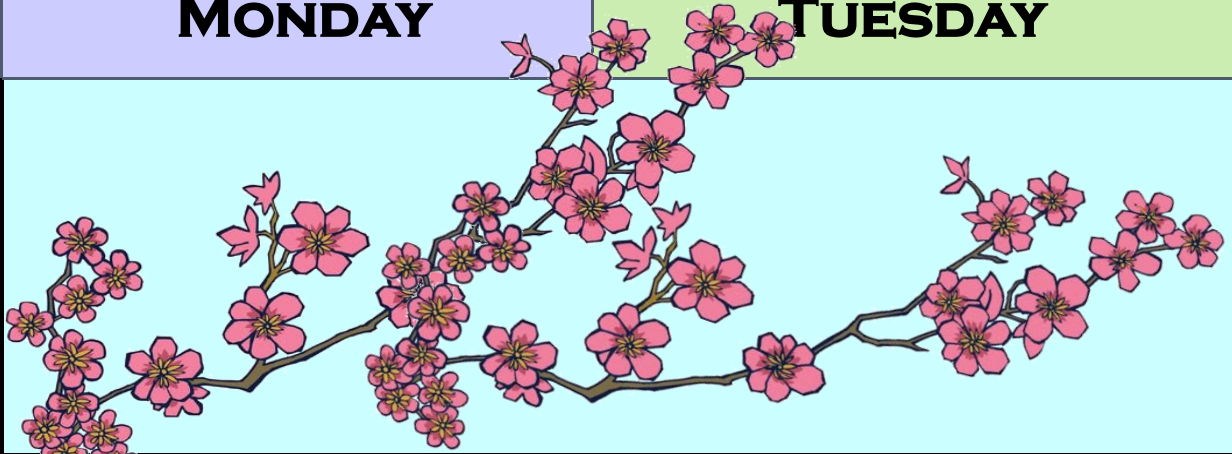


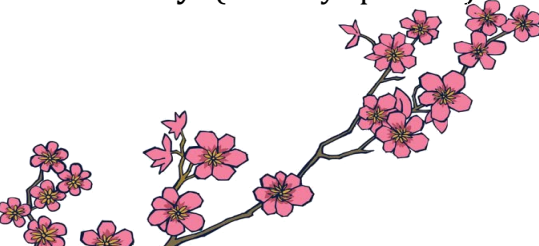


Club Nissim — May 2019

Club Nissim at the Boro Park Y Tel: 718-438-5921
 4912 Fourteenth Avenue Fax: 718-871-7336
 Brooklyn, New York 11219 email: clubnissim@gmail.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<p>1 10:00 Tehillim & Announcements 10:30 Workout with Suri Peretz 10:30 Light Exercise with Idy Katz 11:45 "Parsha Pointers for Personal Growth" Discussion with Yosef Chesny 11:45 Schlissel Challah w Bassy 1:00 "Pirkei Avos" Shiur by P Fleischer 1:00 FILM: "To Walk Invisible"(Biodrama)</p>	<p>2 <u>10:00—1:00 "Abi Gezunt!" Clinic & Vital Signs Screening</u> 9:30 Women's Swim (Big pool) 10:00 Water Workout (Small pool) 10:00 Exercise in the Senior Center 11:00 "Parshas Acharei Mot" R Nojowitz <u>MEN ONLY: 1:00 Afternoon Chevra</u></p>
<p>6 Rosh Chodesh Iyar 10:00 Tehillim & Announcements 10:30 Workout with Chana Sahler 10:30 Light Exercise with Laya Mandel 11:45 Sing-Along with Judy Berger 11:45 Strawberry-Rhubarb Pie with Bassy 11:45 Beis Binah Graduation 1:00 "Pirkei Avos" Shiur by Peydouth Fleischer</p>	<p>7 <u>10:00 TRIP: Brooklyn Botanical Garden</u> 10:00 Exercise in the Senior Center 11:00 "Biz'chus Nashim Tzidkanios" Shiur by Chani Reicher 12:15 Body Work with Physical Therapist Alex Mandel 1:15 "Shtisel" Israeli Charedi family saga: Season 2, episode 1 <u>MEN ONLY: 1:00 "Anshei Nissim"</u></p>	<p>8 10:00 Tehillim & Announcements 10:30 Workout with Suri Peretz 10:30 Light Exercise with Idy Katz 11:45 "Shmuel II" Shiur by Peydouth Fleischer 11:45 Nish Nosh Salad w Bassy 1:00 FILM: "A Father... a Son... Once Upon a Time in Hollywood..." (Documentary)</p>	<p>9 <u>10:00—1:00 "Abi Gezunt!" Clinic & Vital Signs Screening</u> 9:30 Women's Swim (Big pool) 10:00 Water Workout (Small pool) 10:00 Exercise in the Senior Center 11:00 "Parshas Kedoshim" Shiur by Peydouth Fleischer <u>MEN ONLY: 1:00 Afternoon Chevra</u></p>
<p>13 10:00 Tehillim & Announcements 10:30 Workout with Chana Sahler 10:30 Light Exercise with Laya Mandel 11:45 "News & Views" with Yosef Chesny 11:45 Pizza with Bassy 1:00 "Pirkei Avos" Shiur by Peydouth Fleischer 1:00 Guided Painting with Chana S</p>	<p>14 10:00 Exercise in the Senior Center 11:00 "Biz'chus Nashim Tzidkanios" Shiur by Chani Reicher 12:15 Body Work with Physical Therapist Alex Mandel 1:15 "Shtisel" Israeli Charedi family saga: Season 2, episode 2 1:15 Memoir Writing with Simonne <u>MEN ONLY: 1:00 "Anshei Nissim"</u></p>	<p>15 10:00 Tehillim & Announcements 10:30 Workout with Suri Peretz 10:30 Light Exercise with Idy Katz 11:45 "We Are Counting on You!" Getting hands-on with Devora Kuperman 11:45 Greek Salad w Bassy 1:00 FILM: "The Last Resort" (Documentary)</p>	<p>16 <u>10:00—1:00 "Abi Gezunt!" Clinic & Vital Signs Screening</u> 9:30 Women's Swim (Big pool) 10:00 Water Workout (Small pool) 10:00 Exercise in the Senior Center 11:00 "Parshas Emor" Shiur by Hindi Ginsberg <u>MEN ONLY: 1:00 Afternoon Chevra</u></p>

