## 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.

### NOVEMBER MENU

**MON, 11/2**
Chicken Cutlet Sandwich with Coleslaw, Potato Wedges, Fresh Fruit and Pareve Dessert

**WED, 11/4**
Tuna Pasta Salad with Lettuce, Tomato and Cucumber, Fresh Fruit and a Cookie

**FRI, 11/6**
Cheese Ravioli with Butter Sauce, Peas, Fresh Fruit and Dessert

**MON, 11/9**
Tuna Noodle Casserole with Peas, Fresh Fruit and Dessert

**WED, 11/11**
Macaroni and Cheese with Roasted Broccoli, Fresh Fruit and Dessert

**FRI, 11/13**
Roasted Chicken with Roasted Potatoes, Glazed Carrots, Fresh Fruit and Pareve Dessert

**MON, 11/16**
Veggie Quesadillas with Black Beans and Corn, Fresh Fruit and a Cookie

**WED, 11/18**
Baked Potato Bar with Fixings, Roasted Broccoli, Fresh Fruit and Dessert

**FRI, 11/20 Birthday Bash**
Broccoli Alfredo with Garden Salad, Fresh Fruit and Birthday Cake

**MON, 11/23**
Cheese Pizza with Garden Salad, Fresh Fruit and a Cookie

**WED, 11/25**
**Thanksgiving Lunch:** Turkey and Sides with Dessert

**FRI, 11/27**
*No Oasis Programming*

**MON, 11/30**
Broccoli and Cheese Rice Bake with Glazed Carrots, Fresh Fruit and Pudding

### Save The Date

***Jewish Family Services Norman Steinberger***
**SENIOR ADULT CHANUKAH CELEBRATION**
**Friday, December 4th •11am-1pm**
**Sam Lerner Center, Shalom Park**
*Free, but you must RSVP to John, 704-944-6753, by Nov. 24th.*
*Regular Oasis Participants Only*

## 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 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 MONTHLY FEE: $18.75 per month**

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**

LEVINE JCC

OASIS
J ADULT LIFE

# Monthly Programs
# NOVEMBER 2026

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

### OASIS HIGHLIGHTS

*Oasis participants, golfers and our community came together for the 19th Annual Sam Strause Levine JCC Invitational Golf Tournament and Inaugural Open Play Mah Jongg Fundraiser.*

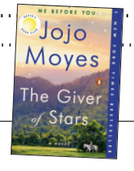
CFJS CAROLINA FOUNDATION FOR JEWISH SENIORS | CENTRALINA Area Agency on Aging | Publix Super Markets Charities

