

FALL PROGRAM GUIDE

1991-5752

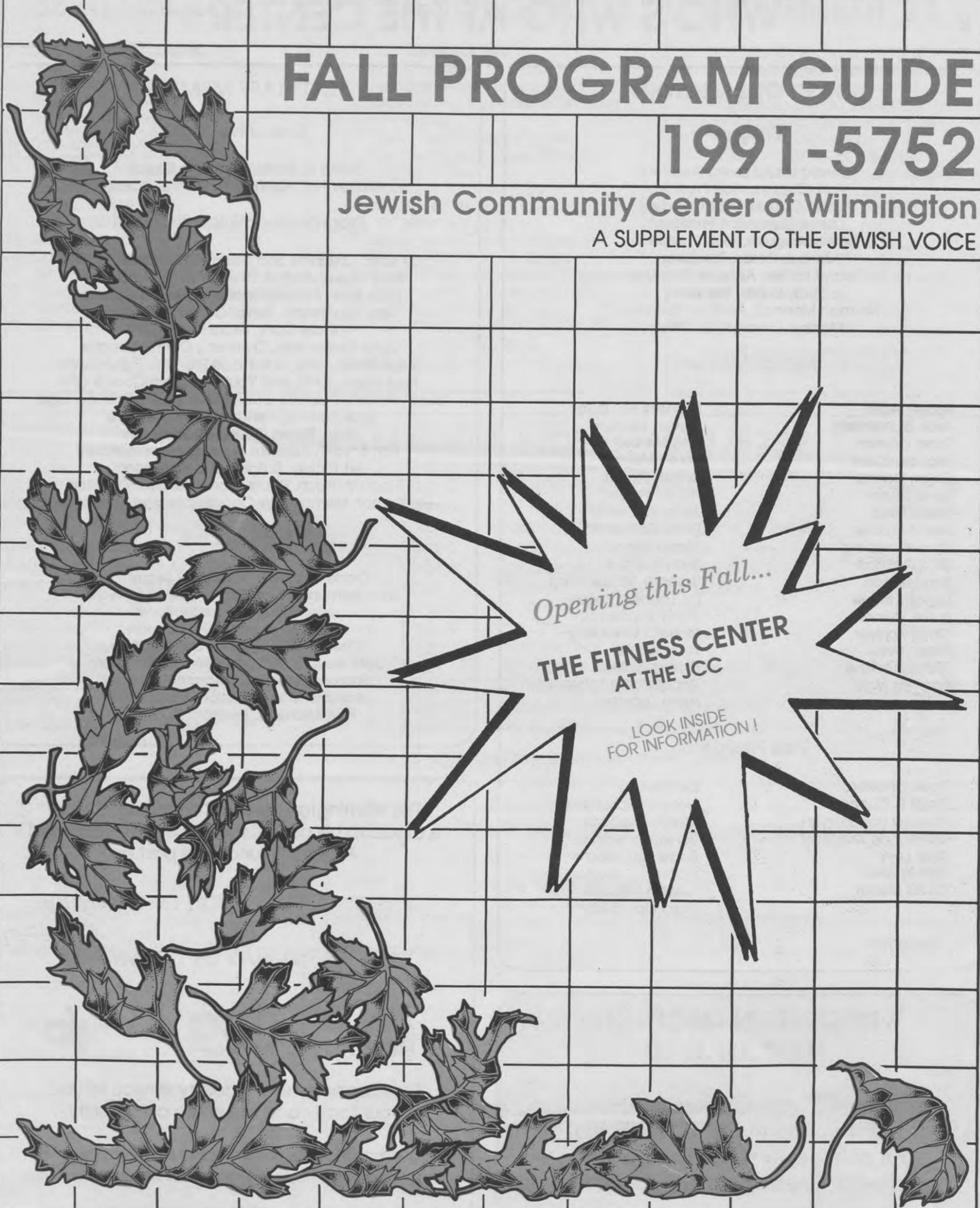
Jewish Community Center of Wilmington

A SUPPLEMENT TO THE JEWISH VOICE

Opening this Fall...

**THE FITNESS CENTER
AT THE JCC**

LOOK INSIDE
FOR INFORMATION!



WHO'S WHO AT THE CENTER

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	Harry David Zutz

*Deceased

ATTENTION MEMBERS OF THE JCC

A portion of your membership dues pays for a subscription to the **JEWISH VOICE**, a newspaper published by the Jewish Federation of Delaware.

If you are not receiving your copy, call the JCC Front Office at (302) 478-5660.

JCC STAFF MEMBERS

Executive Staff

David H. Sorkin, Executive Director
 Moises Paz, Assistant Executive Director

Program/Administrative Staff

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 Sarah Baker Andrus, Director of Development
 Brian Baar, Recreational Services Coordinator
 Ray Freshman, Senior Center Coordinator
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 Susan Kimm, Early Childhood Program Coordinator
 Paul Mann, Child and Youth Program Coordinator
 Susan Parcels, Publicity Coordinator and Office Manager
 Gail Pasteris, Assistant Fiscal Manager
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 Art Trickey, Building Superintendent
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 Ella Zukooof, Membership Coordinator and Receptionist

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 Blanche Moore, Senior Center Cook
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The Wilmington Jewish Community Center is proud to be part of the Family of Communal Agencies funded in part by

**THE JEWISH FEDERATION OF DELAWARE
AND
THE UNITED WAY OF DELAWARE**



Their support means quality service to you, your family and our entire community.

Your contribution to the annual campaign of both organizations strengthens our community.

**WHEN THE TIME FOR GIVING COMES...
SHOW THAT YOU CARE !**

SEPTEMBER '91

- 8 JCC Closes at 3:00 p.m.
- 9 JCC Closed all day
- 10 JCC Closed all day
- 11 Pre-School Opens
- 12 Senior Center Holiday Luncheon
- 17 JCC Closes at 3:00 p.m.
- 18 JCC Closed all day
- 19 Temporary Cardio Room Opens
Great Books Discussion Group Mtg.
YJAD Cocktail Party
- 23 JCC Closed all day
- 24 JCC Closed all day
- 26 Children's Center Open House
- 27 Senior Center Sukkot Celebration
- 28 Sukkot Havdalah Sing-a-long
- 29 "Choice and the Jewish Women"
- 30 JCC Closed all day

L' SHANA TOVA

OCTOBER '91

- 1 JCC Closed all day
- 2 NY Trip to see "Miss Saigon"
- 6 Fall Class Session Begins
Walt Disney's Music Box Artist Series
at the JCC
Brunch and Lecture Program
- 9 Adult Institute of Jewish Studies
Begins at the JCC
- 11 Member's Art Show Opens
Kidsplace - "School's Out Day"
- 12 JCC Women's Lecture
- 14 Senior Trip to Cape Cod Leaves
Monday Night Bridge Begins
- 15 Breast Cancer Awareness Program
- 17 Breast Cancer Screening at JCC
- 20 YJAD Trip to Inner Harbor
- 26 JCC 60'S SOCK-HOP FOR ADULTS
- 27 Senior Center Tea Party
- 29 Flu & Pheumonia Immunizations

NOVEMBER '91

- 3 JCC Brunch & Lecture Program
- 4 Proposed Opening of the New JCC
Fitness Center
- 5 Kidsplace - "School's Out Day"
- 6 Senior Center Anniversary Party
- 9 YJAD Inner-City Dance
- 10 JEWISH BOOK MONTH BEGINS
Avrum Ashery Reception/Lecture
Family Theatre Program
- 13 NY Trip to see "Lost in Yonkers"
- 14 Annual Senior Ball
- 15 BBYO Weekend at JCC Begins
- 24 CHANUKAH CHOOPLA AT JCC
- 26 Senior Center Thanksgiving Lunch
- 28 JCC Closed all day

**For more information on these
programs, please call the JCC
at (302) 478-5660**

FALL PROGRAM GUIDE INDEX - 1991/5752

Who's Who at the JCC	Page 2	THE NEW FITNESS CENTER	Page 15
Calendar & Registration Forms	Page 3	THE NEW FITNESS CENTER	Page 16
Special Events at the JCC	Page 4	Aquatic Classes and Programs at the JCC	Page 17
Wilmington Celebrates Sephardic Heritage	Page 5	Infant/Youth Fitness Classes	Page 18
Adult Programs and Activities	Page 6	Children's Services and Programs	Page 19
Adult Programs and Activities	Page 7	Children's Services and Programs	Page 20
Adult Programs and Activities	Page 8	Children's Service and Day Camp	Page 21
Adult Programs and Activities	Page 9	The Children's Center	Page 22
Senior Center Services and Programs	Page 10	The Children's Center	Page 23
Senior Center Services at the JCC	Page 11	Committee Opportunities at the JCC	Page 24
Adult Fitness Programs and Classes	Page 12	Contributions and Tribute Funds	Page 25
THE NEW FITNESS CENTER	Page 13	General Information/Membership	Page 26
THE NEW FITNESS CENTER	Page 14	Recreational Services Information	Page 27

Indoor Swimming Pool and Gymnasium Schedule - Back Cover

JCC REGISTRATION FORM

Name: _____
 Telephone Number: _____
 Center Member: Yes NO
 Name of Class: _____
 Day: _____ Time: _____
 Amount Enclosed: _____
 Other: _____

JCC REGISTRATION FORM

Name: _____
 Telephone Number: _____
 Center Member: Yes NO
 Name of Class: _____
 Day: _____ Time: _____
 Amount Enclosed: _____
 Other: _____

JCC REGISTRATION FORM

Name: _____
 Telephone Number: _____
 Center Member: Yes NO
 Name of Class: _____
 Day: _____ Time: _____
 Amount Enclosed: _____
 Other: _____

Please make checks payable to the JCC. All class and program fees are payable at time of registration. You may register in person or by mail. Registration is only complete when accompanied by payment in full. Please mail forms to 101 Garden of Eden Road, Wilmington, Delaware 19803.

SPECIAL EVENTS AT THE CENTER...

Walt Disney Records' and Disney's Music Box Artist Series
Presents...

NORMAN FOOTE ... "FOOTE PRINTS"

Sunday, October 6, 1991 at the JCC - 2:00 p.m.



Walt Disney Records' Music Box Artist Series is pleased to introduce Canadian singer-comedian Norman Foote and his **Foote Prints** album in their United States debut. **Foote Prints** received the 1990 nomination for Canada's prestigious Juno Award. Featuring primarily original songs, **Foote Prints** is "...altogether sophisticated" (Entertainment Weekly) and displays a spontaneity and gentle wit that has been called "...the future of children's entertainment" (The Edmonton Journal).

The fifteen songs on **Foote Prints** are remarkable for Norman's special talents in zany comedy, wordplay and his ability to animate those words and images. Incorporating musical styles ranging from blues to jazz and rock, Norman transforms the figurative into the literal as "Peter's little Pekinese is blowing in the breeze/Suzie's little Siamese drip-drying in the trees" in his delightful "Raining Cats and Dogs."

The **Foote Prints** Tour will introduce the United States to a new and unexpected alternative in children's entertainment and the JCC Children's Center is pleased to be hosting this very special one-time performance.

TICKETS ON SALE NOW AT THE JCC- The cost for the performance is \$ 5.00 per child and \$ 7.00 per adult. There is also a Patrons category of \$ 50.00 per family. Patron families will be invited to join the artist for dessert and conversation before the concert. All proceeds will go towards maintaining and enhancing Children's Center programs. For more information, contact the Children's Center at 478-5660.

IT'S BACK ... "OLDER AND BETTER"

The 50's Adult Sock Hop has just aged into the 60's !



Look for more details on this "Groovy" Event in your mail !

For information on how you can become involved with the planning of this special event at the JCC, please call Paul Mann at (302) 478-5660.



WILMINGTON CELEBRATES SEPHARDIC HERITAGE

In 1992, Spain, Israel and the world will commemorate the 500th Anniversary of the Expulsion of Jews from Spain.

"That event was a tragic occurrence and must remain etched in the historic memory of the Jewish People." - Sassoon

The JCC is proud to support and offer community programs which reaffirm the resiliency of the Jewish people and our ability to survive and flourish despite heavy odds."

SEPHARD '92 TRIP TO SPAIN

"Jewish contribution to life and culture in medieval Spain was multifaceted and of great significance. While Jews were already suffering persecution, discrimination and expulsion in England and France, those of Spain were creatively engaged in many and varied aspects of community life. However, the persecution of the 15th century led to the expulsion of the Jews from this nation as well.

Five hundred years later, Spain is rediscovering its Jewish roots. The country's reawakening interest in its Jewish heritage in recent years has created SEPHARAD '92, a program which includes a multitude of commemorative projects. A dramatic moment in history will be made on March 31, 1992, when His Majesty King Juan Carlos will formally address the world leaders of Sephardic communities as a gesture of reconciliation.

In 1992, Spain will be the focus of world attention. The Summer Olympics will be held in Barcelona; The World Expo in Seville; the quincennial of the epic voyage of Christopher Columbus to the New World. For one year, Madrid will become the first cultural capital of a united Europe, and Toledo, identified for centuries as the Spanish Jerusalem, will become the Jewish Capital of Spain." - By My Spirit 1991

The center of Sepharad '92 for JCC's across North America is the Wilmington led delegation of over 18 JCC's to visit Spain.

Join this unique 14-day trip to the "Jewish Heritage of Spain". From Barcelona and the Montjuic (Mountain of Jews), to the scenic Costa Brava (coastal tour) this unique tour will explore Spain and its once rich Jewish history. Other highlights include:

- ✧ The opening of the Jewish Cultural Center at the Royal Palace exhibit "The Jewish Contribution to the Discovery of America"
- ✧ Alhambra - Red Castle
Almodovar Gate and the "Calle de los Judios", Moses
- ✧ Maimonides Memorial and Moorish style synagogue
La Manch, home of the legendary Don Quixote
- ✧ Prado Museum, Beth Yaacov Synagogue and Jewish quarters throughout Spain

For registration information on the SEPHARD '92 trip, please contact Moises Paz, Assistant Executive Director at the JCC, 478-5660.

IN SUPPORT OF SEPHARD '92...

The Jewish Community Center encourages individuals to find out more about Sephardic history and commemorate SEPHARAD '92 by attending the Congregation Beth Shalom series on Sephardic history.

Hopefully, this informative series will encourage you and your family to join the JCC's of North America "Jewish Heritage of Spain" tour, sponsored by the Wilmington JCC.

Dr. Walter F. Weiker Lecture Sunday, December 8, 1991 7:00 p.m.

Dr. Walter F. Weiker, Professor of Political Science at Rutgers University, will address the community on the **Establishment of Sephardic Communities in the Ottoman Empire and the Co-Existence and Influences Between the Moslem and Jewish Communities.**

"*The On-Seen Israelis: The Jews from Turkey in Israel, The Modernization of Turkey from Ataturk to the Present Day*" are the latest books authored by Dr. Weiker; his forthcoming book, *Ottomans, Turks & the Jewish Polity: A History of the Jews of Turkey*, will be published in March/April 1992.

This lecture is co-sponsored by the Beth Shalom Adult Education Committee and the JCC's Jewish Book Month Committee.

"Safe Haven: An Exhibition Celebrating 500 Years of Jewish Life in Turkey" December 1991

"Safe Haven" inaugurates the 500th Anniversary of the settlement in 1492 of Sephardic Jewish in the Ottoman Empire. Turkey was one of the few countries to open its doors to the Sephardic Jews expelled by the Spanish Inquisition. The exhibition illustrates both the Jewish contributions to the surrounding society and the protection they received in return.

This exhibit is co-sponsored by the JCC Art Gallery and Congregation Beth Shalom Adult Education Committee.



ADULT PROGRAMS AND ACTIVITIES

ADULT PROGRAMS & GROUPS

Sukkot Havdalah Sing-A-Long
Saturday, September 28, 1991
5:30 p.m.



