

...fit for everyone!

Charlotte Jewish Women of Strength



SAVE THE DATE!

2004 HONORING

EVELYN BERGER

JUDY SCHINDLER

MATTYE SILVERMAN

LENORA STEIN
(in memoriam)

DESSERT
RECEPTION
AT
RED SKY GALLERY
NOVEMBER 4TH
7PM

Israeli Folk Dancing Classes

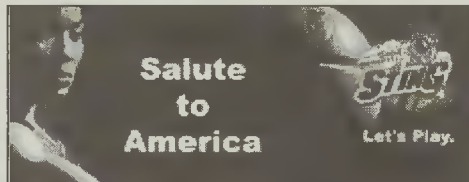
Join this friendly, fun-loving atmosphere to learn beginning, intermediate and advanced levels of Israeli dance. Trained instructor, Penny Boyes, will show you how to dance the traditional favorites, as well as the latest hits from Israel. Participants and observers welcome. No partner needed. Come dance with us!
Wednesdays 7pm to 9pm September 8, 22, October 13, 20, 27, November 3, 10, 17 Levine Gym
JCC Member \$6 Non Member \$7
Call Naomi Herndon at 704-944-6735 for more information about these classes.

Spaces still available for Maccabi In-line hockey leagues!

12U Division
(minimum age 9 years)

16U Division
(minimum age 12 years)
Sundays 1:30 to 5pm
Camp Mindy Pavillion

Begins September 12th (new player evaluations) and runs til approximately November 7th
Contact Barry Schumer at 704-944-6744 for further information



JCC Night at the Charlotte Sting Game!
Saturday, September 11th, 6pm
Charlotte Coliseum

Charlotte Sting vs. Minnesota Lynx

JCC family & friends are invited to attend this game and Salute America! A portion of this game's proceeds will be donated back the JCC youth programs. First 2500 fans receive a Charlotte Sting Car Flag!

TICKET PRICE \$10 (regularly \$12)
tickets must be purchased 48 hrs. prior to game

For ticket information, contact Kevin Ziman at 704-944-6739 or Angie Tasior at 704-424-4823!

CAMP MINDY

Mindy Ellen Levine Day Camp



at the Jewish Community Center of Charlotte

Thanks to the following Families for being so Gracious and opening their homes to host our Shlichim Program this Summer for Camp Mindy.

The Brown Family
The Denenberg Family
The Spitz Family
Thank You!

Please join the Levine JCC's Teen Devise Department in their participation with



Hands On Charlotte

11th Annual Winter Coat Drive!

October 1st to November 1st

Hands On Charlotte's Annual Winter Coat Drive - the Event that Provides Warm Coats For Our Charlotte Neighbors In Need.

In the past ten years, Hands On Charlotte has collected and distributed over 45,000 gently used coats to men, women and children in need in our community.

Last year alone, Hands On Charlotte collected nearly 5,000 coats to keep our Charlotte neighbors warm.

This is truly a community initiative that brings together local businesses, schools, religious organizations, civic groups and non-profit agencies.

When is Hands On Charlotte's 11th Annual Winter Coat Drive?

Friday, October 1st thru Monday, November 1st, 2004. Coat collection sites across the city will be ready to accept new or gently used coats.

Call Kevin Ziman for information about this program at 704-944-6739.

Tai Chi

Leisure Learning at the JCC!



Join Mike Gentile as you improve your balance through this gentle form of fitness. Minimum of 10 people required to run class. 6 week series - sessions in progress will be pro-rated. Thursdays 10am to 11am
Session II: Sept 2, 9, 23, Oct 14, 21, 28
JCC Member \$25 LL Member \$35 Non Member \$50

Iyengar Yoga

Yoga is back!!! After a summer hiatus, certified yoga instructor, Lynne Carroll, returns to lead this fabulous class of gentle yoga. You don't need to be able to fit yourself into a pretzel in order to participate in this form of yoga. Iyengar Yoga is a relaxing form of fitness that brings balance to the body through specific postures and breathing techniques while emphasizing alignment. All levels are welcome! Minimum of 10 participants to hold class.

Tuesdays 10:15am to 11:30am **Fall Session: Sept 7 - Dec 14 (15 weeks)**
Multi-purpose room in the new fitness center.
JCC Member \$75 LL Member \$105 Non Member \$135 Drop In \$12/class

Call Naomi Herndon at 704-944-6735 for more information about these classes.