



Jewish Community Center



Mother/Daughter Day

...for 5 & 6th graders and their moms!

Come enjoy this girl's day out! First, we'll start off with brunch at the JCC. Afterwards, Greg Gilchrist from Grelon's Hair Salon will be here to give you hair and makeover tips! If you've been trying to find that time to be with your daughter, this is it! Sunday, October 16, 1:30-3:30 pm. \$10.00 per couple, members, \$15.00 per couple, non-members.

Fitness Center Update

The Personal Approach Fitness Center Orientation

The JCC fitness room is staffed with trained supervisors to answer your questions about the apparatuses, weight training and cardiovascular exercise. What machine works what muscle group? How many reps? How many sets? How often? Stair Master or bicycle? You may call and schedule an orientation appointment to answer all of these questions and get on your way to a fitter lifestyle. We have scheduled orientation weekly (free to members only).

Personal Exercise Program

An individual exercise prescription will be designed for you by our Certified Personal trainer if you feel you would like a customized exercise program designed to fit your needs, interests and lifestyle based on information obtained from your health history, lifestyle analysis, fitness assessment, interests and goals. The prescription will be held on file



in the Fitness Center so that you may use it and track your own progress at your convenience. Call for your P.E.P. appointment. \$40 per 1 hour session (free to health club members).

Personal Training

If you prefer an even more personalized approach, we have a Certified Personal Training Program at your service. Whether your goals are to tone up and lose twenty pounds or complete the Iron Man Triathlon, our Personal Trainer will be happy to customize and supervise a training program to help you achieve your specific goals. Call for appointments and fee schedules.

For more information on these or any other fitness programs, call the JCC at 366-5007.

JCC Hosts First Newcomers Connection

Fun and games, food and friendship ... All part of the first Newcomers Connection on Saturday night, October 8th beginning at 8:00 pm in the Health and Recreation wing of the Jewish Community Center.

This first Newcomers get-together is a way for us to meet in a social setting. "We have so many people joining our community," says JCC Membership Director, Roni Fishkin, "we envision the Connection as a way for those people to build relationships and begin to see the JCC as a fun place to spend a Saturday evening." All adults, she added, are invited to attend, not just those who recently moved to town.

The first Connection promises a night of sports and surprises. The gym will be filled with basketball and volleyball games and the pool will be open for swimming. Anyone interested in working out will be able to use the Fitness Center and will even be able to get instruction. As a special bonus, the Health Club will open its doors to everyone who would like a sauna or whirlpool. All this, dessert ... and a few surprises ... promises to make this a memorable evening.

Please remember to RSVP in person at the JCC front desk or call 366-5007, for the first Newcomers Connection. If you are interested in helping plan future Connection events, please contact Roni Fishkin.

JCC Adult Travel Camp...On the Road for Fall

Relax in a comfortable van with a continental breakfast while we travel to beautiful Asheville to enjoy the colorful foliage and the many art and craft galleries that abound there. We'll visit the Folk Art Center which is filled with beautiful crafts, have a lazy lunch and then shop the unique galleries of Biltmore Village. This is a great hunting expedition for those who want to find special, one-of-a-kind Chanukah gifts. It's also a relaxing way to see the beautiful Fall foliage in the Carolina mountains...just leave the driving to us!

Date/Time: Tuesday, October 25th - leave JCC at 8:00 am and return early evening.

Cost: \$25.00 Member / \$35.00 Non-Member (includes continental breakfast)

A Day in the Life of Our Infant Toddler Program is Work, Work, Work!

by Lesli Ann Drucker

Recently, I read an emotionally written story centered around the struggle one woman faced to regain her motor and speech skills after a devastating illness left her virtually paralyzed. Her battle to walk unaided and be rid of her despised wheelchair, in addition to speaking so that the general public would be able to understand her, were described so vividly that I felt as though I had been through this ordeal with her.

While that story was about a 21 year old woman, I wonder if a similar story would have been written with the same depth of awe of human resiliency if it had been about a 21 month old infant.

Why is it that on the whole, we as family and friends of infants and toddlers neglect to see the great efforts put forth by children to attain the skills so many take for granted?

Through a generous gift, our Infant/Toddler program recently obtained some wonderful indoor equipment for the enjoyment of the children, which they crawl up and jump down from and wiggle through gleefully. They are also practicing skills which are developmental building blocks. This wonderful indoor jungle gym is especially appreciated



Infant Toddler children enjoy the new equipment.

as the strong Southern sun beats down in the afternoon just as the little people are moving into one of their high-energy times of the day.

The joy of just being free to explore and discover new things about themselves and share play time with children of the same age is a wonderful thing for all of the participants of our program. I wish everyone could see our children in their shining moments of accomplishment.

