

Children's Classes (Continued)

Introduction To Design

Children in first through third grades will be introduced to basic two and three dimensional design. Children will explore design elements of color, line, shape and textures through ink drawing, manipulation of color shapes, rubbings, painting and sculpting. Using examples and slides of art from around the world, both the instructor and the staff of the Mint Museum Education Department will provide an interesting and varied program.

Instructor Jim Walker has a bachelor's degree in art. He studied and taught abroad in private schools. He also worked as a graphic artist and as an assistant art gallery director. Most recently, Jim was Jewish Community Center's Camp Maccabee's Summer '84 Art Director.

Kicks For Kids

A combination of games and calisthenics designed to improve eye-hand coordination will keep your four through six-year-olds busy. Instructor Faith Stockton works with Bodyworks and was an instructor for the Jewish Community Center's two-year-old tumbling program last year. She has also taught exercise to 4-year-olds.

Potpourri

Children should come to this class prepared to have fun! They will have the chance to develop fine and gross motor coordination and to be involved in sharing group activities. Toddlers will spend about half the class time playing new and old games and exercising. The other half of class-time will be spent coloring, weaving, making puppet shows and assorted arts and crafts activities.

Instructor Debbie McCormick has taught this class before and is leading the Traveling Tykes course.

Puppetry

Learn how to make and manipulate puppets! Children will make several different kinds, from hand puppets to stick-and-rod ones. They will then enjoy acting out familiar and made-up stories using their handicrafts.

Instructor Nancy Gable, who is also teaching the Story Dramatization class, has a bachelor's degree in communication arts with a theater concentration. She has taught drama at the Children's Theater, The Community School of the Arts and worked with the Tarradiddle Players. She worked as a puppeteer with Memphis, Tenn. Parks and Recreation Department.

Story Dramatization

Storytelling is an old folk art and fun pastime. In this class, students will become adept at dramatizing stories and have an opportunity to make a presentation to the community during the Jewish Community Center's celebration of Jewish Book Month in November. Creative activities and exercises will develop in the children a deeper awareness of and sensitivity to the world around them. They will gain skills of expression through pantomime and through use of imaginative movement. Instructor Nancy Gable also teaches the Puppetry course.

Traveling Tykes

Children will have the opportunity to see the Charlotte community and to discover what people in their community do. Places visited may include the police station, a factory, a radio station, a fire station and riding the city bus. Parents are welcome to participate.

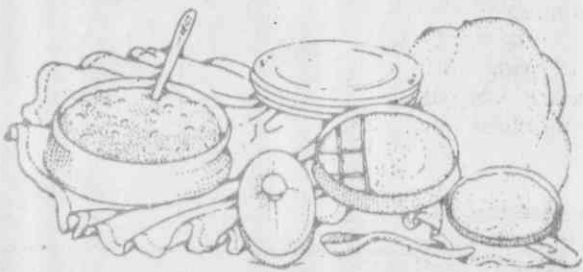
Debbie McCormick, who is also teaching the Potpourri class, graduated from Appalachian State University with a degree in psychology. She has been a daycare worker and last year led a program similar to this one for the Jewish Community Center.

Adult Classes (Continued)

Chai Group

This is 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.



Cooking for Rosh Hashanah

Delight your family and friends with this wonderful holiday meal. The menu includes: Chicken soup with matzo farfel, carrot tzimmes, round challah, roast chicken (done on a vertical roaster) and teiglach in honey syrup.
Instructor: Heidi Edidin

For many years, Heidi has had an intense interest in cooking and food preparation. Currently, she owns The Charlotte Russe and teaches a wide variety of cooking classes for children and adults.

Good Food For A Good Life

In this 2-part discussion, Dr. Alvarado will present the fundamentals of good nutrition and explain how good food relates to good health. He will present things in a non-technical manner for all to understand. There will also be a period when he will answer any questions.

Instructor: Dr. Gil Alvarado

Dr. Alvarado received his training as a physician at The National College of Naturopathic Medicine, a four year naturopathic medical college. His studies there included extensive training in nutrition.

Focus on the Family

These three workshops are geared toward developing parenting skills and increasing understanding of the growth and development of children.

1) "Why Is that Lady's Tummy So Big?"

A look at the sexual development of children, birth through age nine. Allows parents to identify normal behaviors, understand the growth process and bolster confidence in answering questions.

2) "But Mom, I'm Not A Child Anymore!"

A discussion of the physical, emotional, and social growth of early adolescence. Looks at cognitive development, risk taking behavior and sexual development. Allows parents to gain understanding and confidence in handling this tumultuous stage of growth.

3) How To Live With A Teenager

Being the parent of a teen is almost as hard as being a teen. A look at the changing role of the parent, negotiating rules, living with the ups and downs, and what teenagers want from adults.

Instructor: Lynn Barnhart

For the past three years, Lynn has been the training coordinator of Planned Parenthood. Her background also includes teaching human services at CPCC and working in the area of psychiatric social work through the Mecklenburg County Mental Health Department.

Hawaiian Dancing

Keep fit and be creative with authentic island dances. Students will be instructed in various styles, some using native instruments. This new and exciting course is an excellent way for you to get in shape with a Hawaiian flair!

Instructor: Anne Yudell

Anne has been teaching dance and fitness for 30 years in Maryland and North Carolina.

Quilt Magic

Students will learn a variety of quick quilt piecing techniques using their sewing machine. Several traditional blocks will be completed which can be used as a pillow, wall hanging or part of a garment. A supply list will be provided prior to class.

Instructor: Sue Alvarez

Sue is a local fiber artist. Her work is shown in the Carolinas and Virginia. Last year, Sue was chosen as one of the fifteen North Carolina quiltmakers to make a quilted block in conjunction with the 400th anniversary of British settlement in North Carolina.

Yours Truly Needlepoint

Instruction for needlepoint enthusiasts at all levels. Materials are available for purchase right inside the door.

Instructor: Lynn Lerner

Walking/Running Workshop

This workshop will examine the personal barriers that keep us from pursuing physical fitness. Walking/Running not only increases vitality, but improves the quality of your life as well. Areas focused on are mental attitudes and physical limitations.

Instructor: Bryn Anderson

Bryn has a Masters Degree in Social Work. She is a cofounder of the Walk/Run Be Group which helps individuals incorporate physical activity into their daily lives. Bryn has been running for over eight years and has completed a number of marathons.

When Your Parents Grow Old

The main purpose of this workshop is two-fold. One, to give participants an opportunity to discuss their feelings in regards to their elderly parents. Two, to give some factual information about aging as well as local resources that can be of help. Some of the topics addressed are: Ways to be supportive, demands of the elderly parents, expectations of ones-self, and how to make difficult decisions.

Rita Arundell - Rita is the executive director of the Charlotte-Mecklenburg Senior Center. She is the former administrator of the Charlotte Drug Education Center. Rita has been involved in national teacher training. She had conducted workshops on issues pertaining to seniors for a number of years.

Wine Tasting

* 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.

Instructor: Edward H. Hartmann

Edward 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.