

PULSE of the CENTRE

DECEMBER 1996

YMHA/JCC
370 Hargrave Street
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Ph: 947-0601 Fax: 942-4537

ROBERT YAFFE, EXECUTIVE DIRECTOR, JEWISH COMMUNITY CENTRE

As the year draws to a close it is hard to believe that we are only months away from the opening of the new Rose and Max Rady Jewish Community Centre on the Jewish Asper Community Campus. For those individuals that have been involved in the process, you know how hard staff, board members and volunteers have been working.

At the November meeting of the Board of Directors, the Strategic Business Plan for the Rose and Max Rady Jewish Community Centre was passed. This included our operating budget, and most importantly, our pro-

gram plans and a membership structure.

We will be announcing our membership information along with our Summer and Fall 1997 programs very soon. The 99 day countdown to our July 2, 1997 opening begins March 24, 1997. Watch for details.

I am confident that you will find our membership categories to be responsible and flexible, and the programs to be creative and exciting.

In the coming months we will be using this section of the Jewish Post to community with you regarding our programs, membership and other areas of interest as the

move to the new Campus approaches.

We are very pleased with our arrangement with the Jewish Post and it is our hope to see it expanded in future months.

Please feel free to let me know what your feelings are regarding this section and what you think and what you think should be included as well. We will attempt to highlight key program information as well as focus on news items concerning staff and volunteers.

That's all for this month. See you at the Centre.

HEALTH & WELLNESS

FITNESS

NEW YEARS RESOLUTION TIME

The YMHA/JCC fitness centre will help you keep those New Year's resolutions into the Spring. A fitness assessment to evaluate your fitness level is the way to go. This test includes cardiovascular fitness, muscle endurance, flexibility and body composition. Once the information is gathered, a personal fitness program is designed.

This service is FREE to members (M). Non-members (NM) may purchase this service for \$40 (plus GST). Contact Gloria to get your jump start on Spring.

PERSONALIZED FITNESS PROGRAM

So you want a change in your present fitness program but you don't know what to do. Let our qualified fitness staff develop a safe and effective program to fit your needs and lifestyle.

Contact Gloria at 947-0601 for details.

M: (initial program)FREE
M: (Follow-up program)\$5.00 + GST
NM: (initial program)\$30.00 + GST
NM: (Follow-up program)\$15.00 + GST

FOOTWEAR SEMINAR

"Choosing the Proper Athletic Shoe"

MONDAY, JANUARY 20, 1997

7:30 AM

FREE and Open to the Public

Sponsored by the Wellness Centre/Physiotherapy of the YMHA/JCC. Pre-registration is required. Call 947-0601.

THE BABY CLUB

Join us for a morning of information and conversation for new moms and babies. Each week a topic of interest, ranging from fitness to neighborhood watch, will be discussed.

THURSDAYS 10:00 AM - 11:30 AM

JANUARY 9th - MARCH 13, 1997

M\$10.00

NM\$15.00

PRE-SCHOOL PLAYGROUP

Don't miss out... join "The Group." The pre-school Group is the place to be for fun. Gym and swim, parachute play, games, songs and more every Wednesday starting January 8.

Child must be between 6 months and 4 years old.

WEDNESDAYS 9:30 AM - 11:30 AM

SESSION I: JAN. 8 - MAR. 12

SESSION II: MAR. 19 - MAY 28

M\$54.00

NM\$67.00

CHILDREN & YOUTH DEPARTMENT

WINTER WEEKS

A winter holiday program for children 4-12 years olds. Children are placed in age appropriate groups. Program includes: games, arts & crafts, swim, gym, lunch and much more.

DECEMBER 23, 24, 27, 30, 31, 1996 and

JANUARY 2, 3, 1997

9:00 AM - 4:00 PM

\$20.00 per day

AFTER-SCHOOL DRAMA CLASSES

Jewish themes and stories come alive in our after-school drama classes.

GRADES 1-3 TUESDAY, JANUARY 14 - APRIL 1

GRADES 4-6 THURSDAY, JANUARY 16 - APRIL 3

4:30 PM - 5:30 PM

Instructor: Samantha Chesler-Leiman

M\$55.00

NM\$85.00

Registration deadline Friday, January 3, 1997

BIRTHDAY PARTIES AT THE CENTRE

Plan your child's next birthday party at the Y. We offer gym, swim, pottery, arts & crafts, jewellery making and Israeli dance parties. Each party includes; an instructor, supplies, face-painting, creative games and room decorations. Each party is 1 1/2 - 2 hours with a maximum of 35 children. Food may be ordered at an additional cost. So hurry and book your party.