Discover the beauty of Sukkot "Family Style" at the JCC with our very own Rabbi Jeff.

- ✦ Bring your family picnic dinner
- ✦ See your summer friends and celebrate the Harvest Season in the JCC Sukkah
- ✦ Come with your family and friends

Havdalah Sing-a-long Fees
 \$ 1.00/Member, \$ 3.00/Non-Member

Please register at the JCC Front Desk by September 20, 1991.

JEWISH WOMEN'S COALITION
"Choice and the Jewish Women"
Sunday, September 29, 1991
9:45 a.m. - 12:00 noon

The program will feature a panel of women discussing aspects of the *Choice* issue: medical, religious and legal. The panel discussion will be followed by an update on effective advocacy methods using a hands-on approach. The leader for the advocacy activity will be Susan Greenstein; other speakers are Arda Wasserstein and Nell Maier, Delaware attorneys, Martha Macris of Planned Parenthood and Marga Hirsh, a member of Congregation Adas Kodesh Shel Emeth, discussing religious aspects.
 Cost: \$ 2.00 per person (Includes continental breakfast and materials)
 Reservations with payment are now being accepted at the JCC Front Desk.
 Co-sponsored by the Jewish Women's Coalition and the JCC.

MONDAY NIGHT BRIDGE
Mondays, October 14 - December 23
7:30 - 9:30 p.m.

Does Monday night mean football night at your house? If so, add new meaning to your Monday nights by joining your bridge-playing friends at the JCC every Monday evening. All interested intermediate bridge players are welcome to come to the Center on Monday evenings to participate in our newly established bridge group. Registration is required. Minimum enrollment - 12

WHAT IS YJAD ?

The **Young Jewish Adults of Delaware (YJAD)** is sponsored by the JCC. The group is for Jewish singles in their 20's and 30's. Activities include parties, sports, discussion groups, outdoor activities, religious services and more. The *Schmoozletter*, a free monthly newsletter of activities, is available by calling the JCC at 478-5660. The YJAD has no membership fee.

For questions about YJAD events, call Deborah Sadoff, Programming Chair, at 368-8783. For information on membership, call Sandy Cook, Membership Chair, (at work) at 366-6038. Any other concerns can be addressed to Aaron Gobler, Chairman, at 798-0252.

UPCOMING YJAD EVENTS

VOLLEYBALL LEAGUE

Wednesdays, 6:00 - 7:55 p.m.

On Wednesday evenings, throughout the Fall and Winter, members of YJAD participate in evening co-ed volleyball in the JCC gymnasium. Games are non-competitive and there is a nominal \$ 1.00 fee. Call Mike Schenk at 475-4981 for more information.

CHAVURAH DISCUSSION

Monthly, varying days, 7:15 p.m.

Almost every month, members of YJAD meet at someone's home for a "Chavurah Discussion". Chavurah is a gathering of 15 to 20 people for a friendly and stimulating discussion of current topics. For more information, contact Debbie Sadoff at 368-8783.

SUMMER'S END COCKTAIL PARTY

Thursday, September 19

YJAD will top off the summer with an evening cocktail party at The Greenery Restaurant (11th and Jefferson Streets in Wilmington). Admission is \$ 6.00 (includes hors d'oeuvres). Reservations are not required. Call Debbie Sadoff at 368-8783 for more information.

TRIP TO INNER HARBOR

Sunday, October 20

YJAD will make a road trip to the scenic Inner Harbor in Maryland. Reservations are required and advance tickets will be sold. Call Julie Scher at 792-1237 for more information.

INNER-CITY DANCE

Saturday, November 9 (Tentative)

YJAD will sponsor a Dance Party in conjunction with Jewish singles groups from Philadelphia and other areas. This event is sure to be one of our biggest! Call Debbie Sadoff at 368-8783 for more information.

ANNUAL CHANUKAH PARTY

Thursday, December 5

YJAD will keep with tradition and offer another smorgasbord of delicious nosh-foods at our Annual Chanukah Cocktail Party. Each year we outdo ourselves, and this promises to be our biggest Cocktail Party yet! Reservations are not required. Call Debbie Sadoff at 368-8783 for more information.

JEWISH GREAT BOOKS DISCUSSION GROUP

Third Tuesday of Each Month*
7:30 - 9:00 p.m.

Major Jewish thinkers and authors will provide the stimulus for the lively discussions of the JCC's Jewish Great Books Discussion Group in 1991-92. Are you looking to meet some interesting people? Then come to the monthly meetings and come to know some of the most fascinating fictional persons in the realms of literature. Ernie Levy (*The Last of the Just*), Herman Broder (*Enemies, A Love Story*) and Rose Lublin (*The Shawl & Rosa*) will emerge from the pages and become alive. Whether you end up loving them or hating them, you will never forget them!

Open and free to the community, the monthly discussion is the only one of its kind in Delaware. Adults interested in enriching and extending their Jewish knowledge and beliefs are welcome to become group members.

September 19, 1991 - "*Last of the Just*", Andre Schwartz-Brat (Available at Walden Books)

October 15, 1991 - "*God In Search of Man*", Abraham J. Heschel (excerpts)

November 19, 1991 - "*The Shawl & Rosa*", Cynthia Ozick

December 17, 1991 - "*Reflections of the Rav*", A. Besdin (excerpts)

January 21, 1992 - "*Enemies, A Love Story*", Isaac B. Singer

February 18, 1992 - "*A Living Covenant*", David Hartman

March 17, 1992 - "*A Living Covenant*", David Hartman

April 21, 1992 - "*Twilight*", Elie Weisel

May 20, 1992 - TBA

* All meetings are held on the third Tuesday of every month, except the first.

1991 JEWISH BOOK MONTH

November 10-December 15

Coordinated by the Jewish Community Center of Wilmington

ANNUAL JEWISH BOOK FAIR

Outstanding Adult & Children's Books for All Ages!

Includes fiction, non-fiction, cookbooks, Hebrew and Yiddish literature, books on Jewish culture and living, poetry, politics and humor, table-top Judaic art books, Holocaust literature, Israeli travel books plus tapes, small gifts, Chanukah decorations and gift wrap.

MAKE PLANS NOW TO JOIN THE WILMINGTON CELEBRATION OF JEWISH BOOK MONTH!



Wednesday Evenings
October 9 - November 20, 1991

Course One: 8:00 - 8:50 p.m.

Course Two: 9:00 - 9:50 p.m.

SPONSORED BY:
 Adas Kodesch Shel Emeth
 Congregation
 Chabad-Lubavitch of Delaware
 Temple Beth El
 Congregation Beth Emeth
 Congregation Beth Shalom
 Jewish Community Center

1 Pathways to Happiness
 Rabbi Herbert Yoskowitz, Congregation Beth Shalom

With the aid of ancient and medieval texts, Jewish Pathways to Happiness will be explored. Sessions will include: Happiness as an Obligation, Appreciating What You Have, Happiness and Your Thoughts, Your Self-Worth, Approval Seeking and Controlling Your Anger.

2 The Prophets: Their Times, Their Lives, Their Message
 Rabbi Peter H. Grumbacher, Temple Beth Emeth

The great spokespersons are an integral part of Israel's past. Each had a unique background, yet individually and collectively they made an impact on Jewish values and the continuum of our People. (Please bring a Bible.)

3 Exploring the Life Cycles: A Reconstructionist Approach
 Rabbi Jeffrey Eisenstat

Judaism is filled with laws and customs which accompany each rite of passage. Folkways and traditions of Birth, Bar/Bat Mitzvah, Marriage, Divorce, Conversion and Death have again become paramount in the life of the Jewish family and community. We will explore the life cycle in different lands and at different times with a special look at what is happening today, as well as tomorrow.

4 Jewish Sexuality
 Rabbi Sarah Messinger, Temple Beth Emeth

This course will take a look at what Judaism says about gender roles, birth control, abortion, homosexuality and relationships. We will use traditional texts to analyze the development of these issues and how they affect our lives. We will also explore the changing Jewish attitudes and practices of subjects that relate to our sexuality.

5 Mystics Aren't Meshuga: An Introduction to Jewish Mysticism
 Rabbi David Kaplan, Temple Beth El

This course, based upon Biblical, Midrashic and Kabbalistic source material, will introduce the basic ideas and concepts of Jewish mysticism as a means for the development of the Jewish personality as well as an understanding of the relationship between the human and the divine.

6 Jewish Law and Lore
 Ann Jaffe, Teacher, Adas Kodesch Shel Emeth & Gratz Hebrew High School

This course for new immigrants will be taught in Russian and English and covers the Jewish Year: home and family, the Sabbath, High Holidays, Sukkot and Simchat Torah, Chanukah and Purim, Passover and Yom Ha' Atzmaut. The course content is subject to change based upon the wishes and needs of the participants.

7 The Eternal Compass: Insights into the Ten Commandments
 Rabbi Chuni Vogel, Chabad-Lubavitch of Delaware

The "Aseret Hadibrot" — the Ten Commandments — have always been the absolute standard in the relative and ever-changing world. The course will endeavor to offer a deeper understanding and appreciation of the uniqueness of these timeless commandments. Gleanings from classical commentaries to contemporary Jewish thinkers will help apply a 3,300 year tradition to today's modern world.

8 Philosophy and Philosophers of Judaism
 Rabbi Nathan N. Schorr, Adas Kodesch Shel Emeth

The course will deal with the philosophy of Jewish faith as expressed and formulated by the major figures of medieval Jewish philosophy. It will trace the development of dogmatic principles in Judaism through the writings of Saadya Gaon, Halevi, Ibn Daud, Maimonides, Nahmanides, Crescas, Albo, Abravanel and others.

9 The Holocaust
 Arnold M. Kneitel, Academy of Lifelong Learning

Using audio/video tapes and printed materials, this course will discuss such topics as: Roots of Anti-Judaism, Rise of Adolph Hitler and the Third Reich, Nuremberg Laws and other Legal Activities, Establishment of Ghettos and Concentration Camps, The Final Solution, Yad Vashem, The State of Israel and others.

10 Judaism and the Performing Arts
 Cantor Norman Swerling, Congregation Beth Shalom

The first poetic expression appears in the Book of Genesis and from that time forward, poetry, song and art have played a major role in the development of Jewish religious and social life. This course will cover Art in Ancient Israel — religious and secular — through all the diasporas to modern time.

11 Basic Hebrew
 Instructor To Be Announced

Please Note: All courses will be held at the Jewish Community Center, 101 Garden of Eden Road, Wilmington

ADULT INSTITUTE OF JEWISH STUDIES FEES:
 \$ 10.00 per person for two (2) courses

Each course will be taught twice in one evening, from 8:00 - 8:50 p.m. and again from 9:00 - 9:50 p.m.
 Each course will run for seven weeks.

**REGISTER TODAY AT YOUR SYNAGOGUE
 OR AT THE JCC FRONT DESK !**

 **OPERATION
PROMISED
LAND**
THE JEWISH NATIONAL FUND



Mordechai W. Rosenstein

Years
OF ACHIEVEMENT



"Ownership is but a precondition for the actual possession of the land. The real redemption is in its development and blossoming."

— David Ben-Gurion
1st Prime Minister of Israel

Help us fulfill the promise!

A Sacred Mission: JNF and Aliyah

Since the arrival of the courageous pioneers in the early 20th century, until today, when the Soviet Jews are experiencing the miracle of national rebirth, JNF has been redeeming the land of Israel for the Jewish people.

When JNF was founded in 1901, land purchase was the main concern. But JNF's leaders always affirmed that it would be people living on and working the land which would create the foundations of a national home.

From the start, JNF and immigrants were partners in land redemption. The first modern Zionist settlements to take a firm hold were established on JNF's early land purchases. Their settlers, who came with the Second Aliyah of 1904-05, played a prominent part in developing Jewish-held lands before and after World War I.

JNF farms served as training grounds where pioneers prepared for the task of creating a country. The first experimental labor co-operatives — forerunners of Israel's great agricultural centers — were established on JNF land according to JNF plans, and put into practice principles which promoted social and national ideals.

In those years, JNF often facilitated urban settlement by making loans for residential construction. JNF also helped promote education for immigrants

by allotting plots to major institutions of learning.

Between 1912 and 1914, some 2,000 destitute Yemenite Jews arrived in Palestine. JNF raised the funds to house them and allocated land for their settlement. Later, JNF set up a Workmen's Housing Fund to build homes for other newcomers.

Before statehood, JNF land acquisition and development provided residential and industrial sites for the absorption of immigrants, including the nearly 350,000 Jews who escaped Europe and the remnant who survived the Holocaust. In the two decades following independence, over 1,250,000 people came to Israel, including entire communities from North Africa and the Middle East. JNF's land development tasks helped absorb these new citizens, and JNF-developed work villages were frequently their first homes and places of employment. Immigrants often found jobs in JNF woodlands, enabling them to secure personal roots in their new home while planting the roots of today's forests.

Today, JNF is accelerating and intensifying its activities and making massive tracts of land ready for the Soviet and Ethiopian Jews. The challenge is formidable; to meet it is a sacred mission. JNF — with support from Jews in America and throughout the world — will again fulfill its pledge to create the basis for new life in the land of Israel.

Turning the Desert into a Homeland...



JEWISH NATIONAL FUND OF BALTIMORE
4 Reservoir Circle, Suite #104
Baltimore, MD 21208
(301) 486-3317



Enclosed please find my contribution to help JNF prepare land to house thousands of new immigrants in Israel.

- \$50
 \$100
 \$150
 \$300
 \$500
 \$1,000
 Other \$ _____

Name _____ Phone _____
 Address _____
 City _____ State _____ Zip _____



Dear Friend:

After long, dark years of physical and spiritual imprisonment, the **Jews of the Soviet Union and Ethiopia** are at last emerging into the light of freedom.

The Jewish people everywhere are rallying to their assistance as they arrive in **Israel**. In response, the **Jewish National Fund** has initiated Operation Promised Land. The goal of this nationwide campaign is to raise funds to reclaim land in **Israel's** Galilee, Jerusalem and Negev regions for the absorption of the **Soviet and Ethiopian Jewish immigrants**.

Through Operation Promised Land **JNF** is preparing the ground for their settlement. **JNF** is literally moving mountains to lay the foundation for new housing. We are currently developing land for 70,000 housing units at 55 locations.

JNF is building the roads that afford isolated villages access to schools, hospitals and other vital services. **JNF** is developing the terrain for industrial enterprises. **JNF** is building dams and reservoirs in a country whose demand for water is increasing while the supply is down by 50 percent.

JNF is also enhancing the quality of life in **Israel**. Our forests and municipal playgrounds, our major parks and recreation areas, are havens of peace in the volatile Middle East. Under the best of circumstances, adapting to life in a new country is difficult, the amenities **JNF** provides the **Soviet and Ethiopian Jews** will help them adjust to life in **Israel**, so that they will want to stay and contribute to the nation.

During every major wave of aliyah to **Israel**, **JNF** was there. As the trusted, working arm of world Jewry, **JNF** is playing its traditional role during its 90th anniversary: making possible the absorption of thousands of immigrants who have reached the Jewish homeland.

Through the decades, **JNF** cleared the rocky terrain for farming, levelled hillsides for planting and laid the foundations for rural and urban development. Now that we are facing perhaps the greatest immigrations in **Israel's** history, we ask you to support our Operation Promised Land campaign. Your contribution would be the most significant 90th anniversary gift you could offer **JNF, Israel** and her newest citizens.

JNF is determined to develop the land and afford the **Soviet and Ethiopian Jews** the best start possible in their new country. Your contribution of \$50, \$100, \$150 or any other amount is essential to this process. Please help us today to preserve, beautify and fortify our beloved land of **Israel** and to assist our brethren at this historic moment.

