

OASIS LUNCH at the J

Mon/Wed/Fri - 12pm - Gorelick Hall



Each lunch is \$9

Place lunch orders for Wednesday and Friday prior to 10am the day before, and prior to 10am on Friday for Monday orders (no exceptions).

To reserve your lunch, contact: **Anna at 704-944-6729**

Cancellations after the aforementioned reservation cutoff times will not be credited.

- ✓ Special luncheons may require earlier reservations and are denoted in our newsletter.
- ✓ Lunch credits must be used the month of cancellation, the month after, or be forfeited. Please consider donating your lunch back to Oasis to support our Kosher Lunch Program.
- ✓ Bring your own lunch within Kosher guidelines.
- ✓ Menu items are subject to change due to supply chain challenges.

JUNE MENU

MON, 6/1

Grilled Cheese Sandwich, Tomato Soup, Fresh Fruit. *Special Dessert Program with Chef Rob and John!*

WED, 6/3

Egg Salad on Rye with Lettuce and Tomato, Potato Salad and Banana Bread for Dessert

FRI, 6/5

Baked Potato Bar with Fixings (sautéed mushrooms), Roasted Broccoli, Fresh Fruit and Ice Cream for Dessert

MON, 6/8

Veggie Quesadilla, Corn and Black Bean Salad, Fresh Fruit and a Cookie for Dessert

WED, 6/10

Tuna Pasta Salad, Sliced Cucumbers and Tomatoes, Fresh Fruit and Blondies for Dessert

FRI, 6/12

Beef Meatballs with Mushroom Sauce, Egg Noodles, Green Beans, Mandarin Oranges and Popsicles for Dessert

MON, 6/15

Cheese Pizza, Garden Salad, Fresh Fruit and Ice Cream Bars for Dessert

WED, 6/17

Vegetarian Chilli, Cornbread, Fresh Fruit and a Brownie for Dessert

FRI, 6/19

Cheese Ravioli with Butter Sauce, Green Peas, and a Yogurt Parfait for Dessert

MON, 6/22

Egg Salad on Rye with Lettuce and Tomato, Potato Chips, Fresh Fruit and a Cookie for Dessert

WED, 6/24

Caprese Paninis, Pasta Salad, Fresh Fruit and a Brownie for Dessert

FRI, 6/26 *Birthday Bash*

Fish Sandwich with Lettuce and Tomato on the side, Coleslaw, Potato Wedges and Birthday Cake

MON, 6/29

Baked Ziti, Garlic Bread, Green Beans, Fresh Fruit and Ice Cream for Dessert

ONGOING PROGRAMS – Details & Fees

Exercise “Lite” Classes

Light, gentle classes – mix & match throughout the month!

■ Exercise Lite

New location/days starting May 4th!

Mon/Wed, 11:15am - Performance Training Studio

Increase your flexibility, agility, and balance through cardio and strength exercises led by a Levine JCC fitness professional. May use light weights, bands, yoga balls. **NO floor work.**

■ Chair Exercise Lite

Mon/Wed/Fri, 11:15am - Gorelick Hall

Increase your flexibility & agility through cardio and strength exercises led by a Levine JCC fitness professional, all performed in a chair. May use light weights, bands, and yoga balls.

Levine JCC Members: **FREE!**

(included in your membership)

Monthly Rate: Oasis/\$40 C/\$50

Drop-in Rate (per class): Oasis/\$8 C/\$10

For info about EX “Lite” please contact:

Suzanne DiOrio | 704-944-6862
suzanne.diorio@charlottejcc.org

To register for these programs

CALL: 704-366-5007

Enrichment Classes

■ **Tai Chi** - Designed for all levels of fitness to learn the forms of Tai Chi. Improve strength, balance, circulation, and coordination, in a fun and safe environment.

Thursdays, 11:40am-12:40pm

Instructors: Mike Gentile
and Sri Rajagopalan

Location: Swimmer Aerobics Studio

Monthly Rate:

M/Oasis/\$50 C/\$60

Drop-in per class:

M/Oasis/\$12 C/\$14

Game Day

Tuesdays & Thursdays, 1-4pm

Bring a group and play!

Mah Jongg, Canasta, Bridge etc.

Location: Weinberg

Per day: M/FREE C/\$5



Oasis Membership Information

Oasis at the Levine JCC is open to all active adults. Its mission is to “Enrich and prolong the quality of life for all adults regardless of religious affiliation.”

OASIS ASSOCIATE ANNUAL FEE: \$225 per year

Oasis Associates and Levine JCC Members are entitled to enjoy many classes and activities at a reduced rate. Community Participant rates for individual classes are available for Non-Associates/Non-Members.

QUESTIONS OR COMMENTS?

Anna Gunsher
Senior Director for Jewish Life
704-944-6729
anna.gunsher@charlottejcc.org

John Ryan
Oasis Enrichment Program Coordinator
704-944-6753
john.ryan@charlottejcc.org



Monthly Programs JUNE 2026

Keep Active • Stay Connected
Enrichment – Exercise – Games & more!

OASIS HIGHLIGHTS



We are all beach volleyball champs with coaches Brent and John!



