

*jewish
community
center*

program guide

spring 1988

**Jewish Community Center
57 Ashmont Street
Portland, Maine 04103
(207) 772-1959**

OFFICERS AND BOARD OF DIRECTORS

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Margot Milliken, Youth Supervisor	Ken Maher, Maintenance
Ray Spiro, Adult Supervisor	Elaine Tselikis, Public Relations
Tracy Ericson, Office Manager	Coordinator
JoAnn Bell, R.S.V.P. Volunteer	

The Jewish Community Center receives funding from the Jewish Federation-Community Council of Southern Maine and the United Way. We are also affiliated with the Jewish Welfare Board.



CENTER SPECIALS

Monte Carlo Night

SATURDAY, JANUARY 23rd
games of chance * door prizes
* refreshments *



The Teen Drama Club

presents



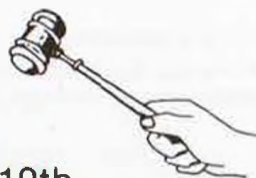
"A Chorus Line" - for teens

SATURDAY, FEBRUARY 6th

2nd Annual

Service Auction

SATURDAY, MARCH 19th



Jewish Festival of Maine

SUNDAY, JUNE 19th

Music * Food * Crafts * Exhibits * Art

"A Celebration of Jewish Life in Maine"

MEMBERSHIP INFORMATION

Membership in the Jewish Community Center allows you and your family to participate in twelve months of exciting and varied activities. We offer a number of programs exclusively for Center members and other programs are offered at a discount to members. Your dues cover membership from January 1 through December 31. People joining the Center from October through December 1988 are given free membership for the balance of the year if JCC dues are paid in full for 1989.

Membership cards are given to all new members and those renewing their membership for 1988. These cards may be presented at other Jewish Community Centers in the United States through reciprocal agreements among Jewish centers.

Membership Rates

Sponsor	\$250.
Family A (Family with children)	190.
Family B (Family without children or children under 3)	145.
Single Parent Family	135.
Single	90.
Senior Family	85.
Senior Single	45.
Student (college student - 12 credits or more)	65.
Out of Town Family	85.

Special Arrangements

The philosophy of the Center maintains that no person should be denied membership due to an inability to pay the full rate. All special arrangements for payment can be made in strict confidence with the Executive Director.

JCC Winter/Spring Calendar

Friday-Sunday	January 8-10	Inter City Teen Weekend
Sunday	January 10	Registration Day
Sunday	January 17	Programs Begin
Saturday	January 23	Monte Carlo Night
Saturday	February 6	"A Chorus Line" - Teen Drama
Monday-Friday	February 15-19	Vacation Camp
Saturday	February 20	Social Event
Sunday	February 28	Purim Carnival
Tuesday	March 8	Family Supper
Saturday	March 19	Service Auction
Saturday	April 16	Progressive Dinner
Monday-Friday	April 18-22	Vacation Camp
Sunday	May 8	Awards Dinner
Sunday	May 15	Annual Meeting
Sunday	June 19	Jewish Festival of Maine

Center Closings

The Jewish Community Center will be closed on the following dates

Thursday, January 1	New Year's Day
Saturday & Sunday, April 2-3	Passover (first days)
Friday & Saturday, April 8-9	Passover (last days)
Sunday & Monday, May 22-23	Shavout
Monday, May 30	Memorial Day
Monday, July 4	Independence Day

The Center closes early on Friday afternoons and on the eve of Jewish holidays. For exact times, please call the Center office

Registration Information

Fees for all classes, workshops, teams and activities must be paid at time of registration. For phone registrations, fees must be received one week prior to the starting date of the program.

In order to provide a quality program the size of some groups must be limited. If these activities are full, we will form additional groups if there is sufficient space and numbers of requests. The Center reserves the right to cancel an activity because of insufficient enrollment or unforeseen circumstances.

***REFUND POLICY** - Fees will be refunded **only** if the Center cancels a program. No refund is given a participant who withdraws from any activity.

REGISTRATION DAY

SUNDAY, JANUARY 10 9:00 A.M. - 11:30 A.M.

Come Early & Don't Miss Out!!

Phone registration will not be taken until Monday, January 11.

Program Locations

JEWISH COMMUNITY CENTER	57 Ashmont St., Portland - 772-1959
RIVERTON COMMUNITY CENTER	1600 Forest Ave., Portland - 797-2981
HALL SCHOOL	23 Orono Rd., Portland - 773-4336
SHAAREY TPHILOH	76 Noyes St., Portland - 773-0693
WAYNFLETE SCHOOL	360 Spring St., Portland - 774-5721

ACTIVITIES TAKE PLACE AT J C C BUILDING
UNLESS OTHERWISE INDICATED

PRESCHOOL (6 months - 5 years)

The Center's Pre-School program is designed to help our young children learn to grow as individuals within a group setting. Physical development and social relationships are encouraged through our activities and staff.