**www.charlottejcc.org/pages/oasis**

Powered By Jewish Federation of Greater Charlotte

# OASIS NOVEMBER 2026 PROGRAMS

charlottejcc.org/pages/oasis

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2**<br>10:15am **Open Social Hour** ..... Weinberg<br>10:30am **Israel Discussion** with Noah Goldman *(Jewish Federation)* ... Weinberg<br>11:15am **Exercise Lite** *(see program details)* **($)** ..... PTS<br>11:15am **Chair Exercise Lite** *(see program details)* **($)**..... Gorelick Hall<br>Noon *Lunch ($)* *See menu for details* ..... Gorelick Hall<br>1-2pm **Movie: Harold and Maude** ..... Weinberg<br> | **3**<br>**Game Day**<br>**1-4pm** • Weinberg<br>**Bring a group, your own set,** and play: Mah Jongg, Canasta, Bridge, etc. | **4**<br>10:15am **Open Social Hour** ..... Weinberg<br>11:15am **Exercise Lite** *(see program details)* **($)** ..... PTS<br>11:15am **Chair Exercise Lite** *(see program details)* **($)**..... Gorelick Hall<br>Noon *Lunch ($)* *See menu for details* ..... Gorelick Hall<br>1-2pm **Centralina Ombudsman Program** ..... Weinberg<br>They protect the rights, dignity, and quality of life for residents living in nursing homes, family care homes, and assisted living facilities across a nine-county region in North Carolina. | **5**<br>**Tai Chi**<br>**11:40am-12:40pm**<br>Swimmer Aerobics Studio<br>**Game Day**<br>**1-4pm** • Weinberg<br>**Bring a group, your own set,** and play: Mah Jongg, Canasta, Bridge, etc. | **6**<br>10:15am **Open Social Hour** ..... Weinberg<br>11:15am **Exercise Lite** ..... PTS<br>11:15am **Chair Exercise Lite** *(see program details)* **($)**..... Gorelick Hall<br>Noon *Shabbat Lunch ($)* *See menu for details* ..... Gorelick Hall<br>1-2pm **Relax, Restore, Renew with Julia Schmidt, MA** ..... Weinberg<br>Julia is a transformational coach, Qigong guide and a creator of "Attuned Somatic Journey." |
| **9**<br>10:15am **Open Social Hour** ..... Weinberg<br>10:30am **Israel Discussion** with Noah Goldman *(Jewish Federation)* ... Weinberg<br>11:15am **Exercise Lite** *(see program details)* **($)** ..... PTS<br>11:15am **Chair Exercise Lite** *(see program details)* **($)**..... Gorelick Hall<br>Noon *Lunch ($)* *See menu for details* ..... Gorelick Hall<br>1-2pm **Lions Services and the Braille Trail** ..... Weinberg | **10**<br>**Game Day**<br>**1-4pm** • Weinberg<br>**Bring a group, your own set,** and play: Mah Jongg, Canasta, Bridge, etc. | **11**<br>10:15am **Open Social Hour** ..... Weinberg<br>11:15am **Exercise Lite** *(see program details)* **($)** ..... PTS<br>11:15am **Chair Exercise Lite** *(see program details)* **($)**..... Gorelick Hall<br>Noon *Lunch ($)* *See menu for details* ..... Gorelick Hall<br>1-2pm **Movie Music Illinois** ..... Weinberg<br>(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. | **12**<br>**Tai Chi**<br>**11:40am-12:40pm**<br>Swimmer Aerobics Studio<br>**Game Day**<br>**1-4pm** • Weinberg<br>**Bring a group, your own set,** and play: Mah Jongg, Canasta, Bridge, etc. | **13**<br>10:15am **Open Social Hour** ..... Weinberg<br>11:15am **Exercise Lite** *(see program details)* **($)** ..... PTS<br>11:15am **Chair Exercise Lite** *(see program details)* **($)**..... Gorelick Hall<br>Noon *Shabbat Lunch ($)* *See menu for details* ..... Gorelick Hall<br>1-2pm **Remembering Veterans Day** ..... Weinberg<br>A PBS Documentary about Jewish Solders Serving in WW2.<br>Presented by Lori Semel, Butterfly Project Coordinator |
| **16**<br>10:15am **Open Social Hour** ..... Weinberg<br>10:30am **Israel Discussion** with Noah Goldman *(Jewish Federation)* ... Weinberg<br>11:15am **Exercise Lite** *(see program details)* **($)** ..... PTS<br>11:15am **Chair Exercise Lite** *(see program details)* **($)**..... Gorelick Hall<br>Noon *Lunch ($)* *See menu for details* ..... Gorelick Hall<br>1-2pm **Josh Savitz from Touching Hearts at Home** ..... Weinberg<br>will discuss your home health care options. | **17**<br>**Game Day**<br>**1-4pm** • Weinberg<br>**Bring a group, your own set,** and play: Mah Jongg, Canasta, Bridge, etc. | **18**<br>10:15am **Open Social Hour** ..... Weinberg<br>11:15am **Exercise Lite** *(see program details)* **($)** ..... PTS<br>11:15am **Chair Exercise Lite** *(see program details)* **($)**..... Gorelick Hall<br>Noon *Lunch ($)* *See menu for details* ..... Gorelick Hall<br>1-2pm **Charlotte Ballet presents** ..... Gorelick Hall<br>African Dance and Drumming. Come beat on a drum or dance to the beat of African drumming. | **19**<br>**Tai Chi**<br>**11:40am-12:40pm**<br>Swimmer Aerobics Studio<br>**Game Day**<br>**1-4pm** • Weinberg<br>**Bring a group, your own set,** and play: Mah Jongg, Canasta, Bridge, etc. | **20**<br>10:15am **Open Social Hour** ..... Weinberg<br>11:15am **Exercise Lite** ..... PTS<br>11:15am **Chair Exercise Lite** ..... Gorelick Hall<br>Noon *Lunch/Birthday Bash* ..... Gorelick Hall<br>1-2pm **Alaskan Adventures** ..... Weinberg<br>Presented by our CEO Annie Keith and Randi Seffinger, Theatre Program Manager at the JCC. |
| **23**<br>10:15am **Open Social Hour** ..... Weinberg<br>10:30am **Israel Discussion** with Noah Goldman *(Jewish Federation)* Weinberg<br>11:15am **Exercise Lite** *(see program details)* **($)** ..... PTS<br>11:15am **Chair Exercise Lite** *(see program details)* **($)**..... Gorelick Hall<br>Noon *Lunch ($)* *See menu for details* ..... Gorelick Hall<br>1-2pm **Oasis Book Club** ..... Weinberg<br>***The Giver of Stars***<br>by Jojo Moyes<br>  | **24**<br>**Game Day**<br>**1-4pm** • Weinberg<br>**Bring a group, your own set,** and play: Mah Jongg, Canasta, Bridge, etc. | **25**<br>10:15am **Open Social Hour** ..... Weinberg<br>11:15am **Exercise Lite** *(see program details)* **($)** ..... PTS<br>11:15am **Chair Exercise Lite** *(see program details)* **($)**..... Gorelick Hall<br>Noon *Thanksgiving Lunch ($)* *See menu for details*..... Gorelick Hall<br>1-2pm **BINGO** ..... Weinberg | **26**<br>HAPPY Thanksgiving<br>**No Tai Chi**<br>**No Game Day**<br>**JCC open**<br>**7am—1pm** | **27**<br>**No Exercise/Chair Lite**<br>**No Oasis Lunch, No Oasis Programs, Oasis closed for Thanksgiving Holiday JCC open 7am—5pm** |
| **30**<br>10:15am **Open Social Hour** ..... Weinberg<br>10:30am **Israel Discussion** with Noah Goldman *(Jewish Federation)* ... Weinberg<br>11:15am **Exercise Lite** *(see program details)* **($)** ..... PTS<br>11:15am **Chair Exercise Lite** *(see program details)* **($)**..... Gorelick Hall<br>Noon *Lunch ($)* *See menu for details* ..... Gorelick Hall<br>1-2pm **Review the December Calendar** ..... Weinberg | | | | |

*Israeli Teens visit Oasis and provided music, fun and BINGO.*