



aquatics tennis racquetball sports leagues seasonal camps teens afterschool programs childcare senior programs

## SO MANY WAYS TO STAY FIT, ACTIVE + CONNECTED!



### preschool

Early Childhood Program Supervisor:  
Stephanie Freedman • 704-944-6891  
stephanie.freedman@charlottejcc.org

#### Rookie Moms' Group at the J

Newborn-12 months

Come meet other moms, talk, and have a snack!

Wednesday, March 13 • 9:15-10:15am

LJCC Teen Lounge

M/\$5 B/Free NM/\$7

#### Holiday Hoopla: Passover with Linda Lepow

12-28 months, w/parent

Join us for a fun-filled "Mommy and Me"

Passover class!

Wednesday, March 13 • 9:30-10:30am

LJCC Family Place

M/\$12 B/\$10 NM/\$15



### teens

Teen Programs Coordinator: Ariel Krusch  
704-944-6739 • ariel.krusch@charlottejcc.org

#### Jammin' @ the J Grades 6-8

Saturday, March 16 • 7-11pm

\$15 per ticket (purchase early! no refunds)



#### Teen Leadership Council Grades 6-8

Looking for a great leadership opportunity? Join the Teen Leadership Council (TLC). Become an expert planner by helping to create/run our teen special events, community service programs & more. Develop friendships, fun, and experience the events YOU want to see happen at the J!

Sunday, March 17 • 5-6pm • Free

#### Teen Extreme: Great Wolf Lodge

Grades 6-8

It's a CMS holiday, so let's have some fun - Teen Style! Spend the day at one of Charlotte's coolest attractions, The Great Wolf Lodge - an indoor water park like you've never seen. Bring a packed kosher style lunch and of course a swimsuit & towel. Spaces are limited so sign up early!

Register by Monday, March 25.

Friday, March 29 (CMS Holiday) • 9am-4pm

M/\$60 B/\$55 NM/\$70

We've Got You Covered!

### adults

#### Small Group & Private Yoga w/Melinda!

Adults 18+

Private yoga gives you a chance to practice yoga in a way that meets your specific needs. Small group yoga allows you and up to 3 other people a chance to intensify your practice by making a commitment to 2 classes per week for 4 weeks.

Mon/Wed • 9:30-10:30am (Small Group)

4-wk Session: M/\$200 B/\$120 NM/\$220

For Private Class appointments/pricing, contact Cathy Bennett at 704-944-6874 or catherine.bennett@charlottejcc.org

#### Jewish Holiday Cooking the Israeli Way - Your Passover Culinary Connection to Israel!

Adults 18+

Local, hands-on, private cooking lessons with Israeli Shlichah Roni Amitai. Learn to cook various Israeli Passover recipes - we'll swap recipes, photos & cooking tips with women of Hadera, Israel. Then we'll enjoy eating the meal that we cook!

Monday, March 18 • 10:30am

M/\$25 NM/\$30

To register, or to inquire about being a "host kitchen" contact Ariel Krusch 704-944-6739, or ariel.krusch@charlottejcc.org

#### Healthy Living, Healthy Aging: "Getting Along with Your Bladder"

Adults 50+

Dr. David Lipsitz, MD will speak at this month's FREE seminar. Learn how to make our adult years the healthiest & best ever! A light healthy snack will be served (or bring a dairy/veg lunch).

Thursday, March 21 • 12-1pm • Rm A110

704-944-6753 • jodie.iagnocco@charlottejcc.org

#### B.I.S.Y Program for Adults 55+

##### "Write Your Memoirs"

Mondays, 11am-12pm • Room A111

March 4 - May 20 (No class 3/25 & 4/1)

Do you have stories to tell, or a legacy to leave your family? This 10 week session will help you get started with tips and inspirations from Instructor Barbara Lawing.

10-wk Session: Oasis/M/\$40 B/\$25 NM/\$50

### grades k-5

#### Kids Club "45" - Sports Connection!

Grades 4 & 5

Join us as we return for our 2nd round of Laser Tag at Sports Connection. We will have dinner at Camp Mindy and then head over for a fantastic time! Space is limited so sign up now!

Saturday, March 16 • 6-9pm

Meet at Camp Mindy

M/\$20 B/\$12 NM/\$25

704-944-6733 • mitch.ormand@charlottejcc.org

#### School's Out/J's In: Einsteinz Lab

Grades K-5

Stir up some fun on your school holiday!

Lunch is provided.

Friday, March 29 • 9am-4pm

Camp Mindy Activity Center #1

J Team/\$25 M/\$55 B/\$33 NM/\$65

AM care (7-9am)/\$5 • PM care (4-6pm)/\$5

704-944-6738 • mark.didonato@charlottejcc.org

#### Spring Break Camp

Grades K-5

Come 1, 2 or all 3 days! Each day will include a field trip or special activity, arts and crafts, sports, swimming and plenty of friends and fun. Bring a swimsuit, towel & bag lunch every day.

April 3 - Nature Museum & Freedom Park

April 4 - Adventure Landing

April 5 - Lazy 5 Ranch

9am-4pm (extended care available)

Camp Mindy Activity Center #1

Per day: M/\$55 B/\$33 NM/\$65

AM care (7-9am)/\$5 • PM care (4-6pm)/\$5

704-944-6738 • mark.didonato@charlottejcc.org

We've Got You Covered!

ADULT/TEEN CREATIVE WORKSHOPS

#### Adult/Teen Jewelry Workshop

Learn basic metal jewelry fabrication techniques to make earrings or a pendant. A rolling mill will introduce impressions, textures. Materials & refreshments included. Instructor: Artist Allie Farlowe

Sunday, March 17 • 11am-3pm

M/\$88 B/\$53 NM/\$98

Age 12 to Adult

#### Collage Art Workshop

Express yourself! Use images, words, found objects and create a unique collage.

Tuesday, March 26 • 2-4pm

LJCC Arts Studio

M/\$25 B/\$15 NM/\$35

704-944-6781 • gwen.orland@charlottejcc.org

### seniors

#### OASIS SENIOR PASSOVER SEDER

Please join us for a delicious Passover luncheon and community Seder led by Rabbi Raucher, with musical accompaniments by Miss Patty.

Friday, March 15th

12-2pm • \$5/person\*

Gorelick Hall

\*Advanced Reservations Necessary by Monday March 11th.

For more information, or to make reservations, please contact:

Ilana Levin at 704-944-6735 or ilana.levin@charlottejcc.org

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\* An annual administration fee of \$20 per individual or \$35 per family is required for non-member participation in programs and services.