(NOTE: Classes will not be held during the weeks of February 15-19 and April 18-22.)



SUNDAY

Playtime (18 mos.-3 yrs.)

9:15-11:15 A.M. 1/17-5/1

JCC members only/NC

Supervised playtime for children, including games, stories and simple art activities.

Noah's Ark (3½-5 yrs.)

9:15-10:15 A.M. 1/17-5/1

\$35 members \$55 non-members

An hour of Jewish programming with activities focusing on holidays, customs, crafts, stories, and songs.

Kindercrafts (5-6 yrs.)

10:15-11:15 A.M. 1/17-5/1

\$35 members \$55 non-members

Craft activities including printing, jewelry design, and puppetry. *Instructor: Marcy Unher.*

Toddler—Parent Swim (18 mos.-36 months)

10:15-10:45 A.M. 1/17-5/1

\$40 members \$60 non-members

Introduce your toddler to the water. Children must be accompanied by a parent. *Instructor: Peggy Barth.*

SUNDAY (cont'd.)

Preschool Swim (3-6 yrs.)

10:45-11:30 A.M. 1/17-5/1 \$40 members \$60 non-members
Children learn beginning swimming skills and develop confidence in the water. *Instructor: Peggy Barth.*

MONDAY

Free To Be Nursery School (3 - 5 yrs.)

Three or five mornings a week cooperative nursery school with curriculum tied to Jewish holidays. Registration being accepted for Fall 1988. For further information please contact the Jewish Community Center office. *Instructor: Id Goscinski.*

Infant Massage (1-12 months)

NEW

9:30-10:30 A.M. 2/1, 8, 22, 29, 3/7, 14 \$25 members \$40 non-members
Touching an infant communicates love, nurturing and safety. It also strengthens the bonding process between infant and mother. This class is an opportunity to develop a unique relationship with your child through the sense of touch. The teacher is a professional massage therapist. *Instructor: Ann Regan Haynes*

Cooking Magic (4-6 yrs.)

12:30-1:30 P.M. 1/18-5/2 \$40 members \$60 non-members
Different mixing and cooking techniques with taste testing in every class. *Instructor: Id Goscinski.*

Creative Movement (4-6 yrs.)

NEW

1:30-2:30 P.M. 1/18-5/2 \$40 members \$60 non-members
This 10-week class will emphasize self-discovery and movement exploration. Through problem solving and improvisation, children will creatively explore elements of dance. *Instructor: Kathleen Nolan*

TUESDAY

Mother's Morning Out And Supervised Lunch (6 mos.-4 yrs.)

9:00-12:30 P.M. 1/19-5/3 JCC members only \$1.50 per hour/per child
Drop-off babysitting service at the Center. Activities include games, stories, art projects, and supervised free play. Parents provide child's lunch and snacks. *Instructors: Kim Fearon and Pat Robertson*

Hop, Skip And Jump For Parents And Toddlers (2-3 yrs. with parent)

9:30-10:15 A.M. 1/19-5/3 \$40 members \$60 non-members
An introduction to the basics of gymnastics using low equipment. A fun way to spend time with your toddler. *Instructor: Nell Wing*

Hop, Skip And A Jump (4-6 yrs.)

10:15-11:15 A.M. 1/19-5/3 \$40 members \$60 non-members
This class emphasizes the basics of gymnastics including strength, balance, and flexibility. *Instructor: Nell Wing*

Hop, Skip And A Jump (3-4 yrs.)

12:30-1:30 P.M. 1/19-5/3 \$40 members \$60 non-members
See class description above. *Instructor: Nell Wing*

TUESDAY (cont'd.)

Hop, Skip And A Jump (5-6 yrs.)

1:30-2:30 P.M. 1/19-5/3

\$40 members \$60 non-members

See class description previous page *Instructor: Nell Wing*

WEDNESDAY

You, The Young Naturalist (5-6 yrs.)

9:15-10:15 A.M. 1/20-5/4

\$35 members \$55 non-members

Help your child develop an interest in and appreciation of the natural world. Weekly themes will be explored through experiments, nature walks, crafts, stories, and show and tell. *Instructor: Gloria Meyer*

Pee Wee Sports (4-6 yrs.)

3:30-5:00 P.M. 1/20-5/4

\$35 members \$55 non-members

Learn the basics of various sports in a course specially designed for young children. *Instructor: Mike Pratico*

THURSDAY

Mother's Morning Out And Supervised Lunch (6 mos.-4 yrs.)

