refrain from eating at least 2 hours before class. Bring two blankets or mats.

FEE: \$19M/\$26NM

INSTRUCTORS: Eileen and Beth Blum - Eileen has been teaching with the JCC for one year and has been practicing Yoga for ten years. Her first experience was in 1977 and in 1979 she completed a training course from the JCC in the Bahamas. Eileen taught at

Yoga

Thursdays 10 am - 11:30 am
6 Weeks beginning Jan. 26

Held at Temple Beth Shalom

The primary focus of the class is on breathing techniques (pranayama) which is incorporated during the class. Postures are designed to improve posture. Students are encouraged to refrain from eating at least 2 hours before class. Bring two blankets or mats.

FEE: \$19M/\$26NM

INSTRUCTOR: Beth Blum - Beth has been teaching yoga for thirteen years. She practices yoga to relieve her arthritis and with it she is a more relaxed person. She lives in Syracuse, her home up in the mountains. She is a member of the JCC, The East-West Center, and a recipient of the JCC's Teacher of the Day.

Fresh Start

Tuesdays and Thursdays, 7:30 pm - 8:30 pm

At the JCC "Little House"

The American Cancer Society's Fresh Start program designed to help smokers quit. It includes four 1-hour sessions over a two week period. A pragmatic approach to quitting is the essential information. The concept of Fresh Start is the return to cigarettes. A person who has quit in order for the American Cancer Society to be a part of the "J".

FEE: This class is offered free of charge.
Please call the JCC at 3802 Rama Rd. to register or, complete the