

Carolina Connection Enjoyed Super Bowl Sunday



(L to R) Sharon Schwartz, Susan Hall, Keith Newman.

Carolina Connection, a Jewish single 30+ group, had as its latest hit, Super Bowl Sunday, better known as "Super Day at the J." The party was as good as the game was bad! Over 40 participants enjoyed delicious deli from Phil's and our usual friendly conversation. A few lucky individuals were winners

in the game pool.

This was the 3rd major function of the Carolina Connection, since the overwhelming successful labor day weekend Single Symposium. Plans are already in the making for yearly events, call Fran at 366-5007 for more information.

— Bob Jacobson

Future Events of Carolina Connection (Over 30 Jewish Singles)

GAMES NITE — Sat., Mar. 24, 8 p.m.*

Join us for a social evening of games: Trivial Pursuit, Pictionary, etc. Beverages will be provided. Admission: covered dish & your own favorite game.

*Lake Party rescheduled for the summer

PASSOVER SEDER — Tuesday, Apr. 10, 7 p.m.

Future Plans: The committee is planning a party on Lake Norman, white water rafting, a beach weekend, Oneg Shabbat, Comedy Zone evening and more. We welcome your input and participation. Look for Singles Bulletins for upcoming events. To be put on the single's mailing list or to receive more information, please contact Fran Rosenberg, director of Adult Services, 366-5007.

Chai-Lites

By Marcia Stern
Director of Sr. Adult Programs

February was a busy and exciting month for the senior adult members of the JCC. Carol Batten and Elaine Hunt from Laurel Eye Associates presented a program on the "Aging Eye." Glaucoma and vision screenings were done for each participant. The senior adults conducted a Tu B'Shevat seder with the Charlotte Jewish Preschool four-year-old classes and the Pre-K class. This was a wonderful experience for all who attended. Many thanks to Carol Klein, director of the Preschool, the teachers and the room mothers for their interest and help.

Everyone enjoyed bingo for fabulous prizes one Monday morning. Derenda Howie from the "Care Team" spoke to everyone on home health care.

The "Busy Bakers" learned how to make Hamantaschen. Trips during the month were to the Carolina Raptor Center and to the movies. Our tzedakah project of collecting food for Jewish Family Services is going very well. The membership continues to grow weekly.

Hot Lunch Program Is Huge Success

By Marcia Stern

In last month's issue of *The CJN*, I wrote about the Sr. Adult hot lunch program. I am happy to say that it is now a successful program. Each member may make a reservation for the program. We are supplying transportation for all those needing it. On Fridays we have a Shabbat ceremony and a Judaic program. Thanks go to the following for their generosity: The Charlotte B'nai B'rith Men's Lodge (candles and candlesticks), Rabbi Marc Wilson (a case of wine), Phil Levine (challah). Anyone else interested in donating to this program may call here at the JCC.

Aromotherapy Available

Cindi Barr brings to the 'J' the delightful and uplifting experience of aromotherapy/facial massage. This massage will bring about and retain for much longer a dramatic improvement in well-being, increased vitality and a visible improvement in the texture and color of the skin, by utilizing the healing and beautifying properties of the essential oils of flowers and herbs.

Every treatment is individual.

See AROMOTHERAPY page 25

Chai-Lites Calendar

(All Programs include lunch)

- Mar. 5 - Mr. Joe Hitzelberger, Medtronic Corp. "Advancements in Heart-related Equipment"
- Mar. 9 - Rabbi Binyomin Weiss, Lubavitch of N.C. "Purim"
- Mar. 12 - Personal Estate Planning
- Mar. 19 - Rita Arundell, editor of *Senior Directions* newspaper
- Mar. 23 - Mike Minkin, director of The Charlotte Jewish Federation
- Mar. 26 - Program TBA
- Mar. 30 - Rabbi Robert Seigel, speaking on his most recent trip to Israel

Look for your 'J' Update for information about our trips and the Shabbat luncheon and the BBW luncheon.

