

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. (See Sharri if needed.)
- ✓ Menu items are subject to change due to supply chain challenges.

MAY MENU

FRI, 5/1

Turkey Sandwiches on Rye with Russian Dressing, Potato Knishes, Israeli Salad, Lentil Soup, Strawberry Shortcake (dairy free)

MON, 5/4

Grilled Cheese Sandwich, Tomato Soup, Fresh Fruit, Brownie

WED, 5/6

All-Beef Hot Dogs, Vegetarian Baked Beans, Coleslaw, Seasonal Fruit, Cookie

FRI, 5/8

Baked Ziti, Green Beans, Fresh Fruit, Cookie

MON, 5/11

Cheese Pizza, Garden Salad, Apple Slices, Brownie

WED, 5/13

Fish Sandwich, Lettuce and Tomato on the Side, Coleslaw, Potato Wedges, Pineapple, Cookie

FRI, 5/15

Cheese Blintzes, Steamed Broccoli, Mandarin Oranges, Cookie

MON, 5/18

Tuna Salad on Rye, Lettuce and Tomato, Potato Salad, Fresh Fruit, Cookie

WED, 5/20

Sloppy Joe, Pickles, Potato Chips, Fresh Fruit, Oreos

FRI, 5/22

Shavuot - No Oasis Programming

MON, 5/25

Memorial Day - No Oasis Programming

WED, 5/27 Birthday Bash

Egg Salad on Wheat, Lettuce and Tomato, Pasta Salad, Baby Carrots, Birthday Sheet Cake

FRI, 5/29

Cheese Ravioli with Butter Sauce, Green Beans, Fresh Fruit, Cookie



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 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 Membership Information

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.

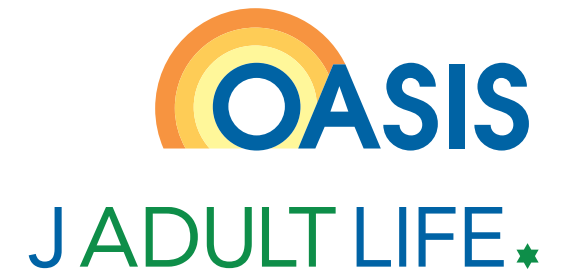
QUESTIONS OR COMMENTS?

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



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



Monthly Programs MAY 2026

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



Welcoming our new Oasis Enrichment Program Coordinator, **John Ryan**, posing here with Anna and Marco!



www.charlottejcc.org/pages/oasis



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

We always enjoy our Monday morning discussions with Noah Goldman >>



1
 10:15am **Open Social Hour** Weinberg
 11:15am **Exercise Lite** Family Place
 11:15am **Chair Exercise Lite** Gorelick Hall
 Noon **Special Endowment Lunch Honoring Marcia and Ken Stern** Gorelick Hall
 1-2pm **Who in the Hall are You?** Weinberg
 Meet John Ryan, our new Oasis Enrichment Program Coordinator

4
 10:15am **Open Social Hour** Weinberg
 10:30am **Israel Discussion** with Noah Goldman (*Jewish Federation*) Weinberg
 11:15am **Exercise Lite** (*see program details*) (\$) PTS
 11:15am **Chair Exercise Lite** (*see program details*) (\$) Gorelick Hall
 Noon **Lunch (\$)** *See menu for details* Gorelick Hall
 1-2pm **Exercise of the Mind** Weinberg
 Stimulating and dynamic discussions with Counselor and Older Adult Specialist Elaine Chernotsky.

5
Game Day
 1-4pm - Weinberg
Bring a group, your own set,
 and play: Mah Jongg, Canasta, Bridge, etc.

6
 10:15am **Open Social Hour** Weinberg
 11:15am **Exercise Lite** (*see program details*) (\$) PTS
 11:15am **Chair Exercise Lite** (*see program details*) (\$) Gorelick Hall
 Noon **Lunch (\$)** *See menu for details* Gorelick Hall
 1-2pm **BINGO Fun** Weinberg

7
Tai Chi
 11:40am-12:40pm
 Swimmer Aerobics Studio
Game Day
 1-4pm - Weinberg
Bring a group, your own set,
 and play:
 Mah Jongg, Canasta, Bridge, etc.

