

Classes

ur Body



ack, Yoga

ork By Dance

pm - 5:00 pm

tary School
t combines aerobics, yoga, and
rdination, flexibility, stamina,

y - Robin enters the JCC each
ness, vitality, and many stret-

ga

alom, Fairview Rd.
s is the postures (asanas) and
ayama) of Hatha Yoga. Relax-
ng and between the various
vised to wear loose clothing,
t two hours before class, and
e towels.

brattan - Eileen has worked
nd has been a student of Hatha
ormal lessons began in Califor-
ne took a four week teacher's
e Sivananda Ashram in the
ntensively in the Erie, Pa. area.

ga

om
2
om, 8600 Fairview Rd.
lass is to teach you to manage
arn to breathe effectively, and
Techniques of relaxation and
eviation of headaches, chronic
ded. Discussion of food and
meral good health will also be
ked to wear loose clothing,
t two hours before class, and
e towels.

k - Beth is a certified yoga
of experience. She began do-
itis symptoms and found that
ixed and healthy person. In
il last July she taught at the
r, and at several other agen-
e was met with a spot on Top

Start

Feb. 21, 23, 28 and March 1

ety's New Quit Smoking pro-
ers stop and stay off cigaret-
group sessions taking place
Fresh Start is an active,
ing. The sessions provide all
n and strategies needed to
t stopping smoking. The key
t of planning ahead to avoid
imum of 15 people needed
ncer Society to hold this class

at no charge
6-0357 by Tuesday, Feb. 14
registration form.

Mind Enrichment

Fine Art Series

January 24 - Musical Bounty 10 am - 12:30 pm
A recital and dialogue with Alice and Gene Kavadlo of the Charlotte Symphony. The focus will be specific and educational.

February 7 - Marc Chagall: Dreams and Nightmares, 9:30 - 12:30 am or 7:30 - 9 pm

A study of the images in Chagall's paintings which explore the Jewish experience with art history instructor, Betsy Bilger.

February 21 - Book in Review 10 am - 12:30 pm

A lecture by Gladys Lavitan on a book of current interest.

March 4 - NC Art Museum Judaica Exhibit

A trip to Raleigh specifically to see the newly opened gallery of Jewish art.

First three programs in the series:

Package \$18M/\$27NM

*Individual lecture \$8M/\$12NM

Prices include lunch.

*Individual lecture - Evening \$5M/\$7.50NM

Marc Chagall lecture

The March 4 trip cost will be announced in the next issue of the Charlotte Jewish News.

Adult Compute

Wednesday - 5 Weeks begins Feb. 1 at 7:30 pm - 9:30 pm at COMPUTE!, Suite 329 in the INA Building across from Cotswold.

Ten hours of instruction with hands-on experience with the computer. Participants learn the "Buzz Words", and use of programs. Introduction to programming in BASIC. FEE: \$55M/\$75NM (10 PERSON MINIMUM)

INSTRUCTOR: William J. Thomas - Bill is the new Director for Adult Instruction at COMPUTE! He has a PH.D. from Case Western Reserve University and is a full-time member of the faculty of the Department of Mathematics and Computer Science at UNCC, where he teaches a variety of program languages. Bill also consults on a variety of computer related matters, including statistical forecasting, financial modeling, data communication, graphics and software translation.

Family Life Education

In addition to providing recreational and social events the JCC plans to offer supportive Family Life Education Events. These programs may take the form of single workshops or lead to ongoing discussion or support groups.

In developing these programs we aim to strengthen the fabric of Jewish family life. We will address normative stages of family life with special emphasis on enhancing Jewish Identity.

The JCC and Jewish Social Services are cosponsoring three or more of these family life education programs over the next four months. Tuesday, Feb. 28, Developmental Pediatrician, Dr. Joal Fischer and Social Services Director, Nat Greenwood, are co-facilitating a program geared at recognizing and understanding normal developmental stages of pre-school children. The event will be held at Temple Israel. In March the program is on aging parents and in April the subject is single parenting.

