

Adult Classes

Yoga

Tuesdays 7:30-9:30 p.m. 6 Weeks begins March 20
Held at Temple Beth Shalom, Fairview Rd.

The main focus of the class is the posture (asanas) and breathing techniques (pranagama) of Hatha Yoga. Relaxation is incorporated during and between the various postures. Students are advised to wear loose clothing, refrain from eating at least two hours before class and bring two blankets or large towels.

FEE: \$19M/\$26NM

INSTRUCTOR: Eileen Grattan - Eileen has worked with the JCC for over a year and has been a student of Hatha Yoga for ten years. Her formal lessons began in California in 1977 and in 1979 she took a four week teacher's training course from the Sivananda Ashram in the Bahamas. Eileen taught extensively in the Erie, Pa. area.

Self Protection For Women

Wednesday, April 25 7:30-9:30 p.m.
Held at Temple Beth El

A Mecklenburg County Police Department program for women and girls 14 years and over. Participants will learn security in the home, car and street. Attack prevention and action alternatives during an attack are presented. Mothers and daughters are encouraged to come together to the evening program.

FEE: Free. Call the JCC at 366-0357 to register.

Bodyworks

Tuesdays & Thursdays - 4 Weeks begins April 3
3:45-4:45 p.m.

Rama Rd. Elementary School

The JCC fitness class that combines aerobics, yoga, and calisthenics to improve coordination, flexibility, stamina and cardiovascular health.

FEE: \$16M/\$20NM

INSTRUCTOR: Robin Clay - Robin is constantly getting new training for work. She is certified to do mousercise and has an exercise segment on TV weekdays.

CPR

Mondays March 26, April 2 & 9
7:00-10:00 p.m.

At the completion of this nine-hour course participants will be able to recognize heart attacks and provide emergency care for cardiac arrest, choking, and air way obstruction in adults, children and infants.

FEE: \$6M/\$9NM

INSTRUCTOR: The Charlotte Lifesaving Crew

Yours Truly Needlepoint

Thursdays - Ongoing 9 a.m.-5 p.m.

At the home of Lynn Lerner, 3802 Columbine Circle.

Instruction for needlepoint enthusiasts at all levels.

Materials are available for purchase right inside the door.

FEE: FREE

INSTRUCTOR: Lynn Lerner

Interior Design

Tuesdays - 6 Weeks begins March 20

9:30-11:30 a.m. or 7:30-9:30 p.m.

First meeting at the home of Betty Coyne, 3839 Barclay Downs Dr.

This interior design class travels to the homes of participants to discover ideas for better interior design through exposure to various decorating styles. We feel excited to begin at the instructor's home where she has incorporated many new design techniques.

FEE: \$18M/\$26NM

INSTRUCTOR: Betty Coyne - Betty has hew own interior design business. She formerly worked out of Carriage House Interiors and has acquired a strong Charlotte clientele.

Making Financial Sense

Two Seminars on Tax Savings and Investments

Tuesday, March 20 8:00 p.m. - Investments

- * Tax Savings Investments
- * Investments from safe to risky
- * Building and moving funds

FEE: \$2M/\$3NM

PRESENTERS: John Culligan - 5 years in investments
Harold Soutier - 20 years in investments

Tuesday, March 27 8:00 p.m. - Tax Saving Strategies

- * Last minute tax-tips
- * Ways to accumulate deductions during the year
- * Taxes and retirement/business

FEE: \$2M/\$3NM

PRESENTER: Gary Odom, Full-time Tax and Accounting Lecturer at UNCC

Compute!

Wednesdays - 5 Weeks begins March 21

Held 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 fulltime member of the faculty of the Department of Mathematics and Computer Science at UNCC, where he teaches on a variety of computer related subjects including statistical forecasting, financial modeling, data communication, graphics and software translation.

Chai Group

Mondays: Ongoing 10:15 a.m.-1:15 p.m.

At the Randolph Park Apartments Clubhouse

The Chai Group welcomes community senior adults to varied Monday meetings. Featured is a morning class taught by an instructor from Central Piedmont Community College. Subjects range from American and World History to crafts and play production.

Members lunch together at noon and then participate in an afternoon program of anything from yoga and relaxation to music or safety.

Each month Chai goes out for all or part of the Monday meeting to such places as the Mint Museum, a movie, or a shopping mall. During the week Chai members often go to other cultural and entertainment programs in town. Transportation is arranged for those who need it.

FEE: FREE to members of the JCC. Call 366-0357 to register.

Special CIT Program

If you will be entering the 9th or 10th grade in the fall, our CIT program is for you!

Here's how it works:

The CIT program (Counselor in Training) incorporates a fantastic learning experience with all of the fun and camaraderie of a camp.

CITs work as aides in Camp Maccabee's Summer Day Camp learning leadership skills and performing various duties from planning specialty programs to publishing a camp newsletter. CITs will also receive special training to be certified in things such as canoeing, Red Cross First Aid, Senior Lifesaving and CPR.

In addition to the special training CITs will have their own program led by a CIT counselor. It will include sports, camp-outdoor programming, a weekly day trip and one extended trip with a campout per session.

The CIT program begins with orientation on June 19. The day camp itself is June 25-Aug. 10.

All CITs successfully completing the program will be considered first for Jr. counselor positions in the future.

To become a CIT: Pick up an application at the JCC. Upon its return you will be called for an interview. If accepted into the program the last requirements will be:

1) A \$175 program fee. All CITs successfully completing the program will receive a \$50 stipend.

2) Physical examination. Positions in this program are limited, so if you like to work with kids and want a fun and fulfilling summer call Dana at 366-0357 for more information or come by for an application.

Chai

February was a month of variety for the Chai group. First, members learned the ropes of rug hooking with Central Piedmont Community College instructor, Ann Brooks. Their goal is to design a large hanging for the Center.

January and February birthdays were celebrated Feb. 13 and special guest, Hugo Rosenberger, spoke of the current political scene.

A shopping spree at Eastland Mall came later in the month and at the final Feb. meeting the Older Adult Committee suggested programs for March and April.

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Dues Today

