

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.

MARCH MENU

MON, 3/2

BBQ Chicken on brioche bun w/lettuce and tomato on the side, coleslaw, potato chips, pickle and brownies

WED, 3/4

Senior Adult Purim Party

Must RSVP to Anna for lunch/program by Feb. 24th

FRI, 3/6

Tuna melt on rye with American cheese, potato salad, coleslaw, and fresh-baked oatmeal cookies

MON, 3/9

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, 3/11

Chicken Salad Sandwich on wheat with lettuce and tomato on the side pickle, macaroni salad, fruit and macaron cookies

FRI, 3/13 Birthday Bash

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

MON, 3/16

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

WED, 3/18

LUNCH & LEARN—Free to regular Oasis Participants. RSVP to Anna by 2/16/26. Fish Sandwich (two fried Alaskan fish filets on a bun with house-made tartar sauce on the side), Cole slaw, and baklava

FRI, 3/20

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

MON, 3/23

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

WED, 3/25

Hamburger –(with lettuce tomato, onion, mustard on the side, French Fries, Cole slaw and Italian Cookies

FRI, 3/27

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

MON, 3/30

Traditional Passover Meal

Matzah Ball Soup, Gefilte Fish, Egg, Charoset, Brisket, Potato Kugel, Tzimmes and Flourless Chocolate Cake and Mandel bread – **Regular Oasis Participants Only - RSVP to Anna by Friday March 20th.**



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

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 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 OR COMMENTS?

Senior Director for Jewish Life: Anna Gunsher
704-944-6729 | anna.gunsher@charlottejcc.org



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



Monthly Programs

MARCH 2026

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

OASIS HIGHLIGHTS



Monthly highlights at “The Big Question” and “Movie Music Memories”



www.charlottejcc.org/pages/oasis



MARCH 2026 PROGRAMS

charlottejcc.org/pages/oasis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 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>) (\$) Family Place 11:15am Chair Exercise Lite (<i>see program details</i>) (\$) Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Card Making with our very own Kathie Weinberg Come make something nice and enjoy being with your friends.</p>	<p>3 Game Day 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p>4 11:15am Exercise Lite (<i>see program details</i>) (\$) Family Place 11:15am Chair Exercise Lite (<i>see program details</i>) (\$) Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Weinberg 11am-1pm Senior Adult Purim Party in Sam Lerner Center Join Jewish Family Services and Oasis for a Winter Olympics-Themed Celebration <i>FREE, but must RSVP by 2/24 to anna.gunsher@charlottejcc.org</i> </p>	<p>5 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.</p>	<p>6 10:15am Open Social Hour Weinberg 11:15am Exercise Lite (<i>see program details</i>) (\$) Family Place 11:15am Chair Exercise Lite (<i>see program details</i>) (\$) Gorelick Hall Noon Shabbat Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Book Cleaning Mitzvah Project Weinberg Emily Russell, Levine JCC Social Action Coordinator, will be bringing all the needed items to clean, repair, and label donated books for Promising Pages, bringing books to under-resourced families and schools across Charlotte.</p>
<p>9 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>) (\$) Family Place 11:15am Chair Exercise Lite (<i>see program details</i>) (\$) Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Exercise of the Mind Weinberg Stimulating and dynamic discussions with Counselor and Older Adult Specialist Elaine Chernotsky.</p>	<p>10 Game Day 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 (<i>see program details</i>) (\$) Family Place 11:15am Chair Exercise Lite (<i>see program details</i>) (\$) Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Weinberg 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 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.</p>	<p>13 10:15am Open Social Hour Weinberg 11:15am Exercise Lite (<i>see program details</i>) (\$) Family Place 11:15am Chair Exercise Lite (<i>see program details</i>) (\$) Gorelick Hall Noon Shabbat Lunch/Birthday Bash  Gorelick Hall 1-2pm Cookie Decorating Weinberg with Pastry Chef Emily</p>
<p>16 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>) (\$) Family Place 11:15am Chair Exercise Lite (<i>see program details</i>) (\$) Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2:15pm Charlotte Quilters Guild Weinberg Jane Marcus JCC member and member of the Charlotte Quilters Guild will bring a hands-on project and explain the work the Guild does.</p>	<p>17 Game Day 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 (<i>see program details</i>) (\$) Family Place 11:15am Chair Exercise Lite (<i>see program details</i>) (\$) Gorelick Hall 12:15-2pm Around Town- Getting to Know Charlotte Monthly Lunch & Learn Series Mecklenburg County presents Parks and Recreation & Recycling. The presentation will be led by Environmental Program Manager Aaron Caudle and Solid Waste Director Jeffrey Smithberger. <i>FREE, but must RSVP to anna.gunsher@charlottejcc.org by 3/16 for the limited free lunch</i></p>	<p>19 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.</p>	<p>20 10:15am Open Social Hour Weinberg 11:15am Exercise Lite Family Place 11:15am Chair Exercise Lite Gorelick Hall Noon Shabbat Lunch (\$) <i>See menu for details</i> Gorelick Hall 1-2pm Exercise of the Mind Weinberg Stimulating and dynamic discussions with Counselor and Older Adult Specialist Elaine Chernotsky.</p>
<p>23 10:15am Open Social Hour Weinberg 10:30am NO Israel Discussion with Noah Goldman 11:15am Exercise Lite (<i>see program details</i>) (\$) Family Place 11:15am Chair Exercise Lite (<i>see program details</i>) (\$) Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall 12-1:30pm Lunch with Israeli Teen Leadership Group Weinberg and Noah Goldman Have lunch and engage in conversation with the Teen Leadership Delegation from Hadera Israel.</p>	<p>24 Game Day 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 (<i>see program details</i>) (\$) Family Place 11:15am Chair Exercise Lite (<i>see program details</i>) (\$) Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Weinberg 1-2pm Charlotte Jewish Day School (CJDS) Weinberg Yiska Cohen's 4th Grade class shares the holiday of Pesach (Passover).</p>	<p>26 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.</p>	<p>27 10:15am Open Social Hour Weinberg 11:15am Exercise Lite Family Place 11:15am Chair Exercise Lite Gorelick Hall Noon Shabbat Lunch (\$) Weinberg 1-2pm Oasis Book Club Weinberg The Kings of Shanghai by Jonathan Kauffman. Live Zoom with the Author! </p>
<p>30 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>) (\$) Family Place 11:15am Chair Exercise Lite (<i>see program details</i>) (\$) Gorelick Hall Noon Lunch (\$) <i>See menu for details</i> Gorelick Hall Passover Celebration led by Miss Patty 1-2pm Oasis April Newsletter Review Weinberg We'll review next month's newsletter details.</p>	<p>31 Game Day 1-4pm - Weinberg Bring a group, your own set, and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p style="text-align: center;">>>> Guests from UNC Urban Institute at our second program in the Lunch & Learn Series.</p>		<p style="text-align: center;"><<< Social hour always brings lots of smiles!</p> 