

OASIS LUNCH at the J
Mon/Wed/Fri • 12pm • Gorelick Hall



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.

Each lunch is \$9

- ✓ 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.

OCTOBER MENU

FRI, 10/2

Hot Dogs with all the fixings, Coleslaw and Potato Salad with Ice Cream for Dessert

MON, 10/5

Portofino's Italian Restaurant Pizza and Salad with Dessert

WED, 10/7

Tuna Noodle Casserole with Peas, Fresh Fruit and Dessert

FRI, 10/9

Blintzes with Cottage Cheese, Fruit Salad and Dessert

MON, 10/12

Broccoli and Cheese Rice Bake with Glazed Carrots, Fresh Fruit and Dessert

WED, 10/14

Greek Pasta Salad with Feta, Chickpeas, Cucumbers and Tomatoes, Fresh Fruit and Dessert

FRI, 10/16 Birthday Bash

Cheese Lasagna with Green Beans, Fresh Fruit and Dessert

MON, 10/19

Cheese Enchilada Casserole with Black Beans and Corn, Fresh Fruit and Dessert

WED, 10/21

Mediterranean Paninis with Soup, Fresh Fruit and Dessert

FRI, 10/23

Herb-Baked Salmon with Lemon Rice, Roasted Broccoli, Fresh Fruit and Dessert

MON, 10/26

Egg Salad on Rye with Lettuce and Tomato, Cucumber Salad, Fresh Fruit and Dessert

WED, 10/28

Vegetable Quiche with Roasted Potatoes, Green Beans, Fresh Fruit and Dessert

FRI, 10/30

Vegetarian Chili with Cheddar Cheese, Cornbread, a Garden Salad, Fresh Fruit and Dessert

ONGOING PROGRAMS – Details & Fees

Exercise “Lite” Classes

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

■ Exercise Lite

Mon/Wed/Fri, 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
OCTOBER 2026

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

OASIS HIGHLIGHTS



Artist Miriam Waugh started painting members of Oasis after being inspired by the wonderful women in this group. Oasis participants became the lucky owners of their portraits.



www.charlottejcc.org/pages/oasis



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
End of Summer Beach Chair Volleyball. Tropical fun at its best! 	A visit from MEDIC (below) and Dr. Carter Starr from Starr Vitality and Wellness talked to us about senior wellness.  		1 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.	2 10:15am Open Social Hour Weinberg 11:15am Exercise Lite PTS 11:15am Chair Exercise Lite Gorelick Hall Noon Shabbat Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Crafts with Anna and John Weinberg We will be making decoupage pumpkins. 
5 10:15am Open Social Hour Weinberg 10:30am Israel Discussion with Noah Goldman (<i>Jewish Federation</i>) ... Weinberg 11:15am Exercise Lite (see program details) (\$) PTS 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Chanukah Card Making and Supply Drive Weinberg for our Jewish Military Service Members lead by Emily Russell, our JCC Social Action Coordinator	6 Game Day 1-4pm • Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.	7 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 (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Dignity Memorial Weinberg with Katie Mills who will discuss the "10 Things You Should Know About Planning A Life Celebration."	8 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.	9 10:15am Open Social Hour Weinberg 10:30am Israel Discussion with Noah Goldman (<i>Jewish Federation</i>) ... Weinberg 11:15am Exercise Lite (see program details) (\$) PTS 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Charlotte Museum of History Weinberg Historian Jason Luker will be discussing the Revolutionary War in Mecklenburg County.
12 10:15am Open Social Hour Weinberg 10:30am Israel Discussion with Noah Goldman (<i>Jewish Federation</i>) ... Weinberg 11:15am Exercise Lite (see program details) (\$) PTS 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Discussion on Antisemitism Weinberg Douglas Greene from the Jewish Federation of Greater Charlotte will discuss Antisemitism in the world	13 Game Day 1-4pm • Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.	14 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 (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Heart and Soul: Music at the Movies Part 2 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.	15 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.	16 10:15am Open Social Hour Weinberg 11:15am Exercise Lite PTS 11:15am Chair Exercise Lite Gorelick Hall Noon Lunch/Birthday Bash  Gorelick Hall 1-2pm A Visit from CATS Weinberg Mecklenburg County Transportation System - CATS - will be here to discuss your transportation needs in Meck County.
19 10:15am Open Social Hour Weinberg 10:30am Israel Discussion with Noah Goldman (<i>Jewish Federation</i>) Weinberg 11:15am Exercise Lite (see program details) (\$) PTS 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Movie: The Sheep Detectives  Weinberg	20 Game Day 1-4pm • Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.	21 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 (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Oasis Book Club  Heart of a Stranger A Biography by Angela Buckdahl	22 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.	23 10:15am Open Social Hour Weinberg 11:15am Exercise Lite PTS 11:15am Chair Exercise Lite Gorelick Hall Noon Shabbat Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm BINGO Weinberg
26 10:15am Open Social Hour Weinberg 10:30am Israel Discussion with Noah Goldman (<i>Jewish Federation</i>) ... Weinberg 11:15am Exercise Lite (see program details) (\$) PTS 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Israeli Elections 2026 Weinberg Noah Goldman from Jewish Federation will discuss the upcoming elections in Israel.	27 Game Day 1-4pm • Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.	28 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 (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Exercise of the Mind Weinberg Live Zoom with Elaine Chernotsky, counselor and older adult specialist who will conduct another stimulation and dynamic discussion.	29 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.	30 10:15am Open Social Hour Weinberg 10:30am Israel Discussion with Noah Goldman (<i>Jewish Federation</i>) ... Weinberg 11:15am Exercise Lite (see program details) (\$) PTS 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Next Month's Newsletter Weinberg We'll review program highlights and the menu.