Sandra and Leon Levine Jewish Community Center
5007 Providence Road, Charlotte, NC 28226 | 704-366-5007 | charlottejcc.org

www.charlottejcc.org/pages/oasis



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10:15am Open Social Hour Weinberg</p> <p>10:30am NO Israel Discussion with Noah Goldman <i>*Program Change</i> . Weinberg</p> <p>11:15am Exercise Lite (see program details) (\$) PTS</p> <p>11:15am Chair Exercise Lite (\$) <i>*Room Change</i> Sam Lerner Center</p> <p>Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall</p> <p>1-2pm Cooking with Chef Rob Weinberg</p>	<p>2</p> <p>Game Day 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>3</p> <p>10:15am Open Social Hour Weinberg</p> <p>11:15am Exercise Lite (see program details) (\$) PTS</p> <p>11:15am Chair Exercise Lite (\$) <i>*Room Change</i> Sam Lerner Center</p> <p>Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall</p> <p>1-2pm Games with Anna and John Weinberg</p>	<p>4</p> <p>Tai Chi 11:40am-12:40pm Swimmer Aerobics Studio</p> <p>Game Day 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>5</p> <p>10:15am Open Social Hour Weinberg</p> <p>11:15am Exercise Lite PTS</p> <p>11:15am Chair Exercise Lite Gorelick Hall</p> <p>Noon Shabbat Lunch (\$) <i>See menu for details</i> Gorelick Hall</p> <p>1-2pm Arts & Crafts with Anna and John Weinberg Making stepping stones.</p>
<p>8</p> <p>10:15am Open Social Hour Weinberg</p> <p>10:30am Israel Discussion with Noah Goldman (<i>Jewish Federation</i>) ... Weinberg</p> <p>11:15am Exercise Lite (see program details) (\$) PTS</p> <p>11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall</p> <p>1-2pm Exercise of the Mind Weinberg Stimulating and dynamic discussions with Counselor and Older Adult Specialist Elaine Chernotsky.</p>	<p>9</p> <p>Game Day 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>10</p> <p>10:15am Open Social Hour Weinberg</p> <p>11:15am Exercise Lite (see program details) (\$) PTS</p> <p>11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall</p> <p>1-2pm Vera-Ellen Dances into the Golden Age of Musicals ... Weinberg (Live Zoom) - Join John LeGear as he features more of the most creatively conceived movie scenes, love songs, and dance pairings ever captured for the silver screen.</p>	<p>11</p> <p>Tai Chi 11:40am-12:40pm Swimmer Aerobics Studio</p> <p>Game Day 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>12</p> <p>10:15am Open Social Hour Weinberg</p> <p>11:15am Exercise Lite PTS</p> <p>11:15am Chair Exercise Lite Gorelick Hall</p> <p>Noon Shabbat Lunch (\$) <i>See menu for details</i> Gorelick Hall</p> <p>1-2pm BINGO Weinberg</p>
<p>15</p> <p>10:15am Open Social Hour Weinberg</p> <p>10:30am Israel Discussion with Noah Goldman (<i>Jewish Federation</i>) ... Weinberg</p> <p>11:15am Exercise Lite (see program details) (\$) PTS</p> <p>11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall</p> <p>1-2pm Levine JCC Butterfly Project Weinberg Part 1: A survivor story—Irving Bienstock</p>	<p>16</p> <p>Game Day 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>17</p> <p>10:15am Open Social Hour Weinberg</p> <p>11:15am Exercise Lite (see program details) (\$) PTS</p> <p>11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall</p> <p>1-2pm Levine JCC Butterfly Project Weinberg Part 2: Lessons from the Holocaust</p>	<p>18</p> <p>Tai Chi 11:40am-12:40pm Swimmer Aerobics Studio</p> <p>Game Day 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>19</p> <p>10:15am Open Social Hour Weinberg</p> <p>11:15am Exercise Lite PTS</p> <p>11:15am Chair Exercise Lite Gorelick Hall</p> <p>Noon Shabbat Lunch (\$) <i>See menu for details</i> Gorelick Hall</p> <p>1-2pm Levine JCC Butterfly Project Weinberg Part 3: Butterfly Painting and Memorial Discussion</p>
<p>22</p> <p>10:15am Open Social Hour Weinberg</p> <p>10:30am Israel Discussion with Noah Goldman (<i>Jewish Federation</i>) ... Weinberg</p> <p>11:15am Exercise Lite (see program details) (\$) PTS</p> <p>11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall</p> <p>1-2pm Movie: Eleanor the Great Weinberg 2025 Drama / 98 min</p> 	<p>23</p> <p>Game Day 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>24</p> <p>10:15am Open Social Hour Weinberg</p> <p>11:15am Exercise Lite (see program details) (\$) PTS</p> <p>11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall</p> <p>1-2pm Jewish Learning: The Mitzvah Project Weinberg with Emily Russell</p>	<p>25</p> <p>Tai Chi 11:40am-12:40pm Swimmer Aerobics Studio</p> <p>Game Day 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>26</p> <p>10:15am Open Social Hour Weinberg</p> <p>11:15am Exercise Lite PTS</p> <p>11:15am Chair Exercise Lite ..  Gorelick Hall</p> <p>Noon Lunch/Birthday Bash Gorelick Hall</p> <p>1-2pm Oasis Book Club Weinberg The Kill Artist by Daniel Silva</p> 
<p>29</p> <p>10:15am Open Social Hour Weinberg</p> <p>10:30am Israel Discussion with Noah Goldman (<i>Jewish Federation</i>) ... Weinberg</p> <p>11:15am Exercise Lite (see program details) (\$) PTS</p> <p>11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall</p> <p>1-2pm Oasis Newsletter Weinberg We'll review next month's highlights and menu.</p>	<p>30</p> <p>Game Day 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>			<p>Summer vibes at Oasis with beach volleyball!</p>