Sr. Lunch Program Menu

MONDAY

MARCH

5 — Tuna Noodle Casserole, Cole Slaw, Rye Bread & Margarine, Vanilla Pudding

12 — Baked Chicken, Potato Kugel, Honey/Orange Carrots, Roll & Margarine, Cookies

19 — Chicken Salad, Lettuce & Tomato, 3 Bean Salad, Roll & Margarine, Ambrosia Salad

26 — Turkey Breast Sandwich, Vegetable Soup, Lettuce & Tomato, Chocolate Brownies

FRIDAY

MARCH

9 — Pot Roast, Mashed Potatoes, Peas & Carrots, Corn Muffins, Spice Cake

16 — Meatballs & Gravy, Steamed Rice, Mixed Veggies, Wheat Bread & Margarine, Fruit Muffin

23 — Meat Lasagna, Tossed Salad (dressing on side), French Bread & Margarine, Mixed Fruit

30 — Chopped Beef Steak, Mushrooms, Green Beans, New Potatoes, Biscuit & Margarine, Banana Bread

JCC Policies

No Smoking Policy

Smoking is not permitted at Shalom Park with the exception of these designated areas. They are: the snack bar, Gorelick Hall — if it is a private party, the inner offices if so designated.

Membership Card Policy

Help us protect your JCC membership! Please remember to show your JCC membership card at all times, particularly upon entering the Health and Physical Education area.

Health and PE Equipment Check-Out Procedures

All H&PE athletic equipment will be checked out through the H&PE office. In order to ensure that this athletic equipment is available for your usage, your JCC membership card or driver's license is required to check

it out.

Statement of Purpose

The Jewish Community Center of Charlotte is a non-profit, social service agency which exists for the purpose of enriching the lives of its members, participants and community. Emphasis is placed on productive programming for education, physical, cultural, social and recreational activities. Programs reflect a Jewish cultural heritage, its values and traditions.

The JCC strives to bring families and individuals closer together by fulfilling the needs of the Jewish community. Participation in JCC activities is open to all residents of Charlotte and its surrounding communities.

All programs are held at the Leon and Sandra Levine JCC Building.

When an Apple a Day is not Enough... What is?

Find out at the second comprehensive

L'Chaim - To Life

JCC Health Aware Seminar
For All Ages

SUNDAY, APRIL 1

1-5 p.m. at the
Jewish Community Center

TAKING CHARGE OF YOUR WELL-BEING
THROUGH AWARENESS and EDUCATION

Health Screenings

Glaucoma & Vision
Blood Sugar
Cholesterol
Blood Pressure
Dietary Analysis
& more

Health Exhibits

Spinal— Posture
Carolina Fitness
Presbyterian Hospital
Charter Pines Hospital

Health Seminars

Headaches
Lower Back Pain
Special Medical Issues
for Women
Skin Cancer
Cholesterol

For more information, contact Vicki Galliher, Asst. Health & PE Director, 366-5007.

1990 Purim Carnival

Sunday, March 11
11 a.m.-3 p.m.



Shalom Park

Free Admission

Snacks and Refreshments Available

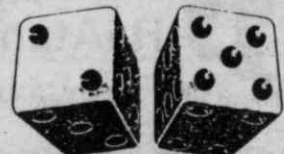
For More Information Call 366-5007

The JCC proudly announces its

**2nd Annual
Super Colossal
Spectacular
Evening of Entertainment**

**Las Vegas Monte Carlo
Casino Night**
Sat., April 21, 1990 • Gorelick Hall

Black Jack
Craps
Roulette
Chuck-a-Luck



Entertainment
By
DARYL
RICE

Food • Cash Bar • Prizes

One Price Admission—\$10 Per Person
Includes Food, Gaming Tokens, Live Entertainment

Don't Miss This Night!

Advance Tickets are Available at the JCC Office
GAMING BEGINS AT 8 p.m.

All Proceeds to Benefit the Youth and Senior Adult Programs