Sincerely,

Leonard J. Attman, President
JEWISH NATIONAL FUND
Baltimore Region



JCC ART GALLERY

Faces 'n Foreign Places
Margot S. Taylor, photographer
September 1991

October 1987 marked the beginning of a 20-month odyssey that took this landscape architect from Delaware to the far corners of the world in pursuit of photographing people and places. This stunning exhibit will afford the viewer the opportunity to see countries such as Hong Kong, China, Nepal, India and Australia through the faces of its people.

JCC Members Art Show
October 11 - 30, 1991

JCC members will have the opportunity to exhibit their works of art in the JCC Art Gallery from October 11 - 30. Members are invited to submit two entries per person, properly framed and ready to hang. Entry forms with rules and guidelines may be picked up at the JCC Front Desk. Deadline for submitting all works of art is 5:00 p.m. on Friday, October 4, 1991.

Avrum Ashery Exhibit
November 10 - 29, 1991

Opening Reception/Lecture
November 10 - 11:30 a.m.
The Jewish Cultural Arts:
On the Cutting Edge



Avrum Ashery

Avrum Ashery, nationally renowned Jewish graphic artist, will present a lecture and slide/video on "The Jewish Cultural Arts: On the Cutting Edge". A major force in the Jewish arts, Ashery has spearheaded the campaign to have the US Postal

Service recognize and commission a Chanukah commemorative stamp. The former Art Director of Walter Reed Medical Center, Ashery has also been design consultant to the President's Commission on the Holocaust Memorial.

In 1976, he was asked to present to the White House, the only Jewish Bicentennial Design now in the bicentennial collection. His honors awards are extensive. Don't miss this outstanding lecture and exhibit/sale.

"Safe Haven:

An exhibition celebrating 500 years of Jewish life in Turkey"

Please see the Sephardic Heritage page in this publication for more information on this exhibition.



Rice field worker in Youngshou, China
Photographed by: Margot Taylor

JCC Art Exhibition - September 1991

CULTURAL CARAVAN

JCC's Cultural Caravan presents
"Broadway Bonanza"

"Miss Saigon"

Wednesday, October 2, 1991
\$ 95.00/Member, \$ 110.00/Non-Member



MISS
Saigon

"Lost in Yonkers" by Neil Simon
Wednesday, November 13, 1991
\$ 85.00/Member, \$ 105.00/Non-Member

LOST
IN
YONKERS

"Will Rogers Follies"

Wednesday, December 18, 1991
\$ 95.00/Member, \$ 120.00/Non-Member



Price includes: early morning coffee, juice and muffins before departure, transportation to and from NY City, snacks and beverages en route and orchestra seating. **Center members receive priority registration for Cultural Caravan trips.**

FAMILY THEATRE SERIES

"THROUGH THE STORYBOOK"
Sunday, November 10, 1991



Rebecca has been sent to her room. Once there she starts looking through her storybook — and all of a sudden several of her favorite storybook characters spring to life: Captain Hook, the Big Bad Wolf and the Stepsisters from Cinderella! A unique musical show that stresses the role of the family in everyone's life. Presented by the Star-Bis-Mus Children's Theatre Group.

"PETER PAN"
Sunday, January 19, 1992



Duet Productions captures the adventure and charm of James Barrie's timeless classic, as Peter Pan leads Wendy, Michael and John on a fantasy-filled tour of Neverland. Pirates, Indians and lost boys contribute to the fun.

Show Times: 2:30 p.m.
Location: Sol & Tanya Zallea Auditorium

Family Theatre Fees:

\$ 9.00/2-part series/Member
\$ 17.00/2-part series/Non-Member
\$ 5.00/Individual show/Member
\$ 9.00/Individual show/Non-Member

You can register for the Family Theatre Series at the JCC Front Desk or by mail. Please remember to enclose payment with all mail registrations.

For additional information, please call the JCC at (302) 478-5660.

DORIS & IRVING MORRIS LEADERSHIP FORUM

Sunday, December 15, 1991
8:00 p.m.

Mark E. Talisman, honors graduate from Harvard University, fellow at the John F. Kennedy Institute of Politics, appointed Founding Vice Chairman of the US Holocaust Memorial and founder of the Center for the Study of Jewish History & Culture in Poland, will be the guest lecturer at the Second Biennial Doris & Irving Morris Leadership Forum on Sunday, December 15, 1991, in the Sol and Tanya Zallea Auditorium at the JCC.

Mr. Talisman's lecture will focus on how people in the community can fit into a leadership role and the commitment and responsibilities necessary for leadership in the Jewish community.

The lecture is free and open to the community.



SENIOR LEARNING SEMINARS



Senior Learning Seminars is a program designed for active seniors 55 and over who are looking for a special "getaway" experience that is both intellectually stimulating and enjoyable.

The 4-5 day seminars held in Washington, DC, will offer the opportunity to gain a better understanding of a broad range of social, political and economic issues that affect American society and the Jewish Community.

You will hear from the people who directly shape policy in Washington. Lobbyists, public interest groups and staff specialists will present expert insight into the issues of the day.

One unique aspect of the Senior Learning Seminars is the opportunity to examine public policy issues through the lens of Jewish values, using materials developed by the Washington Institute for Jewish Leadership and Values.

Please contact the JCC at (302) 478-5660 for additional information.

Community New Year's Eve Party 1991



AT TEMPLE BETH EMETH

Save the date and plan to join the community party of the year!

This event has become an annual community celebration!

Music by Shir Hadash

*Cocktail Hour
Sit-Down Dinner
(Fish Entree Available)
Open Bar
Reserved Tables
Limited Seating
Babysitting will be available*

Individuals wishing to serve on the planning committee are welcome. Call the Beth Emeth office for more information on this exciting community event!

CITIZENS FOR INFORMED DECISIONS IN HEALTH CARE PRESENTS

Death and Disability: Medical Practices, Cultural Values, Personal Decisions

Saturday, October 19, 1991
9:00 a.m. - 4:15 p.m.
John M. Clayton Hall, Newark

PROGRAM WILL INCLUDE

- Living Wills and enduring power of attorney
- Promoting a good death
- Informed decisions in long-term care
- Legal and financial management of long-term disabilities
- Taking social responsibility

Keynote Address on
"Informed Decisions in Health Care:
Problems and Prospects"

Robert W. Frellick, M.D.
F.A.C.P., Chair, Ethics Committee,
Medical Society of Delaware

A variety of workshops focusing on the above topics will be held throughout the day hosted by numerous experts in related fields.

Fees: \$ 2.00 Registration Fee
\$ 10.00 Luncheon Reservation

**THE DEADLINE FOR REGISTRATION
IS OCTOBER 10, 1991.**

To receive a copy of the program schedule and a registration form, please call the JCC at (302) 478-5660.

The Jewish Community Center is proud to be a co-sponsor of this educational and informative program.

Make the JCC - The *CENTER* of Your Life !

SENIOR CENTER SERVICES AND PROGRAMS

HIGH HOLIDAY LUNCHEON
Thursday, September 12, 1991
12:00 noon

Join your friends for a luncheon in honor of the New Year, 5752. Traditional holiday foods will be served and after lunch we will enjoy a holiday musical program, presented by Rabbi Jeffrey Eisenstat.
Holiday donation requested.
Reservations are required and can be made by calling the JCC Senior Center.

**INSURANCE SEMINAR...
MEDIGAP AND MEDICARE**
Monday, October 7, 1991
10:30 a.m. - Free of Charge!

Leon Chambers, a SOAR (Senior Outreach Advisory Resource) counselor will address the seniors on Medicare supplement insurance and long-term care insurance. He will also assist in resolving any problems or questions regarding health insurance policies.
Mr. Chambers is a volunteer working with the Delaware Insurance Department, who co-sponsor the SOAR program with the Division of Aging. He has completed many hours of training which certifies him to assist others with insurance purchases and to provide information on services and programs which are available throughout the State Department of Health and Social Services.

This program is open to the entire community. For more information, please contact Ray Freschman, Senior Center Coordinator.

SENIOR TRIP TO CAPE COD
October 14 - October 18, 1991

A bus tour to Cape Cod is being planned for the Seniors Annual Fall Trip. We will visit many points of interest including the John F. Kennedy Memorial, Provincetown, Freedom Trail in Boston, Quincy Market, Plymouth Rock, Cranberry World, as well as a special one hour cruise of Hyannis Harbor. A special feature will include a stop-off at Newport, Rhode Island and the possibility of a guided tour of the Touro Synagogue.

Cape Cod Trip Fees:
\$ 325.00 per person/double occupancy

The above cost includes transportation, hotel accommodations, four breakfast and four dinner meals, and admissions to all of the planned attractions and gratuities.

Please contact Ray Freschman, JCC Senior Center Coordinator at (302) 478-5660 for additional information.

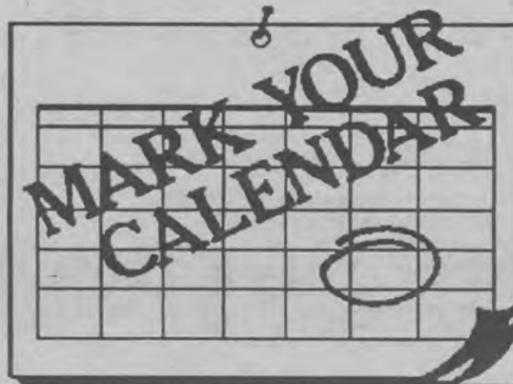
**RESERVE YOUR SPOT TODAY...
SPACES ARE LIMITED!**

FLU & PNEUMONIA IMMUNIZATIONS
Tuesday, October 29, 1991
9:30 - 11:30 a.m.

A nurse from the Division of Public Health will be at the JCC to administer flu and pneumonia immunizations to individuals who are 60 years of age or older and who are eligible to receive the vaccine or those who are younger who have a chronic illness such as heart disease, diabetes, respiratory problems, etc. As a reminder, anyone who has received the pneumonia vaccine in the past does not need to receive it again.

The cost of the vaccine and materials is approximately \$ 5.00 per shot, not including nurses time. We encourage everyone to donate as much as they possibly can. No one will be turned away for inability to make a donation.

Reservations are requested and can be made by calling the Senior Center at the JCC.



"SWEET SIXTEEN" CELEBRATION
Thursday, November 7, 1991
5:30 p.m.

It is almost hard to believe that the JCC Senior Center will be celebrating its "Sweet Sixteen" year. A festive evening is planned and all seniors are invited to join the celebration! A delicious dinner will be served followed by a musical presentation, Another Openin' - An Evening of Broadway favorites.

The Stra-Bis-Mus Theatre Company will present songs by several famous duos, Rodgers & Hammerstein, Lerner & Loewe, Rodgers & Hart, as well as Broadway classics from Cole Porter, Irving Berlin and Jerome Kern.

Fees: \$ 4.00 per person
Please mark your calendars now and plan to be with us at our very special "Sweet Sixteen" party!

ANNUAL SENIOR BALL
Thursday, November 14, 1991
7:00 - 11:00 p.m.

The Sixteenth Annual Senior Ball will be held at the DuPont Country Club. This event is once again being sponsored by New Castle County Senior Services. Please watch for more information!

THANKSGIVING LUNCHEON
Tuesday, November 26, 1991
12:00 noon



This annual luncheon at the Senior Center is a special time to give thanks for all we have and to thank those people who do so much for us throughout the year. We will honor our R.S.V.P. volunteers for all of their hard work and members of the Stroke Club will join us as our guests. Holiday donation requested. Please plan to join us for an enjoyable afternoon at the JCC Senior Center.

**FREE CATARACT LECTURE AND
VISUAL SCREENING**
Monday, December 9, 1991
10:30 a.m.

EYE CARE OF DELAWARE is offering this special seminar to all members of the Senior Center.

This lecture will explain what a cataract is, how it develops and the procedure for removal and post-operative care. A question and answer session will be held. After our regular lunch served at 12:45 p.m., vision screening by a local optometrist will be offered. The screening will include checking of visual acuity, taking intraocular pressure and a brief exam. It is recommended that all seniors take advantage of this service.

ADVANCE REGISTRATION IS REQUIRED FOR THE VISUAL SCREENING PORTION OF THIS PROGRAM. PLEASE CALL RAY OR SARA AT THE SENIOR CENTER TO REGISTER.

PLEASE REMEMBER...

AGING IS...

*...just a series of many beginnings
...a matter of feeling not of years*

RETIREMENT IS...

*...not the closing of old doors, but
the opening of new paths in your life*

**DISCOVER YOURSELF BY ATTENDING
PROGRAMS AND ACTIVITIES
AT THE JCC SENIOR CENTER!**

The Senior Center of the Jewish Community Center

A wide variety of programs and activities for older adults, ages 60 and over, are available at the JCC Senior Center. This group meets five days per week from 9:30 a.m. to 2:30 p.m. Some of the activities available include...

FAMILY LIFE DISCUSSIONS

Mondays, 10:30 a.m.

Led by a staff member of Jewish Family Service or the JCC, this group setting provides everyone with an opportunity to express their own personal opinions and feelings on a wide variety of subjects.

HEBREW CLASS

Tuesdays, 10:15 a.m.

Rabbi Jeffrey Eisenstat has been instructing a group of seniors on how to read the Hebrew prayers that are used during Shabbat and holiday services. This has developed into a very informative and extremely enjoyable class. The text being used is quite simple. Rabbi Eisenstat is an instructor at the Reconstructionist Rabbinical College.

Registration is necessary for the next session. Two classes will be offered, one for beginners and one for intermediate students. Registration is required.

"MEN ONLY" GROUP

Tuesdays, 10:30 a.m.

Due to popular demand...this group has resumed! It is self-run and participants choose their own topics for discussion. Join your friends for a fun-time at the JCC! Coffee and snacks are provided.

SENIOR CENTER CHORAL GROUP

Wednesdays, 10:00 a.m.

Under the direction of Sarah Goldstein and pianist, Sara Berman, this group meets weekly. They perform for other senior centers and retirement homes in our community - bringing cheer and joy to all.

CURRENT EVENT SEMINARS

Wednesdays, 10:30 a.m.

Anna Silver leads these seminars. A variety of topics including current event issues and world happenings are discussed each week. There is always time for group participation.

JEWISH ENRICHMENT PROGRAM

Thursdays, 10:30 a.m.

This group meets weekly and discusses issues pertaining to the Bible, Jewish Holidays and Cultural Events. This program is Led by Faith Brown, this has developed into a very informative program.

PAINTING CLASS

Fridays, 10:00 a.m.

This class meets weekly at the Senior Center and is instructed by local artist, Connie Wahl, who shares her expertise with our members. You do not need any previous experience in painting to participate in this class. Connie will teach and guide you through drawing and painting, so you can create your very own and unique designs.

CANDELIGHT DINNER PROGRAMS

Dinner: 5:30 p.m.

Musical/Education Program - 7 p.m.

This newly instituted bi-monthly evening dinner program has met with outstanding success. A delicious dinner is served, followed by a musical or educational program. Please check the Senior Center Newsletter for future dates and programs.

ACADEMY OF LIFELONG LEARNING PROGRAMS

A variety of presentations are offered by A.L.L. Outreach Program for our members. Programs are scheduled several times throughout the year and are hosted by various speakers from the academy.

SOCIAL EVENTS, CARD PARTIES TRIPS AND MORE

Monthly birthday and card parties, holiday celebrations and special dinners are held throughout the year at the Senior Center. We also offer trips to museums, theatre shows, educational and recreational points of interest.



SENIOR CENTER NEWSLETTER

A news bulletin featuring upcoming programs and activities offered at the JCC Senior Center is published on a monthly basis. Copies of this publication are available at the JCC Front Desk or in the Senior Center Lounge.