8
 10:15am **Open Social Hour** Weinberg
 11:15am **Chair Exercise Lite** Gorelick Hall
 Noon **Shabbat Lunch (\$)** *See menu for details* Gorelick Hall
 1-2pm **Beach Volleyball with Brent Miller** Weinberg

11
 10:15am **Open Social Hour** Weinberg
 10:30am **Israel Discussion** with Noah Goldman (*Jewish Federation*) Weinberg
 11:15am **Exercise Lite** (*see program details*) (\$) PTS
 11:15am **Chair Exercise Lite** (*see program details*) (\$) Gorelick Hall
 Noon **Lunch (\$)** *See menu for details* Gorelick Hall
 1-2pm **Exercise of the Mind** Weinberg
 Stimulating and dynamic discussions with Counselor and Older Adult Specialist Elaine Chernotsky.

12
Game Day
 1-4pm - Weinberg
Bring a group, your own set,
 and play: Mah Jongg, Canasta, Bridge, etc.

13
 10:15am **Open Social Hour** Weinberg
 11:15am **Exercise Lite** (*see program details*) (\$) PTS
 11:15am **Chair Exercise Lite** (*see program details*) (\$) Gorelick Hall
 Noon **Lunch (\$)** *See menu for details* Gorelick Hall
 1-2pm **Movie Music Memories-Songs of the Silver Screen** 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. Little-known insights and behind-the-scenes stories make this memorable film clips appear as if you're seeing them for the first time.

14
Tai Chi
 11:40am-12:40pm
 Swimmer Aerobics Studio
Game Day
 1-4pm - Weinberg
Bring a group, your own set,
 and play:
 Mah Jongg, Canasta, Bridge, etc.

15
 10:15am **Open Social Hour** Weinberg
 11:15am **Chair Exercise Lite** Gorelick Hall
 Noon **Shabbat Lunch (\$)** *See menu for details* Gorelick Hall
 1-2pm **Planting Succulents** Weinberg

18
 10:15am **Open Social Hour** Weinberg
 10:30am **Israel Discussion** with Noah Goldman (*Jewish Federation*) Weinberg
 11:15am **Exercise Lite** (*see program details*) (\$) PTS
 11:15am **Chair Exercise Lite** (*see program details*) (\$) Gorelick Hall
 Noon **Lunch (\$)** *See menu for details* Gorelick Hall
 1-2pm **Charlotte Quilters Guild** Weinberg
 Jane Marcus JCC member and member of the Charlotte Quilters Guild will bring hands-on project and explain the work the Guild does.

19
Game Day
 1-4pm - Weinberg
Bring a group, your own set,
 and play: Mah Jongg, Canasta, Bridge, etc.

20
 10:15am **Open Social Hour** Weinberg
 11:15am **Exercise Lite** (*see program details*) (\$) PTS
 11:15am **Chair Exercise Lite** (*see program details*) (\$) Gorelick Hall
 Noon **Lunch (\$)** *See menu for details* Weinberg
 1-2pm **Oldies but Goodies** Weinberg
 Sing-along with our very own Theatre Program Manager Randi Seffinger

21
Tai Chi
 11:40am-12:40pm
 Swimmer Aerobics Studio
Game Day
 1-4pm - Weinberg
Bring a group, your own set,
 and play:
 Mah Jongg, Canasta, Bridge, etc.

22
Oasis CLOSED for Shavuot
 (No Oasis Programs or Oasis Lunch)
LJCC Building Open 1-5pm

25
Oasis CLOSED for Memorial Day
 (No Oasis Programs or Oasis Lunch)
LJCC Building Open 7am-7pm

26
Game Day
 1-4pm - Weinberg
Bring a group, your own set,
 and play: Mah Jongg, Canasta, Bridge, etc.

27
 10:15am **Open Social Hour** Weinberg
 11:15am **Exercise Lite** (*see program details*) (\$) PTS
 11:15am **Chair Exercise Lite** (*see program details*) (\$) Gorelick Hall
 Noon **Lunch/Birthday Bash** Gorelick Hall
 1-2pm **Oasis Newsletter** Weinberg
 We'll review next month's highlights

28
Tai Chi
 11:40am-12:40pm
 Swimmer Aerobics Studio
Game Day
 1-4pm - Weinberg
Bring a group, your own set,
 and play:
 Mah Jongg, Canasta, Bridge, etc.

29
 10:15am **Open Social Hour** Weinberg
 11:15am **Chair Exercise Lite** Gorelick Hall
 Noon **Shabbat Lunch (\$)** Gorelick Hall
 1-2pm **Oasis Book Club** Weinberg
Goyhood: A Novel
 by Reuven Fenton