9:00-12:30 P.M. 1/19-5/3

JCC members only \$1.50 per hour/per child

See Tuesday's description.

Pottery (4-6 yrs.)

12:30-1:30 P.M. 1/21-3/17

\$35 members \$55 non-members

This 8-week class offers your child an opportunity to create objects from clay. Taught by a professional potter. *Instructor: Toby Rosenberg*

Karate (5-6 yrs.)

NEW

3:30-4:30 P.M. 1/21-5/5

\$40 members \$60 non-members

This class offers beginning instruction in Karate. Develop self-confidence, and become more physically fit.

FRIDAY

Mother's Morning Out And Supervised Lunch (6 mos.-4 yrs.)

9:00-12:30 P.M. 1/19-5/3

JCC members only \$1.50 per hour/per child

See Tuesday's description.

Finger Fun For Toddlers (12 mos.-24 months)

9:30-10:00 A.M. 1/23-3/4

\$10 members \$20 non-members

Songs and Fingerplay for young children and their parents. *Instructor: Phyllis Forward*

Story and Craft Hour (2-3 yrs.)

NEW

10:00-10:45 A.M. 1/22-3/11, 3/18-5/6

\$10 members \$15 non-members

For each 7-week session

Storytime with songs and finger plays for young children. Parents are invited. *Instructor: Phyllis Forward*

Fun With Music (4-6 yrs.)

12:30-1:15 P.M. 2/26-4/15

\$30 members \$50 non-members

This 8-week class includes theory, notes, and scales, using props, visual aids, and games designed for young children. *Instructor: Judy Plano*

YOUTH (Grades 1 - 5)

The Youth Department offers a variety of classes and activities that will give each child the best possible group experience. Our group leaders are trained to provide fun learning experiences in a supportive environment.

(NOTE: Classes will not be held during the weeks of February 15-19 and April 18-22.)



SUNDAY

Beginners/Advanced Beginners Swim (Grades 1-5)

11:30-12:15 P.M. 1/17-5/1 \$40 members \$55 non-members

Children work toward Red Cross Beginners Certification at Riverton Pool.

Instructor: Peggy Barth

Intermediate Swim (Grades 2-6)

12:15-1:00 P.M. 1/17-5/1 \$40 members \$55 non-members

Children work toward Red Cross Intermediate Certification at Riverton Pool.

Instructor: Peggy Barth

Sportsmania (Grades 3-5)

11:30-12:15 P.M. & 12:15-1:00 P.M. 1/17-5/1 JCC members only/NC

Intermural sports for boys and girls including basketball, touch football, and floor hockey at Riverton gym. *Instructor: Dana Verrill*

NOTE: JCC shuttle van will pick children up at Hebrew School and take them to Riverton for swim class or Sportsmania. Please sign up in advance.

MONDAY

Cooking Magic (Grades 1-3)

3:30-5:00 P.M. 1/18-5/2 \$40 members \$60 non-members

Children will cook two dishes every week, plus do a craft while the food is cooking. There will be taste-testing every session. *Instructor: Id Goscinski.*

MONDAY (cont'd.)

Hop, Skip And A Jump (Grades 1-3)

3:30-4:30 P.M. 1/18-5/2 \$40 members \$60 non-members

This fast-paced general fitness program emphasizes the basics of gymnastics, including strength, balance, coordination, and flexibility. *Instructor: Nell Wing*

Youth Basketball (Grades 3-5)

7-8 p.m. JCC members only/NC

Learn the basics of basketball and play regular basketball games, too. This group plays at Hall School. *Instructor: Mike Pratico*

TUESDAY

Arts After School (Grades 1-5)

NEW

3:30-5:00 P.M. 1/19-5/3 \$25 members \$45 non-members

This arts and crafts program will include a variety of projects including painting, drawing, and sculpture. *Instructor: Lenora Liebowitz*

Cooking Magic (Grades 3-4)

3:30-5:00 P.M. 1/19-3/29 \$40 members \$60 non-members

Try exciting new recipes with a professional cook in this 10-week class. *Instructor: Marcy Rathbun*

WEDNESDAY

Clay Sculpture And Pottery (Grades 3-5)

NEW

4:00-5:00 P.M. 3/30, 4/6, 4/13, 4/27, 5/4 \$25 members \$40 non-members

In this 5-week workshop students will stretch their imagination to create unique clay creatures such as dinosaurs, dragons and outer space creatures. It's easy when you use self-hardening, non-fired, durable clay. Complete projects will be brightly painted and ready for display. *Instructor: Randy Fein*

THURSDAY

Pottery (Grades 1-3)

3:30-5:00 P.M. 1/21-3/17 \$35 members \$55 non-members

Enjoy being creative with clay. Create vessels and sculpture in this 8-week class. *Instructor: Toby Rosenberg*

Karate (Grades 1-5)

NEW

4:30-5:30 P.M. 1/21-5/5 \$40 members \$60 non-members

Learn Karate from a professional instructor. A great way to become physically fit and develop self-confidence.