WELLNESS PROGRAMS

HEALTH FACTS

Mondays, 12:45 p.m.

This program is hosted by a member of the Recreational Services Division on a monthly basis. Speakers from various health and social service agencies are invited as guests to share their knowledge and expertise.

SENIOR SWIM PROGRAM

Mondays & Thursdays, 10:00 a.m.

Members may use the indoor swimming pool for exercise purposes. Many physicians encourage this form of exercise for cardiac and arthritis patients.

PHYSICAL EDUCATION PROGRAM

Tuesdays & Fridays, 10:30 a.m.

Wellness and physical fitness, according to statistics, increases life expectancy as well as prevents diseases. These exercises are designed for older adults.

BLOOD PRESSURE CLINIC

Wednesdays, 9:30 - 11:00 a.m.

This service is available every other month, courtesy of the Visiting Nurses Association.

WATER EXERCISE PROGRAM - NEW!

Thursdays, 10:00 - 10:45 p.m. OR

Thursdays, 11:00 - 11:45 p.m.

This new program sponsored by New Castle County Senior Services and the JCC is lead by Mary Ellen Luise. Because of the popularity of this class, two class sessions are now being offered. Registration is required.

WELLNESS EDUCATION SERIES

The Medical Center of Delaware and the JCC present numerous programs to alert our members on various health and wellness subjects. Please watch your Senior Center Newsletter for more information on upcoming wellness programs.

NUTRITIOUS, KOSHER LUNCHES

A delicious and nutritiously balanced meal is served each weekday at 12:00 noon. Lite lunches are also available upon request. Many menus are designated as "Wellness Menus" which help lower your cholesterol and reduce calorie intake.

TRANSPORTATION

Transportation to and from the JCC Senior Center is available on a daily basis, as well as for special evening programs and events. Registration is required.

ADULT/TEEN FITNESS PROGRAMS

ADULT BASKETBALL



Sunday
9:00 - 11:00 a.m.

Monday & Thursday
5:00 - 7:00 p.m.

Saturday
2:00 - 4:00 p.m.

Free - JCC Members Only

FLAG FOOTBALL (Adults & Teens)

This program is designed for the "weekend" athlete! Join us while we try to pull your flags down the field for a fun-filled morning of football!

Day: Sundays

Time: 9:15 - 11:00 a.m.

Free to Members!

Instructor: Brian Baar

Begins: October 6

No registration is required. Meet at the Family Campus multi-purpose sports field.

JACKIE'S AEROBIC DANCING

Sundays, 9:30-10:30 a.m.

Tuesdays & Thursdays, 7:00-8:00 p.m.

The kids are back in school...now you have the time to shake out your tights and leotards and dance your way to physical fitness. Join Marsha Golden for an hour of sharing good friendships, while exercising to the latest top tunes.

Jackie's Aerobic Dancing is specially designed for intermediate/advanced dancers and provides total body conditioning.

Fees: \$ 98.00/14 Weeks

Begins: September 19

Registration will be accepted on the first class meeting. Please call Marsha Golden at 571-0209 for additional information.

FREE MORNING EXERCISE

Monday, Wednesday & Friday
9:30 - 10:30 a.m.

This is a beginner program for a "detrained" athlete.

Improve your cardio-respiratory fitness with this special low-impact/toning class.

Emphasis on stretching, flexibility and toning exercises.

This program is co-ed and open to JCC members only.

Free to Members!
Begins: September 16

BODY SCULPTURING THROUGH HATHA YOGA

Shape up with yoga...Hatha Yoga deals with self improvement of the body and the emotional and mental aspects of the individual. Emphasizing weight control, firming, slimming and relief of tension. Your instructor, Joan-Marie Boyd, has over 25 years of teaching experience.

SESSION ONE

Days: Monday & Wednesday

Time: 6:30 - 8:00 p.m.

Hatha Yoga Fees:

\$ 33.00/Members/8 Sessions/1 Day

\$ 53.00/Members/16 Sessions/2 Days

\$ 43.00/Non-Members/8 Sessions/1 Day

\$ 63.00/Non-Members/16 Sessions/2 Days

Session Dates: September 16-November 6

SESSION TWO

Days: Monday & Wednesday

Time: 6:30 - 8:00 p.m.

Hatha Yoga Fees:

\$ 22.00/Members/5 Sessions/1 Day

\$ 35.00/Members/10 Sessions/2 Days

\$ 29.00/Non-Members/5 Sessions/1 Day

\$ 41.00/Non-Members/10 Sessions/2 Days

Session Dates: November 18-December 18

ARTHRITIS PACE PROGRAM

PACE - PEOPLE WITH ARTHRITIS CAN EXERCISE!

Monday & Wednesday
7:30 - 8:30 p.m.

This arthritis exercise program has been designed to accommodate people with many types of rheumatic diseases and their manifestations.

This class will relieve stiffness, restore or maintain joint range of motion, increase flexibility of the structure surrounding joints, improve posture and increase endurance.

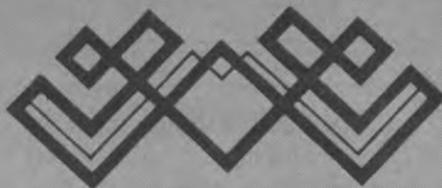
PACE Fees:

\$ 25.00/Members, \$ 35.00/Non-Members

This program is being co-sponsored by the Arthritis Foundation (Delaware Chapter) and the JCC.

ATTENTION SINGLES!

"Fun at your Fingertips at the JCC"



Mens and Womens Volleyball
Wednesday Nights, 6:00 - 8:00 p.m.

Members - \$ 1.00, Non-Members - \$ 2.00

NEW • NEW • NEW • NEW

STEP AEROBICS I (Beginner Level)

A powerful workout stepping on and off platforms of varying heights, while simultaneously performing upper body movements with or without weights.

Days: Tuesday & Thursday

Time: 9:30 - 10:30 a.m.

Days: Monday & Wednesday

Time: 6:00 - 6:50 p.m.

Step Aerobics I Fees:

\$ 49.00/Members/2 Days

\$ 60.00/Members/3 Days

Instructors: Jayne Plumley & Sue Davis

Begins: October 6

Class size is limited to 20 participants.

STEP AEROBICS II (Intermediate Level)

Routines are more challenging than in the Step I Aerobics program. The range of movement of arms and legs are greater.

Days: Monday & Wednesday

Time: 7:00 - 8:00 p.m.

Step Aerobics II Fees:

\$ 49.00/Members/2 Days

Instructor: Sue Davis

Begins: October 6

Class size limited to 20 participants.

WALKING CLUB WITH BRIAN

Tuesday & Thursday
12:00 - 1:00 p.m.

Stick to your fitness walking program by walking with a group and enjoy the use of music and equipment to keep you motivated. Your progress will be monitored throughout the session. Classes will walk in nearby neighborhoods, state park trails and in inclement weather, we will be in the gymnasium.

Instructor: Brian Baar

Walking Club Fees:

\$ 15.00/Members, \$ 22.50/Non-Members

Dates: October 8 - December 19

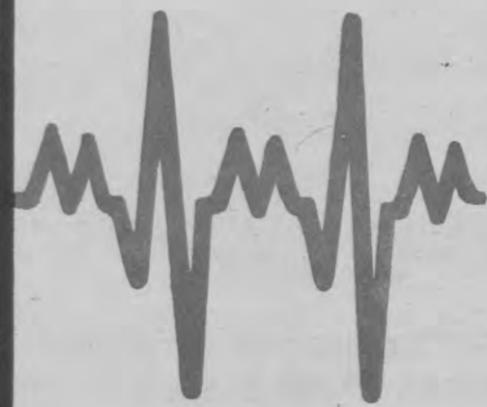
BE A JCC WALKER!



CO-ED VOLLEYBALL

Wednesday Evenings
8:00 - 10:00 p.m.





The Fitness Center

AT THE JCC

The Fitness Center at the JCC A New, Progressive Health & Fitness Program Featuring:

State-of-the-art 3,000 sq. ft. Fitness Room with 23 Cardiovasulcar Aerobic Stations

- 5 Aerobic Lifecycles (9500 Series)
- 2 Trotter and 1 Star Trec Treadmills
- 3 Station Versaclimber
- 10 Station Strength Training Equipment by Vigor Sport
- Vigor Sport and York Free Weight Training Equipment
- 2 Stairmasters
- 1 PTS Turbo Recumbent Bike
- 2 Schwinn Air-O-Dynes
- 2 Nordic Track Skier
- 2 Concept II Rowing Machines
- 3 Monark Fitness Cycles

Only the Fitness Center at the JCC offers you all of this and more...

- Indoor Olympic Swimming Pool (*handicapped accessible*)
- Eight Seater Stainless Steel Whirlpool
- Steam and Sauna Facilities
- Three Air-Conditioned Racquetball Courts
- Full Court Gymnasium with Basketball and Volleyball
- New Babysitting Room and Extended Hours
- New State-of-the Art Aerobics Studio with Stereo Sound
- Totally Refurbished Lockerroom Facilities

Special Services at the Fitness Center...

- Individualized Exercise Program and Instruction
- Personalized Fitness Testing
- Nutritional Guidance
- One-On-One Fitness Training

Breast Cancer Awareness

The Fitness Center of the JCC and Mammography of Delaware have combined efforts to provide an educational program and screening of mammograms for all members, ages 35 and over.

A screening mammogram is a simple, safe x-ray examination of the breast. Mammography can detect lumps three to five years earlier than a physical examination. 95 % of breast cancer can be found at this early state and can be successfully treated.

EDUCATIONAL/AWARENESS PROGRAM

Tuesday, October 15, 1991

10:00 - 11:00 a.m.

Free of Charge

BREAST CANCER SCREENING

Thursday, October 17, 1991

9:00 a.m. - 12:00 noon

Registration is required

Fee: Sliding scale (Average cost - \$ 65.00)

REGISTRATION DEADLINE FOR SCREENING

Thursday, October 10

For additional information, please contact Eileen Wallach, Recreational Services Director at 478-5660.

L' CHAIM Health Information Series

The Fitness Center of the JCC is pleased to offer monthly special interest information to educate and enlighten its members on a variety of health-related topics.

UPCOMING SERIES

September
Prostate Month

October
Breast Cancer Month

November
Great-American Smoke-Out

December
Holiday Stress Awareness

Please watch for information posted throughout our facility on the above topics.

Massage by Appointment

Peggy Gorman
AMTA Member

JCC Members - \$ 40.00/Hour, \$ 20.00/Half hour
Non-Members - \$ 50.00/Hour

Staff Discounts and Gift Certificates Available !
Call Peggy today at 738-5136
to schedule your appointment.

Temporary Cardio Room

Keep working out while our New Fitness Center is being constructed.

Join A.J. Lipstein for a great cardiovascular workout in Racquetball Court #2, our temporary cardio room.

Just stop by and introduce yourself and find out what's in store for you at our new facility.

SUNDAY MORNINGS
9:00 AM - 12:00 NOON

MONDAY AND WEDNESDAY AFTERNOONS
4:00 PM - 7:00 PM

TUESDAY MORNING AND AFTERNOON
6:00 AM - 2:00 PM

THURSDAY MORNING AND AFTERNOON
8:00 AM - 2:00 PM

Beginning - September 11, 1991

DONATION NEEDED

Do you have a computer that needs a new home ?

The Fitness Center at the JCC needs a good IBM or Macintosh computer and printer.

Please call Eileen Wallach at 478-5660 if you would like to make a donation.



Your Fitness Program Begins With A Fitness Evaluation

The more we know about your current level of fitness, the more we can help you. That's why the **Fitness Center** will include a specialized state-of-the-art fitness evaluation facility.

Members will be asked to undergo a risk factor battery of measurements and exercise evaluations.

These measurements will determine percent of body fat, height, weight, flexibility, strength, pulmonary function and aerobic capacity.

In addition to providing the staff with the information they need to design and implement individualized exercise programs, these tests will provide "baseline" data. With this information, we can periodically check on how much and in what areas you are improving.

Along with the fitness evaluation, our **Fitness Center** staff will provide you with information on eating habits and nutritional guidance.

Why Vigor Sport Weight Training ?

SAFE AND EASY TO USE

Vigor Sport equipment is easy to use and safer than free weights. The machines work specific muscle groups through the full and normal range of motion. You do not have to lead or balance weights. Weights that are accidentally dropped fall under control and clear of all body parts.

ADJUSTABLE

All Vigor Sport seat heights and pads are fully adjustable to put you in the anatomically correct position for each exercise.

STRENGTH AND FLEXIBILITY

Vigor Sport machines utilize cams and lever systems that provide variable resistance (weight) through a full range of motion. This facilitates the development of both strength and flexibility simultaneously.

INDIVIDUAL MACHINES

Individual machines allow you to isolate specific muscle groups and work them vigorously. "Vigorously" can mean two things: (1) doing many repetitions of a specific exercise, thereby increasing endurance, muscle definition and tone, or (2) doing fewer repetitions with a heavier weight in order to develop power and body mass.

Regardless of your goal, a more vigorous or intensive workout results in greater and more efficient exercise training. You accomplish more in a shorter period of time.

CIRCUIT TRAINING

Set up in a circuit, Vigor Sport machines allow you to move from machine to machine, quickly and efficiently. This helps promote cardiovascular conditioning and weight loss along with strength and flexibility.

More on Vigor Sport...

SUPERVISION

The Vigor Sport Program is a supervised program. Our trained instructors will monitor your routine and motivate you to accomplish your goals as efficiently as possible. They will help you get the results you want, with a minimal amount of physical effort.

Benefits of Cardiovascular Exercise

- Weight control
- Increased metabolic rate
- Lower systolic and diastolic blood pressure
- Improved cholesterol and triglyceride levels
- Improved pulmonary and respiratory functions
- Reduced stress
- Lower sense of perceived exertion during exercise
- Increased endurance and exercise capacity
- Decreased chances of premature heart disease, diabetes and some forms of cancer
- Improved chances of heart attack survival

The Fitness Center at the JCC

Our facility will be designed to help everyone attain their individual goals...

Fat Burners

- Aerobic Classes
- Lifecycles
- Treadmills
- Stairmasters
- Turbo Recumbent Bikes
- Schwinn Air-O-Dynes
- Monark Bikes
- Rowing Machines
- Nordic Track Skiers
- Water Aerobics
- Step Classes

Flexibility

- Stretching Bars
- Stretching Classes
- Stretching Area

Free Weights

- Dumb Bells
- Bar Bells
- Weight Training Stations

Music Toning and Strengthening

- Vertical Butterfly
- Leg Curl
- Deltoid
- Lower Back
- Abdominal
- Bicep Curl
- Tricep Extension
- Lateral Pull Down
- Leg Extension

On Diet and Exercise: Why You Need To Do Both

First, some fat facts. Approximately 30% of all Americans are overweight. Up to 4% of us are considered severely obese (100 pounds above our ideal weight). At any given moment, at least 25% of us are on some sort of weight reducing diet. For every dollar we spend on "regular" food, we spend 20 cents on weight reduction and low calorie foods.

Dieting has become big business. Up to 15% of the frozen food sections in local supermarkets now display low-calorie and "lite" frozen entrees. Diet plans and books abound.

But if most commercial diets really work, and the people buying these products are successful in their weight loss attempts, why is the diet marketing growing?

IT GROWS BECAUSE DIETING ALONE DOES NOT WORK FOR MOST PEOPLE.