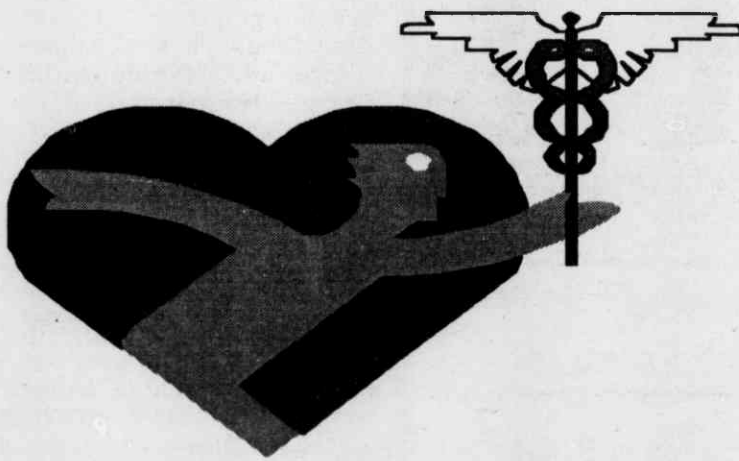
What a fabulous way to spend your day, learning through play! While they are working harder than most adults, they are having a great time, too!

May peace and love be with each of you.

New Fitness Programs Check it Out!

Fit Over Fifty

This class is designed to give a moderate cardiovascular workout. A no-impact program that focuses on raising the heart rate to a moderate level without over-stressing the joints or potentially troublesome muscle groups. Open to all fitness levels, this class promises to be a fun, social way



to stay healthy without threat of injury. Class meets on Monday and Wednesday at 11:00-11:30 a.m.

Stretch & Strengthen

A moderate stretching and toning exercise class aimed to improve flexibility and strengthening weak joints. It is the perfect ways to keep our bodies flexible and fit. This class meets on Monday and Wednesday at 11:30 a.m. - Noon.

Kid Fit

A fun, non-competitive program for children ages 6-12 of all fitness levels. Kids can burn off all that extra energy while dancing, playing fitness games, doing exciting exercises all aimed at achieving good cardiovascular health. Goals are to help all children meet the minimum requirement established by the President's Council on Physical Fitness and Exercise. Class meets on Monday and Wednesday at 3:45 - 4:45 p.m.

These classes are on going. For more information, please call the JCC at 366-5007.

Charlotte Delegation Attends Youth Maccabiah

Excitement and enthusiasm abounded as Charlotte's six person delegation returned from Cleveland after witnessing the magnificent events of the 1994 Jewish Community Centers Maccabi Youth Games. The delegation of adult observers included Harry Swimmer, Peter Levinson, David Van Glish, Harvey and Miriam Diamond and Alan Feldman.

The Maccabi Youth Games use sports as a vehicle to bring together Jewish teens from all over the world. This year's competition included athletes from 60 cities and 6 countries, including the United States, Canada, Mexico, Israel, Australia and Great Britain, competing in games ranging from basketball to soccer, tennis, track & field events, swimming, volleyball, golf and others. The goals of making new friends and celebrating Jewish heritage are equally as important as the athletic competition.

The first of these games was held in the summer of 1982 when 300 young athletes convened in Memphis, Tennessee. This year, more than 2,700 young Jewish athletes participated in the biennial North American Maccabi Youth Games. During the last 10 years, although Charlotte has had a number of gifted young athletes participate as individuals, our community has not developed a Youth Maccabi Program which focuses on the development of athletes to participate as a full delegation representing the Charlotte Jewish community.

For Charlotte, the time is now! The Jewish Community Center is pleased to announce that David Van Glish and Lane Ostrow will serve as co-chairpersons of a Maccabi Youth Committee. Under the auspices of the JCC's Health & Recreation Committee, chaired by Peter Levinson, the Maccabi committee's immediate focus will be the development of a Maccabi program that will develop a delegation to participate in the 1995 regional games to be held in Orlando next summer.

For information about the JCC's Maccabi Youth Program and/or Committee, please contact Millie Campbell, Health & Recreation Director, at the Jewish Community Center, 366-5007.

Flower Arranging

The JCC is very proud to offer flower arranging classes with Lori Barman. Lori has degrees in both fine arts and advertising design and has won awards for her work. In addition to working as a professional floral designer, she has been teaching classes in drawing and painting as well as floral design at CPCC for the last several years.

The classes will run for 8 weeks; you can register for a Monday night series or Wednesday mornings when the children are in school.

Mondays: 7:00 - 9:30 p.m.
Wednesdays: 9:30 am - Noon
Dates: October 24 - December 12
Cost: \$45.00 Member / \$55.00 Non-Member