

## 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.

### APRIL MENU

#### MON, 4/13

Egg and Tuna salad on wheat with lettuce and tomato on the side, gourmet chips, fresh fruit, and Brownies.

#### WED, 4/15

Hot dogs (chopped onions, relish, mustard, ketchup on the side), vegetarian baked beans, potato salad, Cole slaw, pickle, and apple pie

#### FRI, 4/17

BBQ shredded chicken on brioche bun with lettuce and tomato on the side, coleslaw, potato chips, pickles and brownies

#### MON, 4/20

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


#### WED, 4/22

 Fish Sandwich Alaskan filets on a bun with house made tartar sauce on the side, coleslaw and baklava

#### FRI, 4/24

Tuna pasta salad on a bed of shredded lettuce, sliced tomato, chips and fruit trifle

#### MON, 4/27 Birthday Bash

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

#### WED, 4/29

Margherita pizza, toss salad and toppings and ice cream sandwiches

### What is the proper Passover greeting?

If you'd like to stick with English, "Happy Passover" is a perfectly acceptable greeting. For those who keep their home kosher for Passover (removing all chametz, or grains with leavening agents, from their residence in advance of the holiday), you can wish someone a "kosher and joyous Passover," according to the Chabad.org.

You can also try your hand at wishing someone a "Happy Passover" in Hebrew: For beginners, you can say "Happy Pesach." Pesach is Hebrew for "Passover."

You can also say "Chag Sameach," which translates to "Happy Festival" and is the Hebrew equivalent of "Happy Holidays." To make this Passover greeting specific, you can add the word "Pesach" to the middle of that phrase—"Chag Pesach Sameach." To wish somebody a "kosher and joyous Passover" in Hebrew, it would be "chag Pesach kasher vesame'ach."

To wish somebody a "Happy Passover" in Yiddish, you would say "Gut Yontif," which translates to "Good Holiday." (THE TIMES)

## 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**

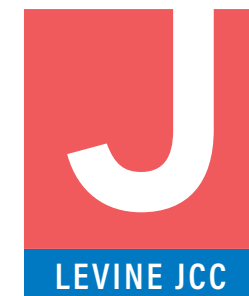
Oasis Associates and Levine JCC Members are entitled to enjoy many classes and activities at a reduced rate. Community Participant rates for individual classes are available for Non-Associates/Non-Members.

### 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](http://charlottejcc.org)



## Monthly Programs APRIL 2026

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






[www.charlottejcc.org/pages/oasis](http://www.charlottejcc.org/pages/oasis)