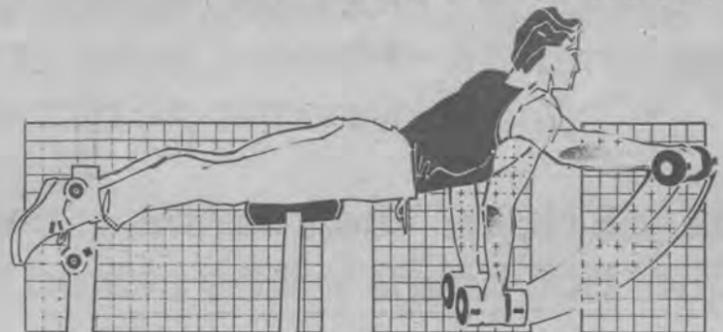
The diet industry relies on repeat business (Lose five pounds, gain five pounds; we've all been there). In fact, less than 5% of all people who attempt weight loss through diet alone are successful in the long term.

Most people, after all, enjoy eating. Asking them to be on a strictly prescribed diet, or to eat only specialized products, usually dooms dieters before they start. For more of us, this limitation on our taste buds is more frustrating than the extra weight!

A smart alternative is to combine moderate caloric reduction with an increased amount of exercise. Set realistic goals. Recognize that you didn't gain the extra weight overnight and you probably won't lose it that way. Most importantly, don't deprive yourself of the foods you enjoy. Have that occasional piece of strawberry cheesecake. Just have a little less than you normally would. Learn the meaning of moderation.

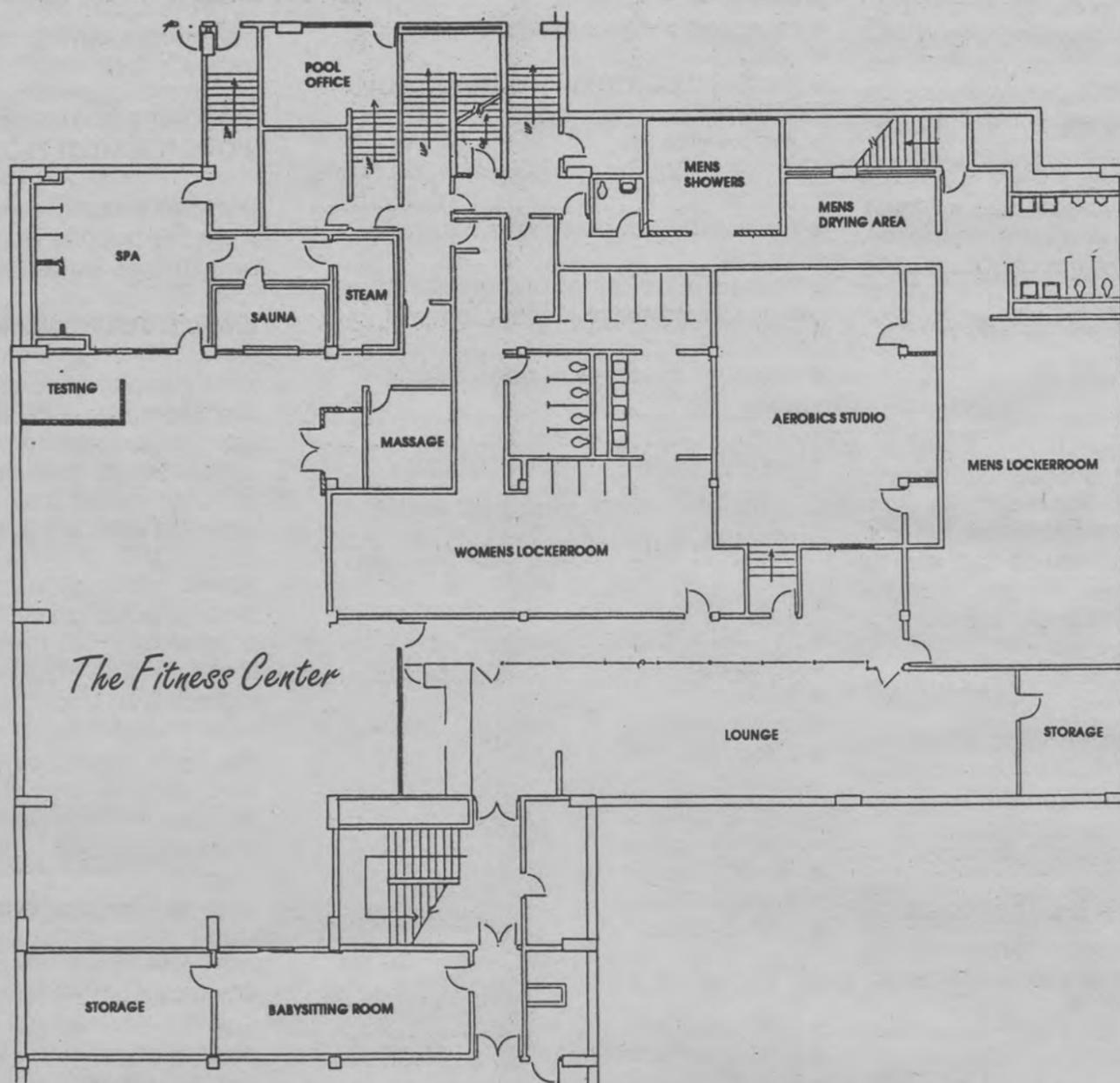
Likewise, be moderate with your exercise. Don't go out and get yourself sore on your first day. Start gradually and build your program slowly. Learn to feel good about exercise. Get in tune with your body. Enjoy yourself. Most of all, build the kind of respect for yourself that serves to reinforce your new habits.

What seems to work best is inducement in exercise classes or programs where you tend to make more of a commitment to new and healthier habits. Having an individualized program, making friends, working out in a warm, friendly atmosphere, all do their part in helping to motivate you. That's what the **Fitness Center at the JCC** is all about.



WE'RE BEGINNING TO BUILD *A BETTER BODY*

The New Fitness Center at the JCC



TIME TABLE FOR RENOVATIONS AND CONSTRUCTION OF THE FITNESS CENTER:

August 26 - September 18 - Construction Period

September 19 - Proposed opening of the pool, gym and lockerroom facilities

November 4 - Fitness Center open by appointment only for orientations

(The above dates are proposed and are subject to some variation)

PLEASE NOTE: The swimming pool, lockerroom facilities, gymnasium and racquet ball courts will be closed for renovations through September 19, 1991.

ADULT/TEEN AQUATIC CLASSES

LIFEGUARD TRAINING COURSE

Tuesdays & Thursdays
6:30 - 9:30 p.m.

**American
Red Cross**



Instructor: Roger Walck
Lifeguard Training runs for 10 sessions

Lifeguard Training Fees:
\$ 40.00/Members
(Includes \$ 25.00 Red Cross Fee)
\$ 60.00/Non-Members
(Includes \$ 30.00 Red Cross Fee and
Facility Usage Fee)

BEGINS - NOVEMBER 11

SWIMMING TO FITNESS

Wednesdays
7:30 - 8:30 p.m.

Do you like to swim? Do you wonder if it doing you any good? Well, this is the program for you! Learn how to use swimming as a means to better fitness, while you learn new techniques and strokes.

Fees: \$ 24.00/Members/6 Sessions
\$ 36.00/Non-Members/6 Sessions

Minimum registration - 5
Maximum registration - 8
Instructor: Brian Baar

Begins: November 12

SENIOR WATER EXERCISE

Free Community Service to Seniors
(Ages 62 or older)

A great "get into shape" program that will not put any stress or strain on your body. You won't get your hair wet and you do not need to know how to swim.

TWO TIMES TO CHOOSE FROM...

Thursday Mornings
10:00-10:45 a.m. OR 11:00-11:45 a.m.

Instructor: Mary Ellen Carter

This program is being co-sponsored by New Castle County Senior Services of Delaware.

Pre-registration is required to participate in this program. Please call the JCC Recreational Services Control Desk at (302) 478-5660 for additional information.

INFANT AND YOUTH AQUATIC CLASSES AND PROGRAMS

PROGRESSIVE SWIM CLASSES

BEGINNER I (Ages 4 & Up)

This program is designed for the non-swimmer. Various skills will be taught including self-reliance, kicking, pulling, floating on the stomach and back.

Sundays, 11:15 - 11:45 a.m.

Tuesdays, 4:30 - 5:00 p.m.

Fees: \$ 30.00/Members/8 Sessions
\$ 45.00/Non-Members/8 Sessions

Minimum registration - 3
Maximum registration - 6
Classes Begin: October 8

BEGINNER SWIM II (Ages 4 & Up)

Skills include swimming on front and back, breathing and safety skills. Proper mechanics in kicking, pulling, breathing and body position. Children build endurance to swim 20 yards both front and back, dives and use of swimming aides such as kickboards.

Pre-Requisite: Beginner I Skills

Sundays, 11:45 - 12:15 p.m.

Tuesdays, 4:00 - 4:30 p.m.

Fees: \$ 30.00/Members/8 Sessions
\$ 45.00/Non-Members/8 Sessions

Minimum registration - 3
Maximum registration - 6
Classes Begin: October 8

ADVANCED BEGINNER SWIM

(Ages 5 & Up)

For swimmers who have mastered skills taught in Beginner II. Previous skills are improved and new strokes are introduced. Ability, endurance and confidence are improved.

Pre-Requisite: Beginner II Skills

Tuesdays, 5:00 - 5:45 p.m.

Fees: \$ 30.00/Members/8 Sessions
\$ 45.00/Non-Members/8 Sessions

Minimum registration - 3
Maximum registration - 6
Classes Begin: October 8

MIGHTY MITES DEVELOPMENTAL SWIM PRACTICE

Monday & Wednesday Evenings

Time: 6:00 - 7:00 p.m.

This pre-competitive swimming program is specially designed for boys and girls, ages 4 to 8. It offers a fun, relaxed atmosphere where swimmers are taught the fundamentals of competitive swimming. Focus on the four competitive strokes, starts, turns and more! Two optional mini-meets will allow swimmers to measure their improvement. This program is an excellent way to keep your little swimmer active during the fall season. Swimmers must be able to swim 25 yards.

Fees: \$ 70.00/Members, \$ 105.00/Non-Members
Session Dates: October 7 - December 18
Please call the Recreational Services Control Desk for additional information.

NEW SWIM PROGRAM...

PRE-SCHOOL FLOATERS FOR AGES 2-4

TUESDAY MORNINGS
10:30-11:15 a.m.

A parent/child experience...Introduce your child to the water!

Children will become familiar with basic swimming movements, breathing techniques and water safety skills.

Age-appropriate games for children will be incorporated in this program.



Instructor: Brian Baar

Pre-School Floaters Fees:
\$ 30.00/Members/10 Sessions

Introductory Offer for Non-Members
\$ 45.00/Non-Members/10 Sessions

Minimum registration - 4
Maximum registration - 10

Session Dates:
October 8 - December 10

REGISTRATION DEADLINE - OCTOBER 2



YOUTH FITNESS CLASSES AND PROGRAMS

SPORTS CLUB WITH BRIAN

Sundays

1:00 - 3:00 p.m.

This co-ed program, for ages 9 through 12, is designed with the participant in mind! Sports Club can be whatever you want it to be! We could play flag football, a game of table tennis, go rafting, swimming, skiing, bowling or even just hang out at the Center and watch the "game"!

Fees: \$ 15.00/Members, \$ 22.50/Non-Members

REMEMBER...THE "FUN DAY" IS SUNDAY AT THE JCC!

For information on starting dates, please contact Brian Baar, Recreational Services Coordinator at the JCC - (302) 478-5660.



OLYMPIAD SCHOOL OF GYMNASTICS



REGISTER NOW!

HONEY BEES (3 years by 12/31)

- Tuesdays, 12:45 - 1:35 p.m.
- Tuesdays, 6:00 - 6:50 p.m.

KINDER BEES (4 years by 12/31)

- Tuesdays, 1:45 - 2:35 p.m.
- Tuesdays, 6:00 - 6:50 p.m.

GYM BEES (5 years by 12/31)

- Tuesdays, 4:00 - 4:50 p.m.
- Tuesdays, 6:00 - 6:50 p.m.

BEGINNER I (Grades 1 and up)

- No experience necessary
- Tuesdays, 4:00 - 4:55 p.m.

ADVANCED BEGINNER

- Must be able to perform handstand roll
- Tuesdays, 5:00 - 5:55 p.m.

PRE-TEEN (Ages 9-12)

- No experience necessary
- Tuesdays, 5:00 - 5:55 p.m.

Olympiad Gymnastic Fees:
\$ 109.00/Members/11 Sessions
\$ 134.00/Non-Members/11 Sessions

Session Dates: October 8-December 17

REGISTER TODAY!

TAE-KWON-DO KARATE

Monday & Wednesday

More Classes ● New Times

YOUTH CLASSES:

- 4:00 - 4:45 p.m. - White/Yellow Belts Only
- 4:55 - 5:25 p.m. - Green/Blue Belts Only
- 5:30 - 6:15 p.m. - Red/Black Belts Only

TEEN/ADULT CLASS:

6:30 - 7:15 p.m. - All Belts

Fees: \$ 40.00/Members/Per Month
\$ 50.00/Non-Members/Per Month
Classes Begin: October 7



Karate testing will be held on October 27 from 1:00 - 3:00 p.m.

YOUTH RACQUETBALL LESSONS FOR AGES 6-8

Mondays

4:15 - 5:00 p.m.

Learn this fun and exciting sport! Serves, forehand and backhand shots will be emphasized in this class. Games and mini-tournaments will be held.

Racquetball Class Fees:
\$ 10.00/Members

Introductory Offer for Non-Members
\$ 15.00/Non-Members

Minimum registration - 3
Maximum registration - 6

Instructor: Brian Baar

Please call the Recreational Services Control Desk at (302) 478-5660 for additional information.



KINDERGYM I FOR AGES 2-3

Tuesdays

9:30 - 10:15 a.m.

A parent/child experience...Enjoy learning and teaching your child about "healthy" activities. We'll kick, crawl, tumble and roll our way to fitness!

Kindergym Fees:
\$ 30.00/Members/10 Sessions
Introductory Offer for Non-Members
\$ 45.00/Non-Members/10 Sessions

Minimum registration - 5
Maximum registration - 15

Instructor: Brian Baar
Registration Deadline: October 2



PEE-WEE SOCCER

(AGES 4 & 5)

This program provides an introduction to team play and the game of soccer. Instruction in soccer fundamentals, using junior balls and smaller goals. Basic skills will be taught through relays, drills, fun and games.

Wednesday Afternoons
4:00 - 5:00 p.m.

Pee-Wee Soccer Fees:
\$ 20.00/Members
\$ 30.00/Non-Members

Instructor: Brian Baar

PARENTS ARE NEEDED...

We need volunteer coaches. If you are interested, please contact Brian Baar, Recreational Services Coordinator at the JCC.

KIDSPLACE (After School Childcare)

When the school day is done, the Jewish Community Center's After School Program begins with an enrichment program that is considered the best in the Wilmington area. Our caring, capable staff prepares activities daily to best meet the needs of our elementary aged children.

KIDSPLACE begins on Tuesday, September 3, 1991 and follows the public school calendar, except for the Jewish holidays. Our School's Out Days offer full day programs (7:15 a.m. - 5:45 p.m.) on the days public and private schools are not in session.



OUR PROGRAM EXPOSES CHILDREN TO...

- Arts 'n' Crafts
- Karate
- Sports
- Cooking
- Science and Nature
- Swimming
- Snow Days
- And much more!

Kidsplace Fee Information:

- JCC Members Only - \$ 172.00/Monthly Fee, Daily Member Fee - \$ 6.50/Day
- Transportation from Public/Private School - \$ 1.50/Day
- Transportation to Hebrew School - \$ 2.50/Day

WHEN SCHOOL'S OUT, THE JCC'S IN!

Join us for a special day of programs, fun, friends and much more! We will swim daily, so a swim suit and towel should also be sent in with your child. Bring a kosher, brown bag lunch and drink. We'll provide a snack.