Parties may be held on Sundays or after school (Monday - Thursday). \$75.00 & up

To book your party call Marla at 947-0601

To register call the YMHA/JCC at 947-0601.

NEW -

Introducing the new Board of Directors... The Board of Directors of the Jewish Community Centre is pleased to announce the following changes to the Board of Directors. The Board of Directors is composed of 11 members, including the Executive Director, and is responsible for the overall management and financial health of the Centre. The new Board of Directors will be in place starting in January 1997. The new Board of Directors includes: Robert Yaffe, Executive Director; [Name], [Title]; [Name], [Title]; [Name], [Title]; [Name], [Title]; [Name], [Title]; [Name], [Title]; [Name], [Title]; [Name], [Title]; [Name], [Title]; [Name], [Title].

SATURDAY FEE CLASS REGISTRATION

Registration is now being taken for Saturday classes. Fee classes take place on Saturdays commencing February 8 and concluding May 3, 1997.

Registration deadline: January 31, 1997

All classes take place at the YMHA/JCC

Junior: Grades 1 to 3

Juvenile: Grades 4 to 6

Teens: Grades 7 & 8

ART-O-RAMA

M\$55.00

NM\$85.00

Junior: 1:00 PM - 1:45 PM

Juvenile: 2:30 PM - 3:15 PM

POTTERY

M\$55.00

NM\$85.00

Junior: 1:00 PM - 1:45 PM

Juvenile: 2:30 PM - 3:15 PM

3:15 PM - 4:00 PM

DRAMA

M\$55.00

NM\$85.00

Junior: 1:00 PM - 1:45 PM

Juvenile: 2:30 PM - 3:15 PM

3:15 PM - 4:00 PM

JEWELLERY MAKING

M\$110.00

NM\$150.00

Junior: 1:00 PM - 2:30 PM

Juvenile: 2:45 PM - 4:00 PM

SWIMMING

M\$55.00

NM\$85.00

Junior: 1:45 PM - 2:25 PM

Juvenile/Teens: 2:30 PM - 3:10 PM

RACQUETBALL LESSONS

M\$55.00

NM\$85.00

Beginners: 3:15 PM - 3:55 PM

Teens: 2:30 PM - 3:10 PM

"B" Players: 4:00 PM - 4:40 PM

HOLIDAY SCHEDULE

DECEMBER 24

6:00 AM - 6:00 PM

DECEMBER 25 & 26

8:00 AM - 5:00 PM

DECEMBER 31

6:00 AM - 6:00 PM

BBYO RED RIVER REGION UPDATE

Congratulations to Red River Region BBYO for a successful Sweetheart/Beau Ball, the annual semi-formal dance where each chapter selects a member of the opposite gender to become an honorary member of their chapter.

The program was held at the traditional site of The Pyramid Cabaret and brought out over 160 BBYO'ers to share the good times. Winter Convention is coming. Yes, the annual romp at the Viscount Gort is fast approaching and we are now accepting applications for the many committees required to plan the perfect convention.

For an application form call Nicky Cohen (897-3943), Neil Steen (489-1134), or Jonas Chernick (947-0601). Applications are due on Friday, December 20, so hurry up and get involved!

Regional Executive: This year has been an exciting one for BBYO in Winnipeg, and a lot of the credit goes to our incredibly dedicated group of youth leaders known as the regional executive.

AA	BB
Neil Steen	Nicky Cohen
Marshal Singer	Deborah Kahanovitch
Andrew Kaplan	Lisa Perlov
Jonathon Waldman	Jill Winograd
Ari Schaefer	Amy Greenfield
Michael Rosenberg	Michelle Broder
Ryan Rosenberg	Pam Katz
Matthew Sodomsky	Karen Mendelzweig
Hart Jacob	Abby Scheer

MEMBERSHIP: Red River Region continues to grow in membership and flourish with outstanding programming and valuable youth leadership experiences.

Alophim	30	Bat Sheva	42
Eskimos	33	Chaverim	22
Chadda	13	Gabriels	27

If you want to join BBYO, or if you just want some information, call the BBYO office at the JCC. (947-0601).

NEWS BITS

MAZEL TOV to our CRAFT CORNER participants. This group has donated over 40 sets of scarves, toques and mittens, that they have personally knitted, to Winnipeg Child and Family Services, Central Area. They have received a request for more items and are continuing with this wonderful mitzvah.

TODAY RABAH to all those who baked and supported our December Bake Sale. It was a great success.

