

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.

SEPTEMBER MENU

WED, 9/2
Grilled Cheese Sandwich with Tomato Soup, Fresh Fruit and a Brownie for Dessert

FRI, 9/4
Salmon Croquettes with Roasted Potatoes, Green Beans, Fresh Fruit and Dessert

MON, 9/7
CLOSED for Labor Day

WED, 9/9
Rosh Hashanah Lunch with Apricot Chicken, Kasha Varnishkes, Glazed Carrots and Honey Cake for Dessert

FRI, 9/11
No OASIS Programming

MON, 9/14
Veggie Quesadillas with Black Beans and Corn, Fresh Fruit and Cookies for Dessert

WED, 9/16
Broccoli Alfredo with Fresh Fruit and Pudding for Dessert

FRI, 9/18 Birthday Bash
Baked Potato Bar with all the Fixings, Roasted Broccoli, Fresh Fruit and Dessert

MON, 9/21
No OASIS Programming

WED, 9/23
Baked Ziti with Green Beans, Fresh Fruit and a Blondie for Dessert

FRI, 9/25
Cheese Ravioli with Butter Sauce and Peas, Fresh Fruit and Dessert

MON, 9/28
No OASIS Programming

WED, 9/30
Cheese Pizza with a Garden Salad, Fresh Fruit and Cookies for 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
SEPTEMBER 2026

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

OASIS HIGHLIGHTS

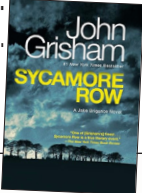


A delightful brunch, welcoming our family members to share food, laughter and love with our Oasis friends and staff.



www.charlottejcc.org/pages/oasis



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Welcoming our family members to share food, laughter and love and meet our Oasis friends and staff. 	1 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 (see program details) (\$) PTS 11:15am Chair Exercise Lite (\$) Gorelick Hall Noon Lunch (\$) See menu for details Gorelick Hall 1-2pm Senior Wellness Weinberg Dr. Carter Starr from Starr Vitality and Wellness will talk about senior wellness.	3 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.	4 10:15am Open Social Hour Weinberg 11:15am Exercise Lite PTS 11:15am Chair Exercise Lite Gorelick Hall Noon Shabbat Lunch (\$) See menu for details Gorelick Hall 1-2pm Madison Levine from Levine Hearing Weinberg 3135 Springbank Lane, Suite 100 Charlotte, NC 28226, 704-540-3081 
7 Oasis CLOSED for Labor Day (No Oasis Programs, No Exercise Lite or Oasis Lunch) LJCC Building Open 7am-7pm	8 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 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 Heart and Soul: Music at the Movies Part 1 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.	10 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.	11 Please Note: 11:15am Exercise Lite will be in the Downstairs Studio No Oasis Programs, No Oasis Lunch, Programs, or Chair Exercise Lite Oasis CLOSED for Erev Rosh Hashanah LJCC Building Open 5:30am-3pm  happy Rosh Hashanah
14 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 The Importance of Balance Weinberg Lyn Addy, Levine JCC Director of Fitness and Wellness will talk about the importance of balance for seniors.	15 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 (see program details) (\$) PTS 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall Noon Lunch (\$) See menu for details Gorelick Hall 1-2pm Japanese Flower Arrangements Weinberg Takako Feygin from IKEBANA will demonstrate Japanese flower arrangements.	17 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.	18 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 How to exercise using a chair Weinberg Fitness Instructor, Sopheap, will demonstrate the importance of exercise by using a chair.
21 Oasis CLOSED for Yom Kippur (No Oasis Programs, No Exercise Lite or Oasis Lunch) LJCC Building CLOSED	22 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 (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 Weinberg With the Israeli Teens	24 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.	25 10:15am Open Social Hour Weinberg 11:15am Exercise Lite PTS 11:15am Chair Exercise Lite Gorelick Hall Noon Shabbat Lunch (\$) See menu for details Gorelick Hall 1-2pm Exercise of the Mind Weinberg Live Zoom with Elaine Chernotsky, Counselor and older adult specialist conducts another stimulating and dynamic discussion.
28 Please Note: 11:15am Exercise Lite will be in the PT/Studio as usual Oasis CLOSED for the 19th annual Sam Strause Levine JCC Golf Tournament at Raintree Country Club, benefiting the Levine JCC OASIS program (No Oasis Programs, No Chair Exercise Lite or Oasis Lunch) LJCC Building Open 5:30am-9pm 	29 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 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 Oasis Book Club Weinberg Sycamore Row A Legal Thriller/Mystery by John Grisham 	L'Shanah Tova Wishing you and your family a happy and healthy new year! 	