

and The JCC —

A Note From JACKIE

By Jackie Fishman
Adult Program Coordinator

The Jewish Community Center staff, cozily quartered in the Armstrong House, is up to its ears in plans, budgets, negotiations and general roll-up-your-sleeves-and-make-it-happen preparations for the opening of your new JCC. Lay committees: Senior Adult, Adult Program, Cultural Arts, Visual Arts have been meeting with me regularly to give their advice and consent to a myriad of possible activities and programs for the coming year. Members of all these committees are to be congratulated for their concern and commitment to working for the community. Many thanks to you all!

We are looking forward to some very special events in the coming months. The Charlotte Opera Association will be presenting their Aetna Affiliate Artists program for the JCC membership in late April. A member of the Israeli Embassy's Diplomatic Corps will be speaking at the JCC as part of our observance of Israel Independence Day. The late spring sessions of the Joint Adult Institute will feature the Pesach Package, a series of workshops to help you prepare for the holiday. We will also be involved in the community-wide observance of Yom Hashoah, Holocaust Remembrance Day.

The Chai-Lites, our Senior Adult Club, has been graced with the presence of Ms. Suzy Arnsdorff at several of their recent meetings. Suzy is presenting her program called "Body Recall Adult Exercise" to the group. Through a series of gentle, non-stressful exercises, the older adult or the

adult who has not been physically active can "recall" the use of muscles that have been napping for some time. Suzy uses a variety of equipment including sponge balls, balloons and parachutes which contribute to a colorful, active and beneficial activity for the group.

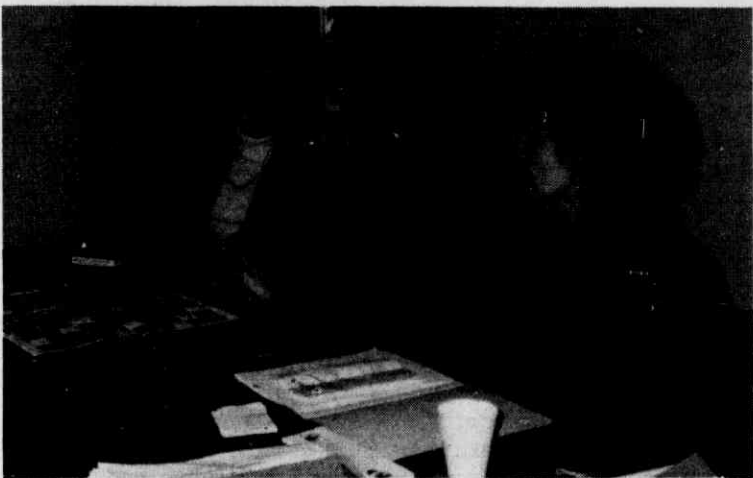
Tammi Seigel has been a frequent visitor to the Chai-Lites Monday morning sessions. We are thrilled to have her as part of our volunteer corps for JCC Senior Adult programs.

Cary Bernstein and I presented a workshop session for a conference at Johnson C. Smith University on January 20. Teachers in the Charlotte-Mecklenburg school system were invited to participate in a cultural awareness program "In Pursuit of a Dream" enabling them to become more sensitive to the social and cultural diversity of their students. Our session used the "Jewish Values Game" as a starting point for a very lively dialogue with a group of teachers concerning their knowledge and questions about Jewish tradition and observance.

A newly formed Single Parents group met on January 19 to discuss needs and interests of single parents and their children in the Jewish community. Adrienne Rosenberg, Director of Jewish Social Services, and I were delighted with the turnout and very grateful to Cary who held a children's program during our meeting. The group will be getting together again on Mar. 2. Please call at 366-0357 if you'd like more information on the Single Parents Group.



Tammi Seigel (L) and Annie Goldberg at a recent Chai-Lites meeting.



Cary Bernstein (L) and Jackie Fishman leading workshop at J.C. Smith U.

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Shalom Park will provide program. Supported by a experience in the city for 3-year-

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- \$105/per session
- \$105/per session
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50 per hour.

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Seniors!

reservations for the Senior
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esday, March 12.

PIZAZZ

- Mar. 8 (Sat.) — Ladies Night Out, 9 p.m. Emmy's at the Sheraton-Airport is the place for all to meet. Ladies get an extra special treat: a round on the house. I-85 Service Drive and Billy Graham Parkway.
- Mar. 9 (Sun.) — Planning meeting, 6:30 p.m., at Aliza Bricklin's, 3921-6 Cornerwood Lane, Park South Apartments.
- Mar. 22 (Sat.) — Pre-Purim Party. \$2 for paid members, \$4 for non-members. Location: TBA
- April — Another volleyball reatch on Apr. 5. A speaker, subject TLA.

MANAGER NEEDED

Manager — to operate Kosher Snack Bar and Food Services for Jewish Community Center. Send resume and proposal to Food Services Committee, Jewish Community Center, P.O. Box 13369, Charlotte, N.C. 28211 or call 366-0357.

Yours Truly

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