Nutritious Meals!
Enjoy gourmet kosher meals freshly prepared at a nominal fee. Oasis participants dine together in Gorelick Hall from 12-1pm on Mondays, Wednesdays, and Fridays during regular programming days.

LUNCH PRICING: $7 per day
Please make Reservations 24 hours in advance by calling 704-944-6792

Mon, 3/2
- Tuna melt on rye with American cheese, split pea soup, fresh fruit, and linzer cookies

Wed, 3/4
- Baked ziti, tossed salad, garlic bread, and ice cream with toppings

Fri, 3/6
- Asian chicken rice bowl with vegetables, egg rolls, and brownies

Mon, 3/9
- Baked potato bar w/toppings, roasted veggies, salad, and yogurt parfait

Wed, 3/11
- SENIOR ADULT PURIM CELEBRATION & LUNCH – Reserve by March 4th to 704-944-6852

Fri, 3/13
- Large chef salad (various deli meats, hard-boiled egg, black olives, tomatoes, colored peppers, onions, cucumber, croutons) tomato soup, and chocolate-covered strawberries

Mon, 3/16
- Veggie Burger with American cheese with lettuce, tomato, and onion (condiments on side), pickle, cole slaw, French fries, and ice cream bars

Wed, 3/18
- Cheese pita pizza, tossed salad with toppings, and Neapolitan ice cream sandwiches

Fri, 3/20 – Birthday Bash!
- Meatloaf, seasoned green beans, roasted potatoes, and birthday cake

Mon, 3/23
- Challah French toast (syrup on side), scrambled eggs, fresh fruit, and ice cream with toppings

Wed, 3/25 – FIELD TRIP DAY
- Lunch will not be served “in house” today

Fri, 3/27
- Grilled chicken sandwich w/lettuce, tomato & onion (condiments on side), coleslaw, tater tots, pickle, and fruit turnovers

Mon, 3/30
- Hot Veggie Philly Cheese sandwich on a sub roll, tossed salad with toppings, chips, and sherbets

Alternate lunch option each day ($8): PB&J on wheat with grape jelly, bag of chips, fruit cup, and dessert-of-the-day.

OASIS SNAPSHOTs
A fun afternoon of playing games with our young CJDS friends last month.

"Know Your Numbers" Diabetes and Prediabetes Diet Management with JCC Dietician Chantal Otelberg, MS, RDN, LID

The Senior Enrichment (OASIS) Program’s mission is to enrich the quality of life for all seniors, regardless of religious affiliation. We welcome all adults age 50 and up from the greater Charlotte area.

OASIS ASSOCIATE
Oasis Associates are entitled to enjoy many senior classes and activities at a reduced rate. All Levine JCC members 50 years and older are eligible to participate in Oasis programs at pricing set for Oasis Associates.

Oasis Associate Membership:
$125/year per person

You do not have to be an Oasis Associate or a Levine JCC member to participate in any class or to receive any of the services provided by Oasis.

OASIS TRANSPORTATION PHONE LINE
Existing riders only. Please call 24 hours in advance. 704-944-6865

OASIS CONTACT INFORMATION
If you have questions, please contact:
Jill Lipson • 704-944-6792 jill.lipson@charlottejcc.org
Sharri Benjamin • 704-944-6753 sharri.benjamin@charlottejcc.org

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### March 2020

#### Monday

10am – Painting & Beyond Art Class (fee details on right) ...Room A110
10am – Games/Adult Coloring ...Room A110
11am – Socializing ...Weinberg
11:15am – Senior Chair Yoga ...Gorelick Hall
Noon – Lunch ...Gorelick Hall
1pm – Who in the Hall Are You? (details on left) ...Weinberg

#### Tuesday

10am – Who in the Hall Are You? (details on left) ...Weinberg

10am – Tai Chi All Levels 11:45-12:45pm ...Swimmer Aerobics Studio
10am – Tai Chi All Levels 11:45-12:45pm ...Swimmer Aerobics Studio
Open Bridge 1-4pm Weinberg

#### Wednesday

10am – Trivia w/ Bob (details lower left) ...Fax Boardroom
10am – Trivia w/ Bob (details lower left) ...Fax Boardroom
10am – Senior Adult Purim Celebration & Lunch 11am-1pm ...Gorelick Hall
Free! Must pre-register by March 4th. Call 704-944-6852
All regular Oasis programming cancelled (No Senior Exercise, Chair Yoga, Lunch)

#### Thursday

10am – Exercise of the Mind (details lower left) ...Fax Boardroom
11am – Senior Exercise ...Family Place
11:15am – Senior Chair Yoga ...Gorelick Hall
Noon – Lunch ...Gorelick Hall
1pm – BINGO w/Bob ...Weinberg

#### Friday

1pm – Exercise of the Mind (details lower left) ...Fax Boardroom
11am – Senior Exercise ...Family Place
11:15am – Senior Chair Yoga ...Gorelick Hall
Noon – Lunch ...Gorelick Hall
1pm – TED Talks: “Art Made of Unusual Stuff” (details on left) ...Fax Boardroom

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#### Field Trip Day (see front page for details)

No Senior Exercise, Senior Chair Yoga or Oasis Lunch

### Game Day

1pm – BINGO w/Bob ...Weinberg
Noon – Lunch ...Gorelick Hall
10am – Sleep Health with Novant Health ...Fax Boardroom
11am – Senior Exercise ...Family Place
11:15am – Senior Chair Yoga ...Gorelick Hall
Noon – Lunch ...Gorelick Hall
1pm – Oasis Book Club (details lower left) ...Fax Boardroom

### Free Medicare Counseling Available!

For information or to make an appointment with a volunteer from SHIP (Senior Health Insurance Information Program) To set up an appointment, PLEASE CALL: 704-944-6852

### Free Ongoing Programs

- Exercise of the Mind – Stimulating and dynamic discussion with Older Adult Specialist Elaine Chernotsky.
- History’s Mysteries – Writer and storyteller Bill Stepen reveals real stories behind history’s most amazing moments.
- Oasis Book Club – Share your favorite books.
- Joys of Judaism – Traditions and Holidays are key elements of Judaism. In this series we’ll learn about many of them from Jewish clergy and educators.