HEALTH & WELLNESS FACILITY

Robert Yaffe, Executive Director of the YMHA/Jewish Community Centre is pleased to announce that Sue Boreskie, formerly of the Seven Oaks Wellness Institute at Seven Oaks General Hospital, will assume the position of Director of Health and Wellness for the Rose and Max Rady Centre. Ms. Boreskie will start January 6, 1997. According to Yaffe, Sue will oversee the Health and Wellness facility on the Asper Jewish Community Campus.

from the University of Manitoba. She has served as the Executive Director of the Wellness Centre at Seven Oaks General Hospital since 1994. She has also served on the Physical Education Faculty of the University of Manitoba. Sue is a Master Trainer and Certified Fitness Appraiser with the Manitoba Fitness Leadership Development Association and the Canadian Society of Exercise Physiology. In addition, Sue is a sought after speaker on a variety of Health and Wellness issues. We are looking forward to having someone with Sue's expertise join our staff.

"Sue has a Masters Degree in Physical Education

INSTITUTE OF JEWISH ADULT EDUCATION

The Institute of Jewish Adult Education is an alliance of 9 sponsoring synagogues and community organizations whose purpose is to present Adult Education Programs to the

entire community. The goal of the Institute is to make Jewish education available. The only pre-requisite is a desire to learn.

PREPARING FOR MARRIAGE

What makes Jewish marriage special and unique? How do you go about preparing for a successful and happy marriage? What are Judaism's attitudes towards sexuality? How do you go about preparing for your wedding day? These are just a few of the questions which will be addressed to help you prepare for your wedding day and your Jewish marriage. Invest a few evenings for information which can last you a lifetime.

THURSDAYS, JANUARY 9, 16, 23, 30

FEBRUARY 6, 1997

7:30 PM - 8:30 PM

Rosh Pina Congregation

\$25.00 per couple

Rabbi Akiba Lubow

THE JEWISH LIFE CYCLE

Explore ritual and spiritual Judaism by looking at life cycle events such as: Brit Mila, Bar and Bat Mitzvah, Marriage and Death.

JANUARY 7, 14, 21, 28

FEBRUARY 4, 11

7:00 PM - 8:00 PM

B'nay Abraham Synagogue

\$30.00

Rabbi Nathan Langer

PRAYER BOOK HEBREW THE EASY WAY

An introduction to the grammar and vocabulary of the Siddur.

Pre-requisite: Ability to read Hebrew.

Students should purchase the book "Prayer Book Hebrew" by Anderson and Morzkin.

SESSION I - MONDAYS, JANUARY 6 - FEBRUARY 24

SESSION II - MONDAYS, MARCH 3 - MAY 5

7:30 PM - 8:30 PM

Beth Israel Synagogue

\$30.00 each session

Rabbi A.Green

SECULAR JUDAISM

The Modern Era - From Anti Semitism to the Holocaust to the State of Israel

JANUARY 28, 1997 AT 7:30 PM

YMHA/JCC

\$2.00

Join Abe Arnold as he uses his remarkable book "Judaism: Myth Legend History & Custom From the Religious to the Secular" to present an alternative view of Judaism.

CONVERSATIONAL YIDDISH

TUESDAYS, FEBRUARY 4 - APRIL 8, 1997

7:00 - 8:00 PM

YMHA/JCC

\$30.00

Please pre-register for all classes before December 27, 1996, either by mail, in person or by calling the YMHA/JCC, 947-0601.

STAY YOUNG CENTRE

TUESDAYS' EDUCATIONAL HOUR 11:00 AM

JANUARY 7 Guest Speaker: Judy Wasylcyca-Leis

"Issues in the Coming Elections"

JANUARY 14 Guest Speaker: Kenneth Filkow, QC

Chairman, Manitoba Human Rights Commission

* LUNCHEON TO FOLLOW *

55 PLUS PROGRAM SCHEDULE			
MAH- JONGG	MONDAY, JAN. 6 - 27	10:00 AM - 12 NOON	\$6.00 SY MEMBER \$10.00 NON MEMBER
SWIMNASTICS	TUESDAY, JAN. 7 - 28 FRIDAY, JAN. 3 - 31	9:30 AM - 10:00 AM	\$2.00 PER CLASS SY MEMBER \$4.00 PER CLASS NON MEMBER
SQUARE DANCING	WEDNESDAY, JAN. 8 (ONGOING)	1:30 PM	\$1.75 PER CLASS SY MEMBER \$3.25 PER CLASS NON MEMBER
EXERCISE TO MUSIC	THURSDAY, JAN. 9 - FEB. 6	12 NOON	\$7.00 SY MEMBER \$12.00 NON MEMBER
YIDDISH LITERARY	THURSDAY, JAN 9	1:30 PM	MEMBER ONLY