

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 Gunsher 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.

FEBRUARY MENU

MON, 2/2

Vegetarian Fajita Bar with flour tortillas and a choice of the following toppings: Beyond Burger crumbles, seasoned black beans, grilled peppers and onions, shredded cheddar, shredded lettuce, diced tomato, chopped onion, MILD salsa, sour cream, cilantro-lime rice, and ice cream bars

WED, 2/4

 Fish Sandwich (two fried Alaskan fish filets on a bun with house-made tartar sauce on the side), cole slaw, and baklava

FRI, 2/6

Chicken salad on wheat with lettuce and tomato on the side, gourmet chips, fresh fruit, and Italian cookies

MON, 2/9

Build-Your-Own tuna and egg salad sandwiches: Choice of rye bread, lettuce, tomato, onion, cole slaw, fresh fruit, and black and white cookies

WED, 2/11

 Garden Salad with Salmon (tomatoes, cucumbers, onions & cheddar cheese), tomato-basil soup, and chocolate chunk cookie

FRI, 2/13 Birthday Bash

Greek chicken (boneless skinless thighs), tossed salad with Greek vinaigrette dressing, roasted red potatoes with Greek seasoning, and Birthday cake

MON, 2/16

Margherita pizza with slices of tomato and basil on top, tossed salad with toppings, and chocolate pudding with whipped cream on top

WED, 2/18

 **LUNCH & LEARN—Free to regular Oasis Participants. RSVP by 1/19/26 to Sharri.** Greek salad with tomatoes, cucumbers, onions, and pepperoncini (and feta on the side), hummus with pita, chocolate chip cookie, and water bottle

FRI, 2/20

Hot dogs (chopped onions, relish, mustard, ketchup on the side), vegetarian baked beans, potato salad, cole slaw, pickle, and Italian cookies

MON, 2/23

Baked potato bar w/toppings (cheese, sour cream, butter, onions, mushrooms), tossed salad with toppings, and yogurt parfait

WED, 2/25

NO OASIS LUNCH IN-HOUSE TODAY

FRI, 2/27

Make-Your-Own Chicken Shawarma and Falafel Bar—Toppings: Toasted pita halves, seasoned Israeli couscous, shredded lettuce, Israeli salad, Kalamata olives, sumac onions, plain hummus, and Italian cookies



Lunch out at Little Mama's Italian



ONGOING PROGRAMS – Details & Fees

Exercise “Lite” Classes

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

■ Exercise Lite

Mon/Wed/Fri, 11:15am - Family Place
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 and 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

Fee Codes:
M=JCC Member C=Community Participant

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?