- Tuesday, September 3, 1991 - JCC Fun Day
- Wednesday, September 4, 1991 - JCC Fun Day
- Friday, October 11, 1991 - Philadelphia Museum of Natural History
- Tuesday, November 19, 1991 - Bowling
- Friday, November 30, 1991 - Rollerskating Party*

School's Out Day Fees:

JCC Members - \$ 18.00/Day (Includes early morning (7:15-9:00 a.m.) and late day (4:00-5:45 p.m.) care, if necessary.

* This day is open to all non-member children at a rate of \$ 20.00/Day.

Watch your mail for Winter Camp Information - (December 23 - 31, 1991)

JEWISH CUB SCOUTS (For Boys and Parents, Grades 1 - 5)

Cub Scouting encourages making new friends, learning new skills and games in a group setting. Parent involvement is essential. Meetings are held at the JCC or at a group members' home.

Pack Coordinator: Ron Makar

JEWISH BOY SCOUTS (6th - 8th Grade)

Boy Scouting provides the opportunity to work toward new and challenging skill levels within a group setting. Scouts are encouraged to obtain merit badges in a variety of fields, all of which encompass a Jewish Identity.

Leaders: Bill Weissman & David Hirschman

Scouting programs provide an on-going program for community members with which to affiliate. Members are encouraged to work at their own individual level within the group. The unique blend of traditional scouting and Judaic values encourages pack and troop members to build friendships while increasing their skills and abilities.

For additional information on scouting opportunities and scheduled meeting times at the JCC, please call 478-5660.

BIRTHDAY PARTY PACKAGES Saturdays and Sundays

Celebrate your child's special day at our very special place! Our birthday party service takes care of everything, including the fun! All you have to do is invite your friends. The service includes a JCC staff member who will plan gym and/or swim activities, outdoor play and special birthday games. The JCC provides the cake and drink based upon your request (special theme cakes are available for an additional fee).

Our comprehensive package includes staff member to direct the party gym and/or swim times cake juice and loads of fun. (Parents are responsible for decorations, paper goods and goodie bags.)

The Center can also arrange professional entertainment (clown, juggler, magicians) for an additional fee. Lunch options are also available.

**Fee: \$ 85.00 up to 15 children
\$ 3.00 per additional guest**

Parties can be scheduled for any Saturday or Sunday afternoon during regular Center hours. Families are encouraged to make reservations at least four (4) weeks in advance. A non-refundable \$ 40.00 deposit is required to save the party date. Please contact the Child & Family Division Office to make arrangements.

Ropes Course Family Challenge

**Sunday, October 6, 1991
2:00 - 4:00 p.m.
FREE OF CHARGE!**

So, your children experienced our low ropes course at camp this summer and you'd like to get in on the act? Well, here's your opportunity! The course is an adventure in cooperation, team work and creative problem-solving. Individuals are encouraged to work as a team to accomplish the challenging obstacle course.

Dress in loose-fitting, long-sleeved clothes (ie., sweat suits) and gym shoes! The entire activity is outside!

Registration is limited to the first 20 people. While there is no fee involved, pre-registration is required. To register, please call the Child & Family Division Office, 478-5660.

REGISTER BY SEPTEMBER 27!

(This event is open to the community if there is space available after the membership has registered.)

ENRICHMENT CLASSES

When it comes to offering a diversity of first-rate after school, enrichment classes, no one can beat the Wilmington JCC. With an incredible array of classes ranging from sports to arts 'n' crafts, children can have it all, all in one place! There are 3 semesters of classes offered throughout the school year. The first semester is 8 weeks long, beginning in October and running through December.

KIDSPLACE children will receive a 20% discount on any enrichment classes that are held on a day which they are registered for afterschool child care.

LITTLE WIZARDS (K - 2nd Grades)

Explore the world in which you live. You will perform safe, simple and fun experiments in the following areas: geology, solar energy, dinosaurs and much more.

Day: Mondays

Time: 4:00 - 4:45 p.m.

Fee: \$ 40.00

KRAFTY KIDS (K - 2nd Grades)

Express yourself through art. You will draw, paint, paper maché, pottery and create your own masterpieces. Extend all your favorite projects from summer camp. Each week a new media will be explored. Final projects will be displayed in the Krafty Kids Gallery at the end of the session.

Day: Tuesdays

Time: 4:00 - 4:45 p.m.

Fee: \$ 40.00

ARTISTS AT WORK (Grades 3-6)

Sculpture, paper maché and color design to help develop your artistic instincts. More advanced projects will be done to entice the students into exploring hidden talents.

Day: Tuesdays

Time: 4:45 - 5:30 p.m.

Fee: \$ 40.00

CONNOISSEURS OF THE KITCHEN (Grades 3-6)

Continue your summer fun ... It's an adventure in cooking as you prepare your own creations and put together a cookbook for your home. This class will cover food selection, menu planning as well as good kitchen and eating habits.

Instructor: Sandy Lubaroff

Day: Thursdays

Time: 4:45 - 5:30 p.m.

Fee: \$ 40.00

MUSIC IMAGING (K - 2nd Grades)

You will be exposed to a variety of different styles of music, some of which will be composed specifically for this course.

While listening, there will be guided activities, the purpose of which is to stimulate the imagination, promote visualization skills and creativity in a multitude of media.

You will tell stories based on the music you hear, draw pictures and dance and act the music to which you will be listening.

Instructor: Rami Goren

Day: Wednesdays

Time: 4:00 - 4:45 p.m.

Fee: \$ 40.00

CHEF'S CHOICE (K - 2nd Grades)

Continue the fun of summer's cooking specialties ... basic nutrition, cooking guidelines and etiquette as you prepare your own meals, snacks and desserts for your culinary pleasure.

A recipe book of all your creations will be put together for home use.

Instructor: Sandy Lubaroff

Day: Thursdays

Time: 4:00 - 4:45 p.m.

Fee: \$ 40.00

CLUB 46

Saturday evenings

Instructor: Paul Mann

If you're in grades 4 through 6, come join us one Saturday evening per month. We will go on trips, have tournaments, overnights and parties. Meet at the Center at 7:30 p.m. and get ready for loads of fun! Bring a friend and double the good times!

PUTT PUTT WITH PAUL

Date: September 21, 1991

Time: 7:30 - 10:00 p.m.

Fees: \$ 6.50/Person

COSTUME PARTY/MYSTERY NIGHT

Date: October 26, 1991

Time: 7:30 - 10:00 p.m.

Fees: \$ 5.00/Person

GAMES NIGHT

Date: November 23, 1991

Time: 7:30 - 10:00 p.m.

Free of Charge!

OVERNIGHT AT THE JCC

Date: December 28, 1991

Time: 7:30 p.m. - 11:00 a.m. Sunday

Fees: \$ 15.00/Person

Non-members may attend two of these programs as an introductory special.

YOUTH FLEA MARKET

(Grades 6 - 12)

Sunday, October 13, 1991

1:00 - 4:00 p.m.

Tired of not being able to find what you're looking for in your closets? Then clean out those closets and purchase a table at the JCC so you can sell your "stuff" at our first annual Youth Flea Market.

After registering for your table, you will be sent information on your table location, time you may set-up and time you must clean up! Earn some extra spending money by "recycling your stuff".

If you are interested in purchasing a table, fill out the registration form below and return it with your check for \$ 5.00/table to the JCC.

Youth Flea Market Table Registration

Name: _____ Grade: _____

Address: _____

Phone: _____ No. of Tables: _____

Items to be sold: _____

Please return this form with \$ 5.00 per table to the JCC Front Desk.

COMMUNITY FAMILY SHABBAT DINNER

Friday, October 11 - 5:30 - 7:00 p.m.

Join other families in a traditional Autumn Shabbat Dinner. Come together as a community and usher in the Sabbath Queen with food, friends and songs of celebration. Menu includes a delicious Kosher chicken entree, vegetable, salad, rolls and a special dessert. After dinner, enjoy songs of Shabbat!

**Family Shabbat Dinner Fees: \$ 7.00/Adult. \$ 5.00/Child
(Not to exceed \$ 30.00/Family)**

The last two family dinners were sold out completely. Registration will be taken at the JCC Front Desk. Payment must be made at time of registration. Reservations must be made by Friday, September 27, 1991.

TEEN CONNECTION

Teen Connection, a new Jewish youth group in Wilmington, is for all Jewish 7th and 8th graders who want to enjoy social, athletic and cultural activities with their peers.

This program is part of the B'nai B'rith Youth Organization (BBYO), whose 30,000 members make it the world's largest Jewish youth group. Teen Connection is already operating in many US and Canadian cities. It is quickly becoming the most important Jewish youth group for 7th and 8th graders.

What do you do in Teen Connection ?

Teen Connection is just about everything you can imagine. We have social, recreational, athletic, Judaic and cultural events. Here is but a small sampling:

Social: Dances, parties, overnights and intergroup events with other Teen Connection groups.

Recreational: Visit amusement parks, go on hay rides, have campfires, play miniature golf, just about anything you will enjoy.

Athletics: Sports activities include bowling, tennis, volleyball, tubing and hiking. You may also compete in tournaments and take trips to see professional sports teams.

Cultural: Films, dramatics, video and theatre are all part of Teen Connection's activities.

Judaic: Holiday parties, participation in community-wide celebrations and Maccabiah-type sports tournaments.

SATURDAY NITE LIVE TEEN SPECIALS

If you're in 9th through 12th grades, don't be left out! Come join your friends on Saturday every other month for trips, dances, parties and lock-ins.

SATURDAY NITE DANCE PARTY

Date: October 19, 1991
Time: 8:00 p.m. - 12:00 Midnight

SATURDAY NITE LOCK-IN

Date: December 21, 1991
Time: 9:00 p.m. - 9:00 a.m. Sunday

You'll be in from the beginning on all the planning, details and decisions as you work with the Center's Youth Coordinator, Paul Mann, in making these events come to life! If you are interested in serving on the Saturday Nite Live planning committee, please call Paul Mann, 478-5660.

SATURDAY NITE LIFE PROGRAMS ARE OPEN TO ALL COMMUNITY TEENS!

B'NAI B'RITH YOUTH ORGANIZATION

The B'nai B'rith Youth Organization is the largest Jewish youth group in the world. Comprised of the Aleph Zadik Aleph (AZA) for guys and the B'nai B'rith Girls (BBG), BBYO provides cultural, social, athletic, community service and religious programming for youth in 9th through 12th grades.

The local chapters, Wilmington BBG and Brian L. Dombchik AZA, conduct business meetings, elect officers and plan the activities for themselves under the guidance of BBYO adult volunteers and JCC professional staff.

Also ... BBYO members participate in conventions with chapters and regions in the east, the US and throughout the world.

For membership information, please call Paul Mann, BBYO City Director, 478-5660.

BBYO is open to all community teens!

CAMP SINGS!

Here's your last chance to get your copy of the 1991 JCC Camp tape, produced and performed by our very own Rabbi Jeff and the campers!

RUSH this order form to the JCC with payment to receive your limited edition tape! Makes a wonderful Chanukah gift!

YES! I want a copy of Camp Sings! Enclosed is my payment for \$ 8.00 per tape ordered which includes shipping and handling.

Name _____

Address _____

Phone _____

Quantity ___ Amount Enclosed _____

CAMP REUNION - FREE! Sunday, December 22, 1991 1:00 - 3:00 p.m.

Just when you thought it was too cold to think about camp ... it's back! Join us as we have camp in the middle of winter! See all your old camp friends, visit with the staff and enjoy some great camp activities including archery, newcomb, singing and swimming. View the camp slide show and make plans for the coming summer!



Just for coming, we'll even give you a special surprise gift to get you ready for the summer of 1992! You won't want to miss this terrific afternoon of summertime fun! Please let us know you're coming by calling the Child & Family Division Office, 478-5660.

THE CHILDREN'S CENTER

The Children's Center offers a variety of programs to enhance the rapidly changing development of the pre-school child, ages one to five. Our warm, nurturing environment, together with our commitment to excellence in early childhood education, create a comfortable learning atmosphere for children in both our full day and half day programs.

All of our programs feature age-appropriate individual and group activities designed to stimulate a child's curiosity. Activity centers offer hands-on experiences. Dramatic play, art exploration, and opportunities for fine motor manipulative play provide open-ended opportunities to children. A Physical Education Specialist leads all children in weekly age-appropriate activities in indoor and outdoor play areas.

JUDAIC PROGRAM: Children in our morning programs experience a special weekly Jewish education program, including exposure to the Hebrew language, taught by a Jewish Enrichment Specialist. Celebration of the Shabbat, both within the classroom and at our community-wide Kabbalat Shabbat, along with celebration of all Jewish holidays, round out our well-planned Jewish curriculum.

STAFF: Warm, competent, experienced teachers and assistant teachers are supervised by the Director, Jane Hormadaly.

FACILITIES: Classes meet in newly renovated, well-equipped rooms. Classrooms have observation windows. Several playgrounds are used for outdoor play. Large group programming is held in our auditorium. The JCC gym is used for most physical education classes and in inclement weather. Full day children enjoy weekly swimming in our indoor pool.

SNACKS AND LUNCH: A snack is provided to all children midway through the morning. Nutritious, hot, Kosher lunches and afternoon snacks are provided for full day children.

LIMITED REGISTRATION IS AVAILABLE. PLEASE CONTACT JANE HORMADALY, DIRECTOR AT 478-5660, FOR INFORMATION.



HALF DAY PROGRAMS

Ages 2-4 meet 9:00 to 11:30 a.m.

Playlearning (2 Year Olds)

This two morning per week program is designed to be a first pre-school experience.

Pre-School (3 Year Olds)

Three year olds' parents have the option of three and five day per week programs.

Pre-School (4 Year Olds)

Four year olds meet five mornings per week.

"SPECIAL K" PROGRAMS

This exciting ten week program offers art and science based enrichment activities to both morning and afternoon Kindergarten students. Children enjoy a Kosher lunch (brought from home) with their peers. Sessions are available on Tuesdays (Art Studio) and Thursdays (Science Exploration) from 9:00 a.m. - 12:15 p.m. or from 11:45 a.m. - 3:00 p.m. Participation can be one or two sessions per week. Transportation to and from Public Schools within the Brandywine School District will be provided.

Tuesdays, October 8 - December 19

Thursdays, October 10 - December 10

Fee: \$ 145.00/session with transportation

Registration Deadline: September 27

Children's Center Open Door Policy

Parents are always welcome at the Children's Center! A casual peep through an observation window, serving as home room parent, coming to PTA meetings, being a member of the Parent Volunteer Corps or the Early Childhood Committee...its all important!

SEE YOU AT THE CHILDREN'S CENTER!

WORKING PARENTS' CORNER

Our licensed day care facility provides flexible schedules, a hot lunch program and continuity in care from age one through the fifth grade (Kidsplace Program).

FULL DAY PROGRAMS:

Care for children ages 1-4 is available from 7:15 a.m. - 5:45 p.m. The JCC is a licensed day care facility.

1 AND 2 YEAR OLDS

Our caring and warm staff assures the parent that children are receiving nurturing care and stimulation they need. All children participate in the Jewish Enrichment program that is a part of our pre-school.

Children, ages 1 by September 1, 1991, meet in their own room with their own staff of caregivers. A low child-adult ratio insures individual attention. Enclosed play areas and open land for "buggy rides" provide opportunity for fresh air and exploration. Two year olds receive the same quality of nurturing that they loves as one year olds in a setting that provides learning opportunities parallel to the Playlearning class.

3 AND 4 YEAR OLDS

Afternoon enrichment activities (until 5:45 p.m.) and the option of early morning care (beginning at 7:15 a.m.) compliment the pre-school program. Children continue with their pre-school classmates and teachers. Swimming and physical education classes are held in the afternoon once each week, in addition to the morning physical education program. When combined with various summer camp options, afternoon enrichment programs provide a complete year round day care program.

