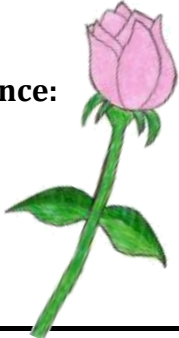
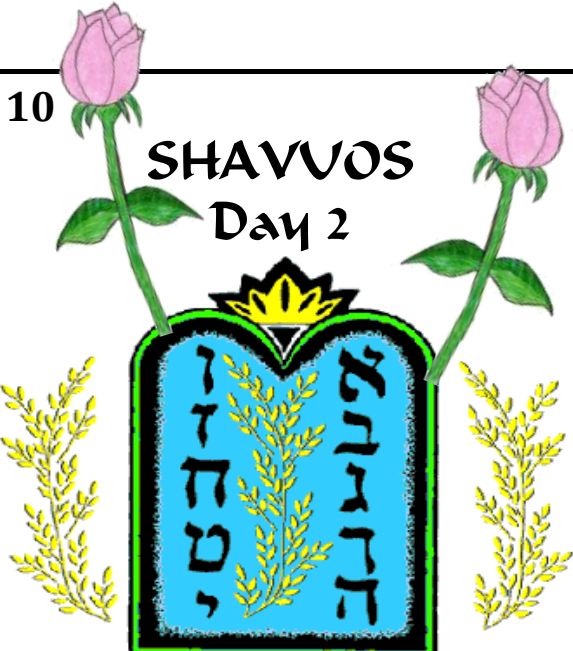





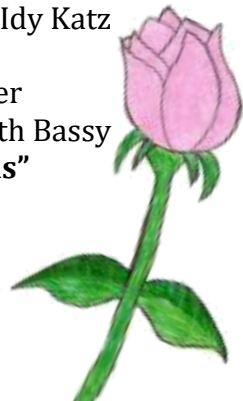
Club Nissim — June 2019

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>3 10:00 Tehillim & Announcements 10:30 Workout with Chana Sahler 10:30 Light Exercise with Malky Spitzer 10:30-12:30 <u>MINI-TRIP: Owl's Head Park</u> 11:45 Floral Decoration with Chana 11:45 Chocolate Chip Cookies with Bassy 1:00 "Pirkei Avos" Shiur by Peydouth Fleischer</p>	<p>4 Rosh Chodesh Sivan 10:00 Exercise in the Senior Center 11:00 "<i>Biz'chus Nashim Tzidkanios</i>" Shiur by Chani Reicher 12:15 Body Work with Physical Therapist Alex Mandel 1:15 "Shtisel" Israeli Charedi family saga: Season 2, episode 5 1:15 Memoir Writing with Simonne <u>MEN ONLY: 1:00 "Anshei Nissim"</u></p>	<p>5 10:00 Tehillim & Announcements 10:30 Workout with Suri Peretz 10:30 Light Exercise with Idy Katz 11:45 "<i>Shmuel II</i>" Shiur by Peydouth Fleischer 11:45 Cheese Cake with Bassy 1:00 FILM: "American Experience: Reagan" Part 2 (Documentary)</p> 	<p>6 <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 "<i>Parshas Bamidbar/ Shavuos</i>" Shiur by Rivka Nojowitz <u>MEN ONLY: 1:00 Afternoon Chevra</u></p>
<p>10</p>  <p>SHAVUOS Day 2</p>	<p>11 Issru Chag 10:00 Exercise in the Senior Center 11:00 "<i>Biz'chus Nashim Tzidkanios</i>" Shiur by Chani Reicher 12:15 Body Work with Physical Therapist Alex Mandel 1:15 "Shtisel" Israeli Charedi family saga: Season 2, episode 6 <u>MEN ONLY: 1:00 "Anshei Nissim"</u></p>	<p>12 <u>9:30 TRIP — PLEASE NOTE: EARLY DEPARTURE: Wave Hill</u> 10:00 Tehillim & Announcements 10:30 Workout with Suri Peretz 10:30 Light Exercise with Idy Katz 11:45 "<i>Doctor's House Call: Why 'Sugar-Free' Is Bad for You</i>" with Dr. Birgé 11:45 Eggplant Dip & Homemade Crackers with Bassy 1:00 "Pirkei Avos" Shiur by Peydouth Fleischer 1:00 FILM: "Meet Me in St. Louis" (Musical)</p> 	<p>13 <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 "<i>Parshas Naso</i>" Shiur by Peydouth Fleischer <u>MEN ONLY: 1:00 Afternoon Chevra</u></p>

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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>17 10:00 Tehillim & Announcements 10:30 Workout with Chana Sahler 10:30 Light Exercise with Malky Spitzer 11:45 “A World of Colors” Presentation by Chana Sahler & Rochelle Englard 11:45 Fruit Salad with Bassy 11:45 Beis Binah Summer Special begins 1:00 Sivan Birthday Party 1:15 “Pirkei Avos” Shiur by Peydouth Fleischer</p>	<p>18 10:00 Exercise in the Senior Center 10:00-1:00 TRIP: Bowling 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 7 1:15 Memoir Writing with Simonne <u>MEN ONLY:</u> 1:00 “Anshei Nissim”</p>	<p>19 10:00 Tehillim & Announcements 10:30 Workout with Suri Peretz 10:30 Light Exercise with Idy Katz 11:45 “Better Health the Natural Way” Lecture by Suri Rabinowitz 11:45 Lemon Pie with Bassy 12:45 Picnic on the Roof Terrace <i>(No ‘regular’ upstairs lunch today!)</i></p> 	<p>20 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 Beha’alos’cha” Shiur by Hindi Ginsberg <u>MEN ONLY:</u> 1:00 Afternoon Chevra</p>
<p>24 10:00 Tehillim & Announcements 10:30 Workout with instructor TBA 10:30 Light Exercise with Malky Spitzer 11:45 “Sing-Along with Zohar” 11:45 Guacamole with Bassy 11:45 Beis Binah Summer Special 1:00 “Beauty Tips — How to Make the Most of What You Have!” Workshop with Makeup & Beauty Expert Rachel Weingarten</p> 	<p>25 Election Day at the Y 9:15 TRIP — PLEASE NOTE EARLY DEPARTURE: Vanderbilt Mansion, Garden & Planetarium 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 8 <u>MEN ONLY:</u> 1:00 “Anshei Nissim”</p>	<p>26 10:00 Tehillim & Announcements 10:30 Workout with Suri Peretz 10:30 Light Exercise with Idy Katz 11:45 “Pirkei Avos” Shiur by Peydouth Fleischer 11:45 Cold Fruit Soup with Bassy 1:00 FILM: “Mary Poppins” (Musical)</p> 	<p>27 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 Sh’lach” Shiur by Rabbi Daniel Kestenbaum <u>MEN ONLY:</u> 1:00 Afternoon Chevra</p>