Contact Anna Gunsher at 704-944-6729



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



Monthly Programs FEBRUARY 2026

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

OASIS HIGHLIGHTS



Art with Kimberley Henderson



www.charlottejcc.org/pages/oasis





FEBRUARY 2026 PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 10:15am Open Social Hour Weinberg 10:30am NO Israel Discussion</p> <p>11:15am Exercise Lite (see program details) (\$) Family Place 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Noon Lunch (\$) See menu for details Gorelick Hall</p> <p>1-2pm CJDS 3rd Graders Visit Weinberg Celebrate Tu Bishvat with Morah Channie Weiss's students</p>	<p>3 Game Day (\$ See program details) 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>4 10:15am Open Social Hour Weinberg 11:15am Exercise Lite (see program details) (\$) Family Place 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Noon Lunch (\$) See menu for details Weinberg</p> <p>1-2:30pm Popcorn and Movie Weinberg Based on the inspiring true story of Lilly Ledbetter, an ordinary Alabama tire factory supervisor who discovers she's being paid less than her male peers. Her fight for fair pay takes her to the Supreme Court and Congress, while powerful forces try to shut her down. 1hr 33min Netflix or Prime.</p>	<p>5 Tai Chi (\$ See program details) 11:40am-12:40pm Swimmer Aerobics Studio</p> <p>Game Day (\$ See program details) 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>6 10:15am Open Social Hour Weinberg 11:15am Exercise Lite (see program details) (\$) Family Place 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Noon Shabbat Lunch (\$) See menu for details Gorelick Hall</p> <p>1-2pm The Big Question Weinberg Oasis participants facilitate this thought-provoking discussion</p>
<p>9 10:15am Open Social Hour Weinberg 10:30am NO Israel Discussion</p> <p>11:15am Exercise Lite (see program details) (\$) Family Place 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Noon Lunch (\$) See menu for details 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>10 Game Day (\$ See program details) 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>11 10:15am Open Social Hour Weinberg 11:15am Exercise Lite (see program details) (\$) Family Place 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Noon Lunch (\$) See menu for details Weinberg</p> <p>1-2pm Movie Music Memories-1950s 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.</p>	<p>12 Tai Chi (\$ See program details) 11:40am-12:40pm Swimmer Aerobics Studio</p> <p>Game Day (\$ See program details) 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>13 10:15am Open Social Hour Weinberg 11:15am Exercise Lite (see program details) (\$) Family Place 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Noon Shabbat Lunch/Birthday Bash Gorelick Hall</p> <p>1-2pm Day of Love Weinberg Spread good cheer with your fellow Oasis participants and leave with some sweets.</p>
<p>16 10:15am Open Social Hour Weinberg 10:30am NO Israel Discussion</p> <p>11:15am Exercise Lite (see program details) (\$) Family Place 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Noon Lunch (\$) See menu for details 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>17 Game Day (\$ See program details) 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>18 10:15am Open Social Hour Weinberg 11:15am Exercise Lite (see program details) (\$) Family Place 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>12:15-2pm Around Town- Getting to Know Charlotte Monthly Lunch & Learn Series If you have been in Charlotte a long time or have just moved to Queen City, we are growing exponentially! This series is designed to keep you educated and informed. Today, The UNC Urban Institute will present the Charlotte-Mecklenburg Quality of Life Explorer, a powerful online tool that helps residents better understand Charlotte neighborhoods and trends. <i>FREE, but must RSVP by 2/16 for the limited free lunch @ charlottejcc.org or 704-366-5007 (see menu for details)</i></p>	<p>19 Tai Chi (\$ See program details) 11:40am-12:40pm Swimmer Aerobics Studio</p> <p>Game Day (\$ See program details) 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>20 10:15am Open Social Hour Weinberg 11:15am Exercise Lite Family Place 11:15am Chair Exercise Lite Gorelick Hall</p> <p>Noon Shabbat Lunch (\$) See menu for details Gorelick Hall</p> <p>1-2pm Craft Project Weinberg Come make something nice and enjoy being with your friends.</p>
<p>23 10:15am Open Social Hour Weinberg 10:30am Israel Discussion with Noah Goldman (Jewish Federation) Weinberg 11:15am Exercise Lite (see program details) (\$) Family Place 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Noon Lunch (\$) See menu for details Gorelick Hall</p> <p>1-2pm Oasis March Newsletter Review Weinberg We'll review next month's newsletter details.</p>	<p>24 Game Day (\$ See program details) 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>25 10:15am Open Social Hour Weinberg 11:15am Exercise Lite (see program details) (\$) Family Place 11:15am Chair Exercise Lite (see program details) (\$) Gorelick Hall</p> <p>Oasis Lunch Out The Smoke Pit at Arboretum on Providence Road (Regular bus riders board the bus at 12:15pm after exercise for a 12:30 arrival) Return to JCC by 2:30 pm RSVP by Friday, February 20th - Cost: Lunch is paid on your own No Oasis Lunch In-House - No Oasis 1pm Program</p> 	<p>26 Tai Chi (\$ See program details) 11:40am-12:40pm Swimmer Aerobics Studio</p> <p>Game Day (\$ See program details) 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>27 10:15am Open Social Hour Weinberg 11:15am Exercise Lite *ROOM CHANGE Weinberg 11:15am Chair Exercise Lite *ROOM CHANGE Family Place</p> <p>Noon Shabbat Lunch (\$) See menu for details *ROOM CHANGE Weinberg</p> <p>1-2pm Oasis Book Club Weinberg <i>The Island of Sea Women</i> by Lisa See</p> 