KINDERGARTEN ENRICHMENT

Children enrolled in Kindergarten programs at Public Schools or Albert Einstein Academy meet five days per week from 11:30 a.m. - 5:45 p.m. (registration for children enrolled in Einstein's full day program is through Kidsplace). At 3:00 p.m., children enrolled in this program will be joined by the children at Kidsplace for exciting late afternoon fun. This program offers specialized activities including art, swimming, physical education and holiday programs. Please call Jane Hormadaly at 478-5660 for registration information.

Kindergarten Enrichment is a ten month program. Day options and fees are:

Monday - Friday (With transportation) - \$ 310.00/month

Monday - Friday (Without transportation) - \$ 275.00/month

Monday, Wednesday & Friday (With transportation) - \$ 270.00/month

Monday, Wednesday & Friday (Without transportation) - \$ 250.00/month

Tuesday & Thursday (With transportation) - \$ 185.00/month

Tuesday & Thursday (Without transportation) - \$ 170.00/month

YOUR JEWISH COMMUNITY CENTER --- WEEK AT A GLANCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOM'S ONLY	Mom's Connection 9:15- 10:45 a.m. Morning Exercise 9:30-10:30 a.m.		Morning Exercise 9:30-10:30 a.m.	Step Aerobics 9:30-10:30 a.m.	Morning Exercise 9:30-10:30 a.m.
MOMS & TOTS		KinderGym I 9:30-10:15 a.m. Pre-School Floaters 10:30-11:15 a.m.	Toddler's Play 9:15-10:15 a.m.		Pre-School Kabbalat Shabbat 11:10-11:30 a.m.
KID'S ONLY	Love 'Em & Leave 'Em Program 8:45-11:45 a.m. Mighty Mites Swim 6:00 - 7:00 p.m. Tae-Kwon Do 4:00-6:15 p.m.	Olympiad Gymnastics (3 Years) 12:45 p.m. Progressive Swim (4 Years) 4:00-6:00 p.m.	Love 'Em & Leave 'Em Program 8:45-11:45 a.m. Mighty Mites Swim 6:00-7:00 p.m. Pee Wee Soccer 4:00-5:00 p.m.		Love 'Em & Leave 'Em Program 8:45-11:45 p.m. Mothers Day Out 9:00-11:30 a.m. or 9:00 a.m.-1:00 p.m.

New Parent ? ... New in Town ? JOIN MOM'S CONNECTION

Connect with other parents of young children to discuss parenting issues. Experienced parenting educator Alison Steinfelds facilitates this forum for parents, offering guidance, support from both Alison and other participants.

Mondays, October 7 - December 9, 1991

Fees: \$ 35.00/Members/10 Weeks,
\$ 52.50/Non-Members/10 Weeks

Non-Members participation is for an introductory period only.

Registration Deadline: October 7, 1991

NEED A BREAK ? TRY MOTHER'S DAY OUT

Ten fabulous Friday mornings to yourself ! Tots ages 10 months to 2 years enjoy activities, storytelling, outdoor play and a mid-morning snack from 9:00 a.m. - 11:30 a.m. and 9:00 a.m. - 1:00 p.m. on Fridays. Children staying until 1:00 p.m. bring a Kosher dairy lunch.

Session I: September 13 - November 22,

Session II: December 6 - February 21

Session III: February 28 - May 15

Sessions fill quickly...Plan Ahead !

LOVE 'EM AND LEAVE 'EM

Enjoy our new fitness center, physical education classes, racquetball courts, pool or sauna. You can even run an errand or go home and enjoy a cup of coffee !

Our experienced nanny Beulah Edwards will love 'em while you leave 'em.

This program is on-going and meets Monday, Wednesday and Friday, from 8:45 a.m. 11:45 a.m. Services are provided on a pre-registered drop-in basis. Children are admitted as space permits.

Fees: \$ 2.00 per hour

Registration is accepted at the Front Desk.

LUNCH BUNCH ENRICHMENT PROGRAMS FOR THREE AND FOUR YEAR OLDS

GENERAL INFORMATION:

Lunch Bunch programs provide your child the opportunity to enjoy lunch with friends and to experience an enrichment program. Lunch Bunch extends the half day program until 1:00 pm. Full day children are welcome to participate. Children bring a Kosher dairy lunch. Lunch Bunch registration begins on September 13 and ends on September 27.

MONDAY:

ISRAELI FUN FACTORY

Join our own Feri Tehrani for a fun-filled introduction to Hebrew. This class includes activities such as crafts, food, games, dance and stories.

Meets: 11:30 a.m. - 1:00 p.m.

Fee: \$ 75.00/10 Sessions

Dates: October 7 - Dec. 16

(Note: This class will not meet on November 11).

TUESDAY: TUMBLE BEES

Children enrolled in the Olympiad School of Gymnastics "Tumble Bees" program can join this Lunch Bunch program. The children will eat, play and socialize until class beings. Parents pick up the children after the Tumble Bees program. Limited space available for the lunch bunch portion of this program.

Meets:

11:30 a.m. - 1:30 p.m. (3 Years)

11:30 a.m. - 2:35 p.m. (4 Years)

Fee: \$ 50.00/10 Sessions (3 Yrs)

\$ 65.00/10 Sessions (4 Yrs)

These fees do not include the cost of the Tumble Bees program. Please see the Health & Fitness Section of this program guide for information on Tumble Bees.

Dates: October 8 - Dec. 10

WEDNESDAY: EDUCIZE

Join the dynamic Lynne Lew for fun-filled exercise and nutrition class. Children will exercise and learn about positive eating habits.

Meets: 11:30 a.m. - 1:00 p.m.

Fee: \$ 75.00/10 Sessions

Dates: October 9 - Dec. 11

WEDNESDAY: KINDER BALLE

Anya Patton Ward of the Professional Dance Centre teaches this class, designed especially for children of pre-school age. Ballet shoes and leotards required.

Meets: 11:30 a.m. - 1:00 p.m.

Fee: \$ 80.00/10 Sessions

Dates: October 9 - Dec. 11

THURSDAY:

MUSIC FOR LITTLE PEOPLE

Presented by the JCC and the Wilmington Music School, this program offers a wide variety of musical experiences including singing, movement, instruments and listening.

Meets: 11:30 a.m. - 1:00 p.m.

Fee: \$ 80.00/13 Sessions

Dates: October 10 - Jan. 23

(Note: This class will not meet on Nov. 28, Dec. 26 and Jan. 2).

FRIDAY: KARATE

Janet Friedberg of American Karate Studio specializes in teaching karate to young children. Belt testing is optional at the end of the session. No uniforms, please !

Meets: 11:30 a.m. - 1:00 p.m.

Fee: \$ 80.00/10 Sessions

Dates: October 4 - Dec. 20

(Note: This class will not meet on Oct. 11, Nov. 8 and Nov. 29)



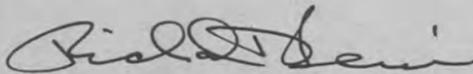
FROM THE PRESIDENT...

Dear Center Members:

The backbone of any organization is its membership and its committee structure. Committees are the grass-roots level of activity that keeps the Center moving, motivating its membership, planning viable and exciting programs and recommending policies to our Board of Directors.

The following is a list of our Center's committees. I invite you to participate on a committee — be a part of our exciting Center, our Family Campus, our new program direction. Please make your committee selections on the form provided below and return it to me at the Center.

Shalom,



Richard David Levin, *President*
Jewish Community Center



Please carefully review the committee listing and select the committees you most prefer to serve on. Committees are chaired or co-chaired by a member of the Board of Directors or other appointed individuals, with members from any or all of the following: Board members, interested parties, participants, representatives of organizations (e.g. BBYO, JFD, etc.)

Committee responsibilities include...

Help shape programs; recommend policies to the Board of Directors; act as a sounding board for staff; liaison from program to Board; support programs and activities; develop and approve budgets; support fundraising efforts; monitor programs to insure that they are effective and responsive to the needs of the community and to the Center membership.

CLIP AND DROP-OFF OR MAIL TO THE JCC
101 Garden of Eden Road, Wilmington, Delaware 19803

After reading the choices, please select the committees on which you prefer to serve. Please make at least three selections, noting your first choice with 1, second choice with 2, etc. We will attempt to place you on the committee of your first choice.

Dear Richard:
Here are my committee selections:

- | | |
|-----------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Early Childhood | <input type="checkbox"/> Teen Services |
| <input type="checkbox"/> Children's Services | <input type="checkbox"/> Young Jewish Adults |
| <input type="checkbox"/> Day Camp | <input type="checkbox"/> Program Steering |
| <input type="checkbox"/> PTA | <input type="checkbox"/> Budget & Finance |
| <input type="checkbox"/> Recreational Services | <input type="checkbox"/> Audit |
| <input type="checkbox"/> Family Campus | <input type="checkbox"/> Personnel |
| <input type="checkbox"/> Adult Services | <input type="checkbox"/> Office Systems/Computerization |
| <input type="checkbox"/> Art Gallery | <input type="checkbox"/> Board Leadership & Development |
| <input type="checkbox"/> Lectures & Forums | <input type="checkbox"/> Building & Grounds |
| <input type="checkbox"/> Cultural & Performing Arts | <input type="checkbox"/> Membership/Marketing |
| <input type="checkbox"/> Israel Committee | <input type="checkbox"/> Legal Advisory |
| <input type="checkbox"/> Senior Center Site Council | <input type="checkbox"/> Medical Advisory |
| | <input type="checkbox"/> Revenue Enhancement |

Name: _____

Address: _____

Phone: (H) _____ (B) _____

The following Program and Administrative Committees are Involved with the Jewish Community Center:

- **Early Childhood Services**
Michelle Margules, Lena Elzufon,
Co-Chairs
- **Children's Services**
Rona Caplan, *Chair*
- **Day Camp**
Norman Monhalt, *Chair*
- **Parent & Teachers Association**
Cindy Goldstein, *Chair*
- **Recreational Services**
Robert Coonin, *Chair*
- **Family Campus**
Steve Medwin, *Chair*
- **Adult Services**
Art Gallery
Lectures & Forums
Cultural & Performing Arts
Israel Committee
Amalia Snyderman, *Chair*
- **Senior Center Site Council**
Ann Metzker, *President*
- **Teen Services**
Jane Goldberg, *Chair*
- **Young Jewish Adults of Delaware**
Aaron Gobler, *Chair*
- **Program Steering**
Cindy Imber, *Chair*
- **Budget & Finance**
Mark Caplan, Jordan Rosen, *Co-Chairs*
- **Audit**
Eileen Conner, *Chair*
- **Personnel**
Barbara Schoenberg, *Chair*
- **Office Systems & Computerization**
- **Board & Leadership Development**
Myrna Ryder, *Chair*
- **Building & Grounds**
Bob Akell, Don Shackelford, *Co-Chairs*
- **Membership/Marketing**
Rand Snyderman, *Chair*
- **Legal Advisory**
Dan Klein, David Margules, *Consultants*
- **Medical Advisory**
Len Seltzer, Paul Imber, *Consultants*
- **Revenue Enhancement**
Dan Klein, *Chair*

CENTER CONTRIBUTIONS/TRIBUTE FUNDS

Your Gift...Your Choice

With a gift to the JCC, you can honor the memory of a departed one, congratulate a friend, colleague or family member, or wish a special patient a speedy recovery. And you can choose where your gift goes - to the JCC General Fund, Scholarship Fund or a host of Special Funds established to pursue a particular goal. With a minimum donation, you can even establish a brand new fund yourself, to pursue the aims that you wish, honoring or memorializing the person of your choice. But no matter which fund you choose, your gift will go to work immediately, bringing much needed revenues to the Center's vital community programs.

In addition, we'll send a lovely card to your honoree to tell them of your gift, and it will be our pleasure to thank you formally in our monthly *On-Center* publication. So exercise your freedom of choice with a gift to the JCC. Help us continue to work for a better community — for all of us!

General Fund

Supplement programs in all departments of the Center.

Scholarship Fund

Provides financial assistance for day camp, membership and day care.

Harry Bluestone Memorial Fund

Supports Jewish education programs.

Harry Cohen Foundation

Maintains the JCC building and grounds.

Dan Ehrenfeld Memorial Fund

Maintains the swimming pool and aquatic programs.

Paul Green Memorial Fund

Supports physical education and fitness programs and activities.

Doris & Irving Morris Leadership Forum Fund

Supports a biennial lecture program to be held at the Jewish Community Center.

Henry Nord Scholarship Fund

Provides youngsters with Day Camp scholarships.

Halina Wind Preston Holocaust Education Fund

Supports educational programs pertaining to the Holocaust.

Harry Sapowitz Memorial Fund

Provides youngsters with Day Camp scholarships.

Laura Fogel-Schagrin Scholarship Fund

Provides youngsters with Day Camp and Day Care scholarships.

Barbara Weiner Memorial Fund

Sponsor Young Leadership Award allowing winner to attend JCCA Biennial Convention.

Grandparents Fund

Supports children's programs and activities.

Friends of the Senior Center Fund

Fund projects and equipment for the Senior Center.

FEATS (Foundation of Economic Aid to Strings) Fund

This fund is dedicated to the memory of Dr. Isadore Slovin; established to provide musical education/entertainment to the Jewish community.

Contributory Membership Program

Precious Metals...Precious Members

The JCC has established a special program which gives members of the Center an opportunity to upgrade their memberships to a contributory status.

The following categories have been established:

Platinum - \$ 1000.00
Gold - \$ 360.00
Silver - \$ 180.00

Your investment, now, through your tax-deductible contribution, will enable the Center to continue to serve our community in many ways, including by offering Judaic programs that enhance the lives of its members and of our community and providing financial assistance to those families in need.

Please help us continue our mission by upgrading your membership to a contributory status today!

Yes, I would like to participate in the JCC Contributory Membership Program!

Check one of the following categories:

- Platinum Member
 Gold Member
 Silver Member
 I have enclosed my check made payable to the JCC.
 Please send me a bill.

Name _____

Phone Number _____

Address _____

Please complete the information above and mail it to the JCC Contributory Membership Program at 101 Garden of Eden Road, Wilmington, Delaware 19803.

Quarterly billing is available upon request. Please call the Membership Department at (302) 478-5660 to make arrangements and to receive a complete list of contributory membership benefits.

JEWISH COMMUNITY CENTER TRIBUTE FUNDS

Your Name _____ Name of Fund _____

Address _____

In Honor Of Speedy Recovery To In Memory Of Thank You To

Description _____

Please notify the following persons of my contribution: _____

Please mail coupon with check payable to the JCC Tribute Funds, 101 Garden of Eden Road, Wilmington, DE 19803

JCC HOURS OF OPERATION

Sunday: 9:00 a.m. - 5:00 p.m.
 Monday-Thursday: 6:00 a.m. - 10:00 p.m.
 Friday: 6:00 a.m. - 4:45 p.m.
 Saturday: 2:00 p.m. - 7:00 p.m.

Only the JCC and Family Campus can offer you all of this in one location...

MEMBERSHIP INCLUDES

Jewish Community Center

- ✧ Large olympic indoor swimming pool
- ✧ Adapted aquatics facility
- ✧ Steam and sauna rooms
- ✧ Eight seater stainless steel whirlpool
- ✧ State-of-the-art Fitness Center
- ✧ Full court gymnasium
- ✧ Aerobics studio with stereo sound
- ✧ Air-conditioned racquetball courts
- ✧ Newly refurbished lockerroom facilities
- ✧ Free fitness classes for members only!

