

The Jewish Community Center

The **ADULT SERVICES DEPARTMENT** offers something just for YOU at the Jewish Community Center! Go ahead - what have you got to lose?

It all starts on page 19 of your 1996-97 Fall Brochure.

Questions?? Call Ivy Saul, Adult Services Staff at 366-5007

CERAMICS ABOUNDS AT THE J!

The Jewish Community Center of Charlotte is honored to welcome Adrienne Dellinger, a master ceramist, to our studio. Adrienne received her Bachelors of Fine Arts degree from East Carolina University. She has worked as a production potter in several local studios including Stewart's Village Gallery in nearby Waxhaw. She comes to us from Spirit Square where she was a ceramics instructor. Adrienne's works have been featured in many shows including "From the Studio," Spirit Square and "Pots with Purpose," Greenville Museum of Art. Adrienne has received several awards and has associations with professional organizations.

Adrienne's main focus in ceramics is from the functional end. She likes to create pots with purpose. She feels that the familiarity we have with everyday objects can lead to further visions and expression.

Let your creative talents emerge in one of Adrienne's classes. If you are a beginner or an advanced student you will get the individual attention necessary to explore your hidden talents!

Adult Creative Clay:

Mondays 7:00 - 9:00 pm
 Tuesdays 1:00 - 4:00 pm
 or 7:00 - 9:00 pm
 Wednesdays 7:00 - 9:00 pm
 Thursdays 7:00 - 9:00 pm

Clay Teens

Sundays 1:00 - 2:30 pm

Children's Classes

Monday Afternoons



Adrienne Dellinger



ADULT

WHAT'S NEW IN AQUATIC FITNESS

NEW CLASS - WATER COMBO

Now you can get the best of Aqua Fitness and our Deep Water Fitness program in one class. Water Combo is a moderate to heavy aerobic workout in the shallow water followed by a stretching session in deep water. Class meets Monday Wednesday and Friday 9:15 to 10:15pm

NEW CLASS - PRENATAL WATER EXERCISE

For the working or the "I'm not a morning person" mom-to-be we are now offering an evening class on Monday and Wednesday at 6:45 to 7:30 pm.

NEW TIMES - AQUA FITNESS

Due to the popularity of our Aqua Fitness classes we are adding a class on Sunday at 9:00 - 10:00 am. What a great chance to get some cross training.

NEW 3 MONTH PASS

Pick the class that meets your needs and schedule - Sign up for 3 months and save \$10!

For fees and more information on any of the Aquatic Fitness classes see your JCC Fall Brochure or call Millie Campbell, Aquatics Director at 366-5007, ext. 293.

Temporary Fitness Center Opens September 16

Renovations will necessitate closing the existing Fitness Center from Friday, September 13 through Sunday, October 13. The New JCC Fitness Center will have its grand opening on Monday, October 14 featuring brand new cardiovascular exercise equipment, new selectorized circuit equipment, all new free weights and benches, enhanced air conditioning and lighting, bright and fresh "zolutone" paint, new fitness flooring, closed television viewing on three 27" TV's and a new digital sound system.

To accommodate JCC members while the current Fitness Center undergoes these major renovations, a temporary Fitness Center will be set-up in racquetball court #2 from September 16 through October 13.

This temporary Fitness Center will feature cardiovascular equipment, a limited amount of free weights and a stretching area. The temporary fitness center will convert back to a racquetball court on October 14.

We appreciate your patience during the construction of our New Fitness Center. During the relatively short transition period, please take advantage of the equipment in the racquetball court to help you maintain focus on your health and wellness.

We can't wait to see the New YOU at the New Fitness Center!

Adult Softball League Spring/Summer 1996

The 1996 Spring/Summer Adult Softball league finished its season on Sunday, July 28, with the Pirates defeating the Marlins 11-9 in the championship game. The Pirates took the early lead, scoring 4 runs in the first inning. A valiant Marlins comeback fell short as the Pirates surged to victory on Gene Schaffer's game-winning 2 run double.

After falling behind early the Marlins came to life, scoring 6 runs in the sixth inning. Robert Marx started the inning with a single. The rest of the team followed. Jeff Saul doubled, Elliott Nightingale singled, Rich Eisenoff walked, Andy Weingarten, Gene Marx, and Lane Ostrow then singled to end the inning.

Top of the seventh, the Pirates answered back and scored 6 runs off a triple by Phil Berman, a walk by Glenn Fishkin, singles by Howard Glazer and Mike Lieberman, and doubles by Dave Jacobson and Dave Berger. With the score tied 9-9, Gene Schaffer hit his game-winning, 2 run double. The Pirates kept the momentum, and held the Marlins off for the victory.



Championship team - Pirates - pictured above:
 First row L to R: Glenn Fishkin, Jesse Lieberman, David Goldfield, Gene Schaffer. Second row L to R: Mike Lieberman (Capt.), Phil Berman, Alan Rosenberg, Howard Glazer. Missing: Howard Epstein, Mike Schriebman, Joel Kwoskin

Adult Activity Center

Here's a taste of some more of the interesting and exciting Fall programs for adults at the Jewish Community Center:

Ballroom Dancing	Shag Dancing
Country Line Dancing	Beading
Hocus Focus	Costume Corner
Tour of the Town	The Art of Painting
Family History Video	Photo Album Mania
Just Like Bubbe Made	Yiddish and Hebrew
Sign Language	Gallery Exhibits
Men's Softball	Women's Softball
Flag Football	J Cycling Club
Men's Soccer	Basketball! Basketball!
Lots of Swimming!	Tennis! Tennis!

For registration and other information, call Ivy Saul, Adult Services Staff at 366-5007

IS A GREAT DAY AT THE J!