

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.

AUGUST MENU

MON, 8/3

Spinach and Cheese Stuffed Shells with Roasted Broccoli, Fresh Fruit and Pudding for Dessert

WED, 8/5

Tuna Pasta Salad with Lettuce, Tomato and Cucumber. Fresh Fruit with a Cookie for Dessert

FRI, 8/7

Baked Potato Bar with All the Fixings, Roasted Broccoli, Fresh Fruit and a Frozen Dessert

MON, 8/10

Caprese Paninis with Pasta Salad, Fresh Fruit and a Cookie for Dessert

WED, 8/12

Vegetable Lasagna with Green Beans, Fresh Fruit and a Blondie for Dessert

FRI, 8/14

Fish Sandwich with Lettuce and Tomato on the Side. Coleslaw, Potato Wedges, Pineapple and Yogurt Parfaits for Dessert

MON, 8/17

Turkey Sandwich, Potato Knishes, Fresh Fruit and a Pareve Dessert

WED, 8/19

Mediterranean Falafel Plate with Hummus, Israeli Salad, Pita, Fresh Fruit and a Brownie for Dessert

FRI, 8/21 Birthday Bash

Cheese Ravioli with Butter Sauce, Peas, Fresh Fruit and Birthday Cake for Dessert

MON, 8/24

Cheese Piza with a Garden Salad, Fresh Fruit and a Cookie for Dessert

WED, 8/26

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

FRI, 8/28

Meatloaf with Mash Potatoes, Glazed Carrots and Italian Ice for Dessert

MON, 8/31

All-Beef Hot Dogs, Potato Salad, Baked Beans with Fresh Fruit with Surprise Dessert for End of Summer Celebration

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?

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



Monthly Programs
AUGUST 2026

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

OASIS HIGHLIGHTS



A delightful visit from Jason Stoogenke who talked about how we can avoid scams.



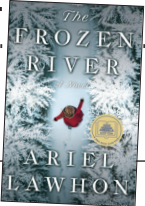
www.charlottejcc.org/pages/oasis





AUGUST 2026 PROGRAMS

charlottejcc.org/pages/oasis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:15am Open Social Hour Weinberg 10:30am Israel Discussion with Noah Goldman (<i>Jewish Federation</i>) ... Weinberg 11:15am Exercise Lite (<i>see program details</i>) (\$) PTS 11:15am Chair Exercise Lite (<i>see program details</i>) (\$)..... Family Place Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Game Day with Anna and John Weinberg	4 Game Day 1-4pm • Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.	5 10:15am Open Social Hour Weinberg 11:15am Exercise Lite (<i>see program details</i>) (\$) PTS 11:15am Chair Exercise Lite (\$) Family Place Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Arts & Crafts with Ivy Weinberg Decoupage Art	6 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.	7 10:15am Open Social Hour Weinberg 11:15am Exercise Lite PTS 11:15am Chair Exercise Lite Family Place Noon Shabbat Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Camp Mindy Musical Weinberg The performing arts camp presents "Galactic Grooves"
10 10:15am Open Social Hour Weinberg 10:30am Israel Discussion with Noah Goldman (<i>Jewish Federation</i>) ... Weinberg 11:15am Exercise Lite (<i>see program details</i>) (\$) PTS 11:15am Chair Exercise Lite (<i>see program details</i>) (\$)..... Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Chris Dozier, Shalom Park Security Director Weinberg will discuss security on campus and what to do if there is an active shooter.	11 Game Day 1-4pm • Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.	12 10:15am Open Social Hour Weinberg 11:15am Exercise Lite (<i>see program details</i>) (\$) PTS 11:15am Chair Exercise Lite (<i>see program details</i>) (\$)..... Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Movie Music Love Affair 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.	13 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.	14 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 MTS (Mecklenburg Transportation System) Weinberg will discuss transportation options within Mecklenburg County.
17 10:15am Open Social Hour Weinberg 10:30am Israel Discussion with Noah Goldman (<i>Jewish Federation</i>) ... Weinberg 11:15am Exercise Lite (<i>see program details</i>) (\$) PTS 11:15am Chair Exercise Lite (<i>see program details</i>) (\$)..... Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Early History of Charlotte Weinberg presented by historian Nolan Dahn from the Charlotte Museum of History	18 Game Day 1-4pm • Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.	19 10:15am Open Social Hour Weinberg 11:15am Exercise Lite (<i>see program details</i>) (\$) PTS 11:15am Chair Exercise Lite (<i>see program details</i>) (\$)..... Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Movie "Remarkably Bright Creatures" Weinberg 	20 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.	21 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 Oasis Book Club Weinberg The Frozen River by Ariel Lawhon 
24 10:15am Open Social Hour Weinberg 10:30am Israel Discussion with Noah Goldman (<i>Jewish Federation</i>) ... Weinberg 11:15am Exercise Lite (<i>see program details</i>) (\$) PTS 11:15am Chair Exercise Lite (<i>see program details</i>) (\$)..... Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm BINGO Weinberg	25 Game Day 1-4pm • Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.	26 10:15am Open Social Hour Weinberg 11:15am Exercise Lite (<i>see program details</i>) (\$) PTS 11:15am Chair Exercise Lite (<i>see program details</i>) (\$)..... Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Arts & Crafts with Anna and John Weinberg We will be making mosaic vases.	27 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.	28 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 Medic Behind the Scenes Weinberg From calling 911, to how Medic works, and a CPR demonstration.
31 10:15am Open Social Hour Weinberg 10:30am Israel Discussion with Noah Goldman (<i>Jewish Federation</i>) ... Weinberg 11:15am Exercise Lite (<i>see program details</i>) (\$) PTS 11:15am Chair Exercise Lite (<i>see program details</i>) (\$)..... Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm End of Summer Blow Out w/ Beach Chair Volleyball Weinberg Break out your Hawaiian shirts, sunglasses, tropical gear and beach accessories to help make the day extra fun!	We welcome visitors Rob Clement and Rabbi Judith Schindler >>   			