Call the JCC at 366-0357 for more information.

For The Palate

Dough It Yourself

Wednesdays, Feb. 1 & Feb. 8: 9:30 am - 11:30 am

or

Tuesdays, Jan. 31 and Feb. 7: 7:30 pm - 9:30 pm

In this two session breads class, the students will make breads with both the food processor and dough hook and will also learn the effects of different glazes on breads. Both classes will be held at the home of Penny Eisenberg.

Session I - Sourdough Breads - including rye, rolls and French

Session II - Whole Wheat, Pumpernickel and Challah

*Bring two plastic containers with top for starter

LIMIT - 15 PEOPLE

FEE: \$8M/\$12NM

INSTRUCTOR: Penny Eisenberg - Penny is a self made baker who has been at it for three years. She believes that persistence is the main ingredient in bread baking.



Dr. Wm. J. Thomas, Compute



Betsy Bilger, Art Series

Great Decisions

Great Decisions, a nationwide program in its 29th year, will be presented under the auspices of UNCC at Myers Park United Methodist Church, 1020 Providence Rd. The purpose of the program is to learn and understand the major foreign policy issues facing the United States today.

Great Decisions runs February 1, 8, 15, 22, 29, and March 7.

To participate in the six week lecture - discussion course, you need to purchase the book (\$6 - for pre-registered JCC Members only) which will be available at the JCC prior to the first class. At the end of the session, an opinion ballot may be filled out on each of the issues, which will then be tabulated with others from all over the country. The results will then be presented to Congress, the White House and the national media. The following topics will be covered by distinguished guests and faculty of area universities and colleges.

1. The USSR Under Andropov: Hard Choices for Moscow and Washington

2. Central America, Mexico and the U.S.: Discord Over Immigration and Central America

3. U.S. Security and World Peace: Allies, Arms and Diplomacy

4. South Africa: Can U.S. Policies Influence Change?

5. The International Debt Crisis: Borrowers, Banks and The IMF

6. Saudi Arabia and Jordan: Kingdoms at the Crossroads

Moderator: Dr. Harry Chernotsky

All sessions will begin at 7 pm. To register send the \$6 book fee to the JCC, P.O. Box 220188, Charlotte, NC 28222. The books will be ready for pick up in January.

Get Organized

Can you put your hand on what you want when you need it?

Are you so busy that you never have time to bring order into your home? Get Organized offers new approaches to help you evaluate and organize your possessions.

The program gives step-by-step instruction in evaluating, organizing, and making choices about your possessions and living space (including kitchens, desks, household supplies). It also explores the means to "going ahead and getting it done".

Tuesdays, January 24, 31, Feb. 7 10 am - 12 pm

Thursdays, January 26, Feb. 2, 9: 7:30 pm - 9:30 pm

Held at the JCC "Little House"

FEE: Special Fee (1st time only at JCC) \$20M/\$25NM

INSTRUCTORS: Ann Steever & Nancy Van Fossen

Ann brings with her an interior design background. Nancy's field is sociology. Together they have a unique approach to this popular subject.

Wine Seminar

Thursdays, Jan. 26, Feb. 2, 9: 7:30 pm - 9:30 pm

* Increase your knowledge of wine many fold in three sessions.

* Taste outstanding wines from France, Italy, Germany and California.

* Learn how to buy, serve and enjoy wine without spending a fortune.

* Take home written information on wines including a comprehensive seminar manual.

FEE: \$30M/\$40NM (The same seminar elsewhere in twon costs \$55)

INSTRUCTOR: Edward H. Hartmann - comes from a wine growing area of Switzerland. During his studies he travelled extensively to the vineyards of Burgundy, Bordeaux, Rhein and Mosel. He is a recognized wine connoisseur and holds a wine diploma by the Wine Advisory Board of the State of California and is a member of the Society of Wine Educators.