SPECIAL OFFER TO JCC MEMBERS

Free transportation will be provided after school from Portland elementary schools to the JCC on Monday, Tuesday, Wednesday, and Thursday for children attending JCC programs. Children will be picked up at 3:00 p.m. and brought to the Center where they will be given a snack before the afternoon program begins. Sign-up is necessary. Please call the JCC for more information, 772-1959.

PRE-TEEN/TEEN **(Grades 6 - 12)**

The Center strives to provide exciting programs for teenagers, plans its own events, and works in conjunction with other youth groups.



SUNDAY

Open Gym (Grades 6-12)

10:00-11:30 A.M. 1/17-5/1

JCC members only/NC

Riverton gymnasium is open to all Middle and High School youth.

Lap Swim (Grades 6-12)

10:00-1:00 P.M. 1/17-5/1

JCC members only/NC

Come and swim at Riverton pool every Sunday.

SAT Preparatory Course (Grades 11-12)

10:00-12:00 Noon 3/13, 20, 27. 4/10 & 5/1

\$60 members \$70 non-members

Certified Math and English Teachers help you prepare for the SAT's. For our low price you get the best instruction available.

MONDAY

Co-Ed Basketball Team (High School)

8:00-9:30 P.M. Ongoing

JCC members only/NC

Held at Hall School, Orono Road. Twice-a-week team practice in preparation for competition against other teams.

TUESDAY

Low Impact Aerobics (High School)

3:00-4:00 P.M. & 6:00-7:00 P.M.

Controlled workout with minimal jumping to reduce joint and muscle stress. Suitable for all levels of participation. Gain strength, endurance and flexibility. This class will meet twice a week for a total of 20 classes. (See Adult listing for more information.)

WEDNESDAY

Co-Ed Basketball Team (Grades 6-8)

7:00-8:00 P.M. Ongoing

JCC members only/NC

Held at Hall School, Orono Road. Instruction on fundamentals, techniques and team basketball in preparation for games.

Co-Ed Basketball Team (High School)

8:00-9:30 P.M. Ongoing

JCC members only/NC

Held at Hall School, Orono Road. Twice a week team practice in preparation for competition against other teams.

THURSDAY

Low Impact Aerobics (High School)

See Tuesday's description.

"A CHORUS LINE - FOR TEENS"

SATURDAY, FEBRUARY 6 8:00 P.M.

Temple Beth El, 400 Deering Avenue, Portland

Come see the JCC Teen Drama Group perform one of the most popular musicals on Broadway.

Don't miss this spectacular theatrical event.

Bring your friends and family.



A CHORUS LINE

TEEN WEEKEND

JANUARY 8 - 10

Temple Shalom, Auburn

Teens from all over Maine will meet in Auburn for a weekend of social activity, interesting discussions and great food. A special Saturday night event and skiing are some of the weekend's highlights.

Sign up at the Center.

SINGLES

The Center provides opportunities for singles to meet monthly and partake in recreational and social activities, such as barbeques, wine and cheese evenings, plays, dinners and movies.



Single Parent Group

This year we will continue with the Single Parent Support Group, which focuses on problems and challenges of single parenthood. Issues as resolving conflict with former spouses, sibling rivalry, financial adjustments, and asserting parental authority are discussed as well as other topics suggested by group members. A group leader will guide the discussions and assist in the development of speakers, specific issues, etc. Meetings may be held at the Center or other locations agreed on by the group. For further information call Ray Spiro or Trish Ruel at 772-1959.

ADULTS

In addition to the classes offered, the Center also organizes trips, workshops and athletic activities. Each of these functions is designed to provide adults the opportunity to learn, to participate and enjoy leisure time activities.



SUNDAY

Men's Basketball

7:00-9:00 P.M.

Lots of fun and exercise for all our Center men, college age and up. Come down to the Waynflete school gymnasium for pick-up basketball. The best talent, competition and true sportsmanship always prevail.

MONDAY

Beginner's Yoga

6:30-8:30 P.M.

The Lifeline program at USM will be offering a class in Yoga at the Center. This class in total personal fitness involves stretching, correct posture, relaxation techniques and stress management. To register, call Lifeline at 780-4170.

