

In and Around the JCC



JCC Adult Socials

Saturday, Dec. 9 Casino Nite
 Saturday, Feb. 17 Sock Hop
 Saturday, Apr. 21 2nd Annual Variety Show

Adult Services

The Adult Services Department is planning a year of outstanding programming for the enjoyment and benefit of our adult community. Many programs are designed for adults while others are meant to be shared with families.

If there is something you'd like to see in the arts, Jewish studies, contemporary social and political issues, health care, personal growth, whatever — let us know! If you have a group, so much the better. We want you to make the JCC the "center of your life." Call Fran 366-5007.

Primetimers

Enjoy comedy, comraderie and good food on Sunday, November 19 at a matinee performance of Golden Circle Theater's presentation of "Social Security." This successful Broadway comedy was the smash hit of the 1986 season in New York. The play focuses on the comic changes in the life of a trendy couple when they are suddenly called up to care for the wife's octogenarian mother. It's a hilarious yet poignant look at role reversal which often occurs when children have to care for aging parents. The curtain goes up at 2 p.m. After the play the group will go out for dinner. Tickets for the play are \$7.50 per person. For reservations call Marcia Stern, Director of Sr. Adult Programs, 366-5007.

Chai-Lites

By Marcia Stern
 Director of Sr. Adult Programs

The Chai group has been pretty busy. Tonda Rivkin taught how to create lovely greenery baskets; Rabbi Marc Wilson paid a visit; a tour was taken of the remodeled main library and Bill Burton spoke on his travels to Egypt. Membership has grown and old members are making new friends. A special interest group, the "Busy Bakers," recently baked twelve honeycakes which along with a huge bag of canned goods and

other food items were given to Jewish Family Services to help those in need in Charlotte. I am very proud of this group for performing this wonderful mitzvah.

Calendars of upcoming events, mailed to all Chai members the beginning of each month, are also available at the "J" front desk. Transportation is available for all programs. For more information call Marcia, 366-5007.

New Staff Member Appointed

Tim Frank has joined the full-time professional ranks of the JCC as the Assistant Director of Health and Physical Education. Tim has been a member of the

Aquatics staff for the last year and a half as a swim instructor and supervisor of the outdoor site. We wish him much success in his new position.

Adult Programs

RACQUETBALL LESSONS

If you're just beginning or need to sharpen your skills, private lessons are available. Contact Nancy Segal, 366-5150.

\$12/hr.

JAZZERCISE

The total body-conditioning program that's going to make you feel great and look terrific! Jazzercise adds art of jazz dance and beat of best new popular music to an exercise routine that's fun! Because Jazzercise is not competitive, people of all ages and abilities can participate together.

Instructors: Pat Wilson T-Th
 Cindy Thomasson M-W-F

All classes begin at 9:15 a.m. (Please arrive by 9:00 a.m. so that registration does not interfere with class time.)

Fees:

Unlimited classes 1 month
 \$29.60 M / \$37 NM

12 classes per month
 \$23.20 M / \$29 NM

8 classes per month
 \$17.60 M / \$22 NM

4 classes per month
 \$11.20 M / \$14 NM

1 class per month (drop in)
 \$4 M / \$5 NM

Babysitting is available for class participants at charge of \$1.75 per child. Please register as far in advance as possible as there are limited spaces available.

AMERICAN RED CROSS—STANDARD FIRST AID

Designed to teach student an action plan which applies to any emergency situation, as well as a number of first aid techniques. Also includes Adult CPR. Please register early as space is limited to 10 persons.

Instructor: Tim Frank
 Thurs. 6:30 p.m.-9:30 p.m.
 Session I: Nov. 2-Nov. 16
 Session II: Nov. 30-Dec. 14
 \$25 M / \$25 NM

WATER EXERCISE

AQUA FIT

Class uses water to achieve fitness. Exercises are done in shallow water so no swimming ability is required. Open to men and women of any age or physical condition.

M-W-F 10:15 a.m.-11:15 a.m.
 T-Th 6:30 p.m.- 7:15 p.m.

AQUA AEROBICS

Faster paced water exercise class with emphasis on aerobics. Gives heart and body a workout.

T-Th 11:15 a.m.-12:15 p.m.

Come in for a FREE class. Then pick the one that's right for you and sign up for our fall sessions.

AQUA FIT / AQUA AEROBICS

Nov. 19-Dec. 23
 No classes held Nov. 23
 2 day/week: \$15 M / \$30 NM
 3 day/week: \$20 M / \$40 NM
 Drop in: \$3 M / \$5 NM

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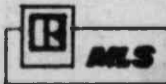
All Proceeds to Benefit
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