# APRIL 2026 PROGRAMS

charlottejcc.org/pages/oasis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>CHAG PESACH SAMEACH</b></p>		<p><i>The Harry and Jeanette Weinberg Adult Life Center will be CLOSED for Passover</i></p>		
		<p><b>1</b></p> <p>Oasis CLOSED (No Oasis Programs or Oasis Lunch) LJCC Building Open 5:30am-3pm</p>	<p><b>2</b></p> <p>No Tai Chi/Game Day LJCC Building Open 1-7pm</p>	<p><b>3</b></p> <p>Oasis CLOSED (No Oasis Programs or Oasis Lunch) LJCC Building Open 1-5pm</p>
<p><i>The Harry and Jeanette Weinberg Adult Life Center will be CLOSED for Passover</i></p>				
<p><b>6</b></p> <p>Oasis CLOSED (No Oasis Programs or Oasis Lunch) LJCC Building Open 5:30am-9pm</p>	<p><b>7</b></p> <p>No Game Day LJCC Building Open 5:30am-9pm</p>	<p><b>8</b></p> <p>Oasis CLOSED (No Oasis Programs or Oasis Lunch) LJCC Building Open 1-7pm</p>	<p><b>9</b></p> <p>No Tai Chi/Game Day LJCC Building Open 1-7pm</p>	<p><b>10</b></p> <p>Oasis CLOSED (No Oasis Programs or Oasis Lunch) LJCC Building Open 5:30am-5pm</p>
<p><b>13</b></p> <p>10:15am <b>Open Social Hour</b> ..... Weinberg  10:30am <b>Israel Discussion</b> with Noah Goldman (<i>Jewish Federation</i>) .... Weinberg  11:15am <b>Exercise Lite</b> (<i>see program details</i>) (\$) ..... Family Place  11:15am <b>Chair Exercise Lite</b> (<i>see program details</i>) (\$) ..... Gorelick Hall  Noon <b>Lunch (\$)</b> <i>See menu for details</i> ..... Gorelick Hall  1-2pm <b>Exercise of the Mind</b> ..... Weinberg  Stimulating and dynamic discussions with Counselor and Older Adult Specialist Elaine Chernotsky.</p>	<p><b>14</b></p> <p><b>Game Day</b> 1-4pm - Weinberg  <b>Bring a group, your own set,</b> and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p><b>15</b></p> <p>10:15am <b>Open Social Hour</b> ..... Weinberg  11:15am <b>Exercise Lite</b> (<i>see program details</i>) (\$) ..... Family Place  11:15am <b>Chair Exercise Lite</b> (<i>see program details</i>) (\$) ..... Gorelick Hall  Noon <b>Lunch (\$)</b> <i>See menu for details</i> ..... Gorelick Hall  1-2pm <b>Levine JCC's 40th Anniversary Year</b> ..... Weinberg  Annie Keith, Levine JCC CEO and Josh Steinberger, Levine JCC COO will discuss our 40th anniversary year celebrations, and share their plans for the next 40 years.</p>	<p><b>16</b></p> <p><b>Tai Chi</b> 11:40am-12:40pm Swimmer Aerobics Studio  <b>Game Day</b> 1-4pm - Weinberg  <b>Bring a group, your own set,</b> and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p><b>17</b></p> <p>10:15am <b>Open Social Hour</b> ..... Weinberg  11:15am <b>Exercise Lite</b> ..... Family Place  11:15am <b>Chair Exercise Lite</b> ..... Gorelick Hall  Noon <b>Shabbat Lunch (\$)</b> <i>See menu for details</i> ..... Gorelick Hall  1-2pm <b>Mitzvah Project</b> ..... Weinberg  We'll create something crafty for Classroom Central with Emily Russell</p>
<p><b>20</b></p> <p>10:15am <b>Open Social Hour</b> ..... Weinberg  10:30am <b>Israel Discussion</b> with Noah Goldman (<i>Jewish Federation</i>) .... Weinberg  11:15am <b>Exercise Lite</b> (<i>see program details</i>) (\$) ..... Family Place  11:15am <b>Chair Exercise Lite</b> (<i>see program details</i>) (\$) ..... Gorelick Hall  Noon <b>Lunch (\$)</b> <i>See menu for details</i> ..... Gorelick Hall  1-2pm <b>Exercise of the Mind</b> ..... Weinberg  Stimulating and dynamic discussions with Counselor and Older Adult Specialist Elaine Chernotsky.</p>	<p><b>21</b></p> <p><b>Game Day</b> 1-4pm - Weinberg  <b>Bring a group, your own set,</b> and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p><b>22</b></p> <p>10:15am <b>Open Social Hour</b> ..... Weinberg  11:15am <b>Exercise Lite</b> (<i>see program details</i>) (\$) ..... Family Place  11:15am <b>Chair Exercise Lite</b> (<i>see program details</i>) (\$) ..... Gorelick Hall  Noon <b>Lunch (\$)</b> <i>See menu for details</i> ..... Weinberg  1-2pm <b>Movie Music Memories-1950s Songs of the Silver Screen</b> .. 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><b>23</b></p> <p><b>Tai Chi</b> 11:40am-12:40pm Swimmer Aerobics Studio  <b>Game Day</b> 1-4pm - Weinberg  <b>Bring a group, your own set,</b> and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p><b>24</b></p> <p>10:15am <b>Open Social Hour</b> ..... Weinberg  11:15am <b>Exercise Lite</b> ..... Family Place  11:15am <b>Chair Exercise Lite</b> ..... Gorelick Hall  Noon <b>Shabbat Lunch (\$)</b> ..... Weinberg  1-2pm <b>Oasis Book Club</b> ..... Weinberg  <b>Wedding People</b> by Espach Alison</p> 
<p><b>27</b></p> <p>10:15am <b>Open Social Hour</b> ..... Weinberg  10:30am <b>Israel Discussion</b> with Noah Goldman (<i>Jewish Federation</i>) .... Weinberg  11:15am <b>Exercise Lite</b> (<i>see program details</i>) (\$) ..... Family Place  11:15am <b>Chair Exercise Lite</b> (<i>see program details</i>) (\$) ..... Gorelick Hall  Noon <b>Lunch/Birthday Bash</b> ..... Gorelick Hall  1-2pm <b>Art with Michelle</b> ..... Weinberg  Join us in Weinberg to create something beautiful. Led by Michelle Rusgo, our <i>Director of Art, Events &amp; Program Innovation</i></p>	<p><b>28</b></p> <p><b>Game Day</b> 1-4pm - Weinberg  <b>Bring a group, your own set,</b> and play: Mah Jongg, Canasta, Bridge, etc.</p>	<p><b>29</b></p> <p>10:15am <b>Open Social Hour</b> ..... Weinberg  11:15am <b>Exercise Lite</b> (<i>see program details</i>) (\$) ..... Family Place  11:15am <b>Chair Exercise Lite</b> (<i>see program details</i>) (\$) ..... Gorelick Hall  Noon <b>Lunch (\$)</b> <i>See menu for details</i> ..... Weinberg  1-2pm <b>Oasis May Newsletter</b> ..... Weinberg  We'll review next month's highlights</p>	<p><b>30</b></p> <p><b>Tai Chi</b> 11:40am-12:40pm Swimmer Aerobics Studio  <b>Game Day</b> 1-4pm - Weinberg  <b>Bring a group, your own set,</b> and play: Mah Jongg, Canasta, Bridge, etc.</p>	 <p>&lt;&lt;&lt; Social hour always brings lots of smiles!</p>