Club Nissim — May 2019

Club Nissim/Day Program for Holocaust Survivors is supported by grants from the Conference on Jewish Material Claims against Germany, UJA/Federation, and the NYC Council Elie Wiesel Holocaust Survivor Initiative.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>20 10:00 Tehillim & Announcements 10:30 Workout with Chana Sahler 10:30 Light Exercise with Laya Mandel 11:45 "Pirkei Avos" Shiur by Peydouth Fleischer 11:45 Fruit Smoothies with Bassy 1:00 "I Love Lucy" (Comedy episodes)</p> 	<p>21 10:00 Exercise in the Senior Center 11:00 "Biz'chus Nashim Tzidkanios" Shiur by Chani Reicher in the Senior Center 12:15 Body Work with Physical Therapist Alex Mandel 1:15 "Shtisel" Israeli Charedi family saga: Season 2, episode 3</p> <p><u>MEN ONLY:</u> 1:00 "Anshei Nissim"</p>	<p>22 10:30 Workout in the Senior Center 11:30: SPRING BRUNCH AMONG THE BUTTERFLIES with Presentation: "A Celebration of Beauty" by Beauty & Makeup Expert Rachel Weingarten</p> 	<p>23 Lag BaOmer 10:00—1:00 "Abi Gezunt!" Clinic & Vital Signs Screening 9:30 Women's Swim (Big pool) 10:00 Water Workout (Small pool) 10:00 Exercise in the Senior Center 11:00 "Lag BaOmer" Shiur by Peydouth Fleischer</p> <p><u>MEN ONLY:</u> 1:00 Afternoon Chevra</p>
<p>27 10:00 Tehillim & Announcements 10:30 Workout with Chana Sahler 10:30 Light Exercise with Laya Mandel 11:45 "Better Health the Natural Way" Lecture by Suri Rabinowitz 11:45 Cherry Soup with Bassy 1:00 "Pirkei Avos" Shiur by Peydouth Fleischer 1:00 Guided Painting with Chana Sahler</p>	<p>28 10:00-1:00 TRIP: Bowling & Pizza 10:00 Exercise in the Senior Center 11:00 "Biz'chus Nashim Tzidkanios" Shiur by Chani Reicher 12:15 Body Work with Physical Therapist Alex Mandel 1:15 "Shtisel" Israeli Charedi family saga: Season 2, episode 4</p> <p><u>MEN ONLY:</u> 1:00 "Anshei Nissim"</p>	<p>29 10:00 Tehillim & Announcements 10:30 Workout with Suri Peretz 10:30 Light Exercise with Idy Katz 11:45 "Shmuel II" Shiur by Peydouth Fleischer 11:45 Cinnamon Buns with Bassy 1:00 FILM: "American Experience: Reagan" (Documentary)</p> 	<p>30 10:00—1:00 "Abi Gezunt!" Clinic & Vital Signs Screening 9:30 Women's Swim (Big pool) 10:00 Water Workout (Small pool) 10:00 Exercise in the Senior Center 11:00 "Parshas Bechukosai" Shiur by Rabbi Daniel Kestenbaum</p> <p><u>MEN ONLY:</u> 1:00 Afternoon Chevra</p>