Learn The Basics Of Sewing

6:45-8:45 P.M. 1/18-3/7

\$18 members \$30 non-members

This 8-week course for beginners and intermediate sewers will help you add flair and style to your wardrobe. Choose any commercial pattern (skirts, sweatshirts, simple tops, etc.), review it with our instructor, and wear it in time for the season. *Instructor: Melodi Hackett*

TUESDAY

Center Women's Bowling League

9:15-11:30 A.M.

Be a part of Center Women's Bowling League Tuesday mornings at Westport Bowling Lanes for the social event of the week. Our annual Bowling League continues its tradition of success. Babysitting provided at the Center with Mother's Morning Out. For further information call the JCC.

Drawing Made Simple

7:00-9:00 P.M. 1/19-3/22

\$35 members \$50 non-members

This class is designed to teach the basics of drawing, perspective, shading and composition. Students will be working with pencil, charcoal, pen and ink and pastels. *Instructor: Lenora Liebowitz has a Degree from the Portland School of Art. She attended the Fashion Institute of Technology in New York and was director of Art Programs at Yarmouth Community Services. Her experience includes painting, sculpture, advertising design and art history.*

WEDNESDAY

Photography

7:00-9:00 P.M. 1/20-3/23 \$40 members \$55 non-members \$10 lab fee

This 10 week course includes: Black and White Developing, 35mm cameras, Composition, Filters, Sports, Family, Studio portraits, Color Developing, Box Cameras, Flash and Strobe and Interchangeable lenses. *Instructor: Gilbert Welch, who has many years of experience in photography and teaching. Mr. Welch has won awards, published photographs, and has his pictures hanging in many private collections.*

Men's Basketball

7:00-9:00 P.M.

See Sunday's description.

LOW IMPACT AEROBICS FOR MEN AND WOMEN

Controlled Workout with minimal jumping to reduce joint and muscle stress. Suitable for all levels of participation. Gain strength, endurance and flexibility while enjoying exercise routines.

Morning Session

10-week class. (Tuesday, Wednesday, and Friday) 9:15-10:15 A.M.

30 classes Starts 12/1/87

Pro-rated fees available

Classes conducted at Shaarey Tphiloh Synagogue.

Afternoon Session

10-week class. (Tuesday and Thursday) 3:00-4:00 P.M.

20 classes Starts 12/1/87

Pro-rated fees available

Classes conducted at Shaarey Tphiloh Synagogue.

Evening Session

10-week class. (Tuesday and Thursday) 6:00-7:00 P.M.

20 classes Starts 1/12/88

\$40 members \$55 non-members

Classes conducted at JCC.

HEALTH CLUB

Goals and Purposes:

It is the intent of the Athletic committee to provide a safe and useful exercise area. All users should have a basic knowledge of all weight equipment. The athletic committee also offers JCC teenagers Weight Room usage.

Hours for Adults

Sunday-Thursday, 6:00 a.m.-9:30 p.m.

Friday, 6:00 a.m.-3:30 p.m.

Hours for Teens (if alone)

Sunday-Thursday, 9:00 a.m.-5:00 p.m.

Friday, 9:30 a.m.-3:30 p.m.

RULES

1. During all open times bathing suits must be worn in sauna.
2. All users of weight equipment must take a Weight Equipment Orientation.
3. All members must leave the facility by 3:30 P.M. on Friday.
4. Weight Equipment Orientation classes will be held frequently to acquaint newcomers with proper techniques and to refresh past users with full knowledge of equipment use.
5. Health Club entry may be through Center building or back door with card system. All health club users must sign in.
6. GUEST POLICY
 - a. Members may have only two guests per year.
 - b. Each guest may only be a guest two times a year.
7. All users must provide their own towels, shampoo, hairdryers, etc.
8. A limited number of lockers are for rent at \$20 per year. Any other individual locks will be allowed only while member is using the Health Club.
9. Teens may use the facility when the Center office is open. (Unless accompanied by parent or guardian).

FEES

The Health Club is free to all Center members. Entry card for the back door is \$5.00.

Portland Jewish Community Center Membership Application

Please Print

NAME _____ (last) _____ (first) _____ (spouse) _____ Application Date _____
Membership Category _____

Home Address _____ Zip _____ Phone _____

Occupation _____ Firm Name _____

Business Address _____ Phone _____

Spouse's Occupation _____ Firm Name _____

Business Address _____ Phone _____

Synagogue or Church Affiliation _____

Name of Children _____ Date of Birth _____

I would like to become involved in a
JCC Planning Committee

Applicant's Signature _____