Jewish Family Campus

- ✧ State-of-the-art 6000 sq. ft. swimming pool
- ✧ Separate toddler pool
- ✧ Outdoor amphitheatre
- ✧ Crafts and nature center
- ✧ Four tennis courts
- ✧ Shuffleboard courts
- ✧ Multi-purpose sports fields
- ✧ Picnic area with cooking facilities

Also Available at an Additional Fee

- ✧ Swimming classes for all ages
 - ✧ Babysitting service
 - ✧ Teen programs and special events
 - ✧ Senior center programs and activities
 - ✧ Pre-school
 - ✧ Full and part-time day care
 - ✧ Summer day camp services
 - ✧ Dance classes for children and adults
 - ✧ After school care
 - ✧ School vacation programs
 - ✧ Jewish youth groups and councils
 - ✧ Holiday programs and events
 - ✧ Concerts and event seminars
 - ✧ Cooking classes
 - ✧ Enrichment programs
 - ✧ Passover restaurant
- AND MUCH, MUCH MORE!
- ✧ Karate lessons for all age groups

Complimentary Memberships

The JCC offers a one year complimentary membership to Jewish newlyweds and a three month complimentary membership to Jewish families that have recently relocated to Delaware. Please call the JCC Membership Office at (302) 478-5660 for details.

MEMBERSHIP FEES

A Family Campus Fee Assessment (FCFA) has been added to all memberships to provide the on-going and future maintenance needs for the Campus. All new members are required to pay the full assessment. There are two levels of assessment:

- An assessment of \$ 75.00 per year for five years for a total of \$ 375.00 for all family and couple memberships.

- An assessment of \$ 40.00 per year for five years for a total of \$ 200.00 for all individual memberships.

The fees listed below INCLUDE the Family Campus Fee Assessment:

Full Family Membership - \$ 433.00

Husband and wife. Includes dependent children under the age of 16 in the same household and other children through full-time college students.

Single Parent Family - \$ 375.00

One parent in household, dependent children under the age of 16 and full-time college students. Children must live in same household as parent.

Adult Family - \$ 375.00

Husband and wife. Includes children 16 years of age or older including full-time college students.

Individual Adult - \$ 308.00

Age 18 or older. Must be completed high school.

Older Adult Individual - \$ 260.00

Age 62 or older. Includes full JCC privileges and Senior Center.

Older Adult Couple - \$ 322.00

Same as above. Husband and wife.

Senior Center Individual - \$ 29.00

Age 62 or older. This is an affiliate membership. Includes Senior Center activities only. No other privileges.

Senior Center Couple - \$ 56.00

Same as above. Husband and wife.

Application Information

All new members must pay a \$ 35.00 application fee at time of joining. Payment adjustments can be arranged through a confidential interview, call (302) 478-5660.

Service Charges

There will be a service charge for use of all payment plans.

Membership Category Changes

Any changes to members categories is the responsibility of the member.

SMOKE-FREE POLICY

The JCC is a smoke-free environment. This policy prohibits smoking in all areas of the building. It is our hope that this policy will guarantee a healthy atmosphere for our members.

REGISTRATION INFORMATION

Registration may be made in person or by mail. All fees must be paid in full at time of registration. Payment will be accepted in cash, check, WSFS, MasterCard or Visa. We cannot accept any registration over the telephone. Registration is accepted if membership dues are in good standing and in effect during the term of the classes. A full family membership is required to register children in a program or class. Membership is required for all programs, unless a non-member fee is listed.

Register Early to Avoid Cancellations!

We reserve the right to cancel a class or program due to insufficient registration or other factors. Prompt refunds or credit will be made in the event a class is cancelled by the JCC. Individuals wishing to withdraw from their class registration must submit their written request a minimum of one week prior to the activity date. Cancellation requests made with less than the one week required notice may not be honored or are subject to a 10% surcharge.

KOSHER POLICY

The JCC kitchens are supervised by the Va'ad Hakashruth of the Rabbinical Association. All groups wishing to use the kitchen facilities must conform to the Kashruth regulations.

SHABBAT POLICY

Saturdays: The Fitness facilities open at 2:00 p.m. Payment for court fees, guest fees or classes will be accepted in check form only.

HOLIDAY CLOSING DATES

Rosh Hashanah

- September 8 - JCC closes at 3 p.m.
- September 9 - JCC closed
- September 10 - JCC closed

Yom Kippur

- September 17 - JCC closes at 3:00 p.m.
- September 18 - JCC closed

Sukkot

- September 23 - JCC closed
- September 24 - JCC closed

Shemini Atzeret

- September 30 - JCC closed

Simchat Torah

- October 1 - JCC closed

Thanksgiving

- November 28 - JCC closed

HEALTH AND FITNESS GENERAL INFORMATION

MEMBERSHIP CARDS

All JCC members must present a valid membership card at the Recreational Services Control Desk to enter the facilities.

If a member does not have their card, they must obtain a one-day pass.

INDOOR SWIMMING POOL

Our beautiful 25 yard, 5 lane swimming pool is available approximately 88 hours per week for your swimming pleasure.

Adult Lap Swim

Lap swim means that pool is used exclusively for lap swimming. All swimmers will proceed up and down the pool with minimal stops. DURING BUSY TIMES, SWIMMERS MAY BE ASKED TO USE THE CIRCLE SWIM PATTERN.

During Adult Lap Swim, all swimmers must be 15 years of age or older, unless permission is granted by the Aquatics Director.

Open Swim

Open swim is open to all ages. Open swim may be used as time for games, fun or parents to teach their children to swim. No lap swimming is permitted in the open swim areas of the pool. Children, ages 7 and under, must be accompanied by an adult at all times. Children, ages 8 and up must perform a swim test to swim alone.

Private/Semi-Private Swim Lessons

Private and semi-private swim lessons are available for members only. All instructors are certified through the American Red Cross. Instruction for all ages and all swimming levels are available. Please contact Eileen Wallach at (302) 478-5660 for information.

Swimming Pool Safety Rules

- Proper bathing attire is required.
- No diving permitted in the shallow end of the pool.
- No horseplay, pushing or running permitted.
- No food, beverages or gum permitted.
- No flotation devices allowed.
- No street shoes allowed on the pool deck.
- Soap showers are required before entering the pool. (This rule is strictly enforced by the Board of Health).

Pool Rentals

If you are interested in renting our indoor swimming pool for a special event, contact Eileen Wallach, Recreational Services Director at the JCC.

ADAPTED AQUATIC FACILITY

The Center offers barrier-free accessibility to our beautiful indoor swimming pool. The facilities include disabled parking spaces in the lot, showers, restrooms and changing accommodations, specially designed entry steps and a Hoyer Lift for wheelchair clients.

STEAM AND SAUNA FACILITIES

The steam and sauna facilities help increase circulation, cleanse pores, loosen tight muscles and joints. The steam and sauna are for adults only.

Steam Room - Dry heat, 8 person capacity

Sauna Room - Wet heat, 8 person capacity
This facility is open for co-ed use at all times. Bathing attire is required.

SPA FACILITY

COMING THIS FALL!

An eight seater stainless steel whirlpool will be available for your enjoyment. This facility will be open for co-ed use at all times. Bathing attire is required.

THE NEW FITNESS CENTER OPENING THIS FALL...

The Fitness Center at the JCC - A New, Progressive Health & Fitness Program
Featuring:

State-of-the-Art 3,000 sq. ft. Fitness Room
with 23 Cardiovascular Aerobic Stations

- 5 Aerobic Lifecycles (9500 Series)
- 2 Trotter and 1 Star Trec Treadmills
- 3 Station Versaclimber
- 10 Station Vigor Sport Training Equipment
- Free Weight Training Equipment
- 2 Stairmasters
- 1 PTS Turbo Recumbent Bike
- 2 Schwinn Air-O-Dynes
- 2 Nordic Track Skiers
- 2 Concept II Rowing Machines
- 3 Monark Fitness Cycles

Special Services at the Fitness Center

- Individualized Exercise Program
- Individualized Instruction
- Personalized Fitness Testing
- One-On-One Fitness Training

Fitness Center Orientations

Instruction on the proper use of all Fitness Center equipment is available and required for all JCC members, prior to using the Fitness Center.

Appointments can be made by contacting the Recreational Services Control Desk at (302) 478-5660.

RACQUETBALL COURTS

The JCC has three air-conditioned racquetball courts available for free use by members. The courts are open at the following times:

Sunday (9:00 a.m. - 4:00 p.m.)

Monday-Thursday (5:00 p.m. - 9:00 p.m.)

Monday-Friday (6:00 a.m. - 4:00 p.m.)

Saturday (2:00 p.m. - 7:00 p.m.)

Reservations may be made up to eight days in advance. Cancellations must be made at least two hours prior to the reserved time.

FULL COURT GYMNASIUM

The gym provides members with many fitness opportunities. When you read the Facility Schedule and see "Open Gym" listed, this means that the gym is open for you to walk, job, shoot baskets or exercise on your own. During listed class times, the gym is closed to the membership. There may be times that the gym is closed for special events, notices will be posted in advance.

THE JCC PRO-SHOP

The JCC Pro-Shop is fully stocked with the following items
All items are available for purchase:

SWIM GOGGLES AND CAPS
RACQUETBALLS
TENNIS BALLS
SHAMPOO
SOAP
DEODORANT
HAIR CONDITIONER
EAR AND NOSE PLUGS
WRIST AND HEAD BANDS
RACQUETBALL GOGGLES
EXERCISE MATS AND GYM BAGS
SHAVING LOTION
COMBS
RAZOR BLADES

PLEASE HELP US...

BASKET INFORMATION

Your lockerroom baskets have been emptied and your belongings are being stored until October 15, 1991. Baskets were removed from the lockerrooms to make room for our new lockers.

Please contact Brian Barr, Recreational Services Coordinator at the JCC for information on your personal belongings.

PROTECT YOUR VALUABLES

It is strongly recommended that members do not bring valuables to the JCC or lock their valuable in their own locker. The JCC is not responsible for lost, stolen or damaged personal property.

RECREATIONAL SERVICES POOL SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00 AM		Adult Lap Swim (5) 6:00-8:00 a.m.	Adult Lap Swim (5) 6:00-8:30 a.m.	Adult Lap Swim (5) 6:00-8:30 a.m.	Adult Lap Swim (5) 6:00-8:30 a.m.	Adult Lap Swim (5) 6:00-8:30 a.m.	PLEASE NOTE: New Fitness Center Construction Schedule: The swimming pool, lockerroom facilities, gym and racquetball courts will be closed for renovations through September 19th. The Fitness Center is scheduled to open on November 4 for fitness orientations only.	
7:00 AM								
8:00 AM								
9:00 AM	Open Swim (3) Class (2) 8:30-11:30 a.m.	Open Swim (5) 8:30-11:30 a.m.	Open Swim (3) Class (2) 8:30-11:30 a.m.	Open Swim (5) 8:30-10:00 a.m.	Open Swim (3) Class (2) 8:30-11:30 a.m.			
10:00 AM								
11:00 AM	Open Swim (3) Class (2) 10:30-1:00 p.m.	Adult Lap Swim (3) Class (2) 11:30-1:30 p.m.	Adult Lap Swim (5) 11:30-1:30 p.m.	Adult Lap Swim (5) 11:30-1:30 p.m.	Adult Lap Swim (5) 12:00-1:30 p.m.	Adult Lap Swim (5) 11:30-1:30 p.m.		
12:00 PM								
1:00 PM	Open Swim (5) 1:00-5:00 p.m.	Open Swim (3) Class (2) 1:30-5:00 p.m.	Open Swim (5) 1:30-3:00 p.m.	Open Swim (3) Class (2) 1:30-5:00 p.m.	Open Swim (5) 1:30-5:00 p.m.	Open Swim (5) 1:30-4:45 p.m.		Open Swim (2) Lap Swim (3) 2:00-7:00 p.m.
2:00 PM								
3:00 PM								
4:00 PM	Adult Lap Swim (3) Class (2) 5:00-6:30 p.m.	Adult Lap Swim (5) 5:30-6:30 p.m.	Adult Lap Swim (3) Class (2) 5:00-6:30 p.m.	Adult Lap Swim (5) 5:00-6:30 p.m.	Adult Lap Swim (5) 5:00-6:30 p.m.	Adult Lap Swim (5) 5:00-6:30 p.m.		
5:00 PM								
6:00 PM	Open Swim (3) Class (2) 6:30-9:45 p.m.	Open Swim (3) Class (2) 6:30-9:45 p.m.	Open Swim (3) Class (2) 6:30-9:45 p.m.	Open Swim (3) Class (2) 6:30-9:45 p.m.	Open Swim (3) Class (2) 6:30-9:45 p.m.	Open Swim (3) Class (2) 6:30-9:45 p.m.		
7:00 PM								
8:00 PM								
9:00 PM								
10:00 PM								

RECREATIONAL SERVICES GYM SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00 AM		Open Gym 6:00-9:00 a.m.	Open Gym 6:00-9:30 a.m.	Open Gym 6:00-9:00 a.m.	Open Gym 6:00-9:00 a.m.	Open Gym 6:00 a.m.-11:30 a.m.	PLEASE NOTE: New Fitness Center Construction Schedule: The swimming pool, lockerroom facilities, gym and racquetball courts will be closed for renovations through September 19th. The Fitness Center is scheduled to open on November 4 for fitness orientations only.	
7:00 AM								
8:00 AM								
9:00 AM	Men's Basketball 9:00-11:30 a.m.	Gym Closed 9:30-12:00 noon	Gym Closed 9:30-10:30 a.m.	Gym Closed Pre-School Classes 9:00-11:30 a.m.	Gym Closed 9:00 a.m.-12:30 p.m.			
10:00 AM								
11:00 AM	Open Gym 11:30-5:00 p.m.	Lunch-Time Basketball 12:00-1:00 p.m.	Gym Closed 11:30 a.m.-7:00 p.m. Olympic Gymnastic Classes	Open Gym 11:30-4:00 p.m.	Gym Closed Pre-School Classes 12:30-3:00 p.m.	Lunch-Time Basketball 12:00-1:00 p.m.		
12:00 PM								
1:00 PM								
2:00 PM	Please Note: Classes may be held indoor in inclement weather	Gym Closed 1:00-3:30 p.m.	Gym Closed 11:30 a.m.-7:00 p.m. Olympic Gymnastic Classes	Open Gym 11:30-4:00 p.m.	Gym Closed Pre-School Classes 12:30-3:00 p.m.	Open Gym 1:00-4:00 p.m.		Men's Basketball 2:00-4:00 p.m. (No Widener Students)
3:00 PM								
4:00 PM								
5:00 PM	Men's Basketball 5:00-7:00 p.m. (No Widener Students)	Kidsplace (1/2) 3:30-4:30 P.M. Youth Basketball (1/2) 4:00-5:00 p.m.	Gym Closed 7:00-10:00 p.m. (Starts November 9)	Gym Closed 4:00-5:00 p.m.	Open Gymn 3:00-5:00 p.m.	Friday Activity Class 4:00-5:00 p.m.		
6:00 PM								
7:00 PM	Open Gym 7:00-8:00 p.m.	Men's Basketball 5:00-7:00 p.m. (No Widener Students)	Gym Closed 7:00-10:00 p.m. (Starts November 9)	Singles Volleyball 6:00-8:00 p.m.	Men's Basketball 5:00-7:00 p.m. (No Widener Students)	Open Gym 7:00-8:00 p.m.	Teen Basketball (1/2 Court) 4:00-7:00 p.m. Open Gym (1/2) 4:00-7:00 p.m.	
8:00 PM								
9:00 PM								
10:00 PM		Open Gym 7:00-8:00 p.m.	Gym Closed 7:00-10:00 p.m. (Starts November 9)	Adult Volleyball 8:00-10:00 p.m.	Gym Closed 8:00-10:00 p.m.			
9:00 PM								