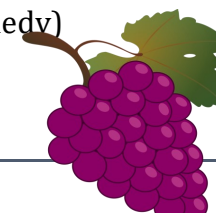
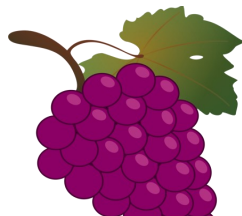

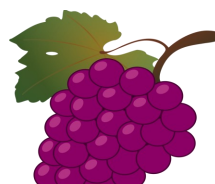


# Club Nissim — October 2021

Club Nissim at the Boro Park Y  
4912 Fourteenth Avenue  
Brooklyn, New York 11219

Tel: 718-438-5921  
Fax: 718-871-7336  
email: clubnissim@gmail.com  
www.clubnissim.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>SUNDAY</b> <b>OCTOBER</b> <b>10</b></p> <p><b>12:00</b> <b>Lunch Party</b></p> <p><b>Celebrating</b> <b>Club Nissim</b> <b>20 Years!</b></p> <p><i>Guest speaker:</i> <b>R' Daniel</b> <b>Kestenbaum</b></p> <p><b>PLEASE</b> <b>REGISTER</b> <b>IN ADVANCE!</b></p>	<p><b>4</b></p> <p><b>10:00 "Meditation for Serenity"</b> with Chaya Bluming <b>10:30</b> Exercise with Svetlana <b>11:45 "I Want to, but How? — Finding Motivation"</b> Lecture &amp; discussion with Rebecca Weingarten <b>11:45 Breakfast Muffins</b> with Bassy <b>1:00 Tishrei Birthday Party</b> <b>1:15 FILM: "The Crown: Gold Stick"</b> We begin season 4 of the drama series about Queen Elizabeth II</p>	<p><b>5</b></p> <p><b>10:00</b> Exercise with Rosie Allen <b>11:00 "Melachim"</b> Shiur by Peydouth Fleischer <b>12:00 Stretching</b> /Phys Ther A Mandel <b>1:00 "The Queen Mother: A Royal Century"</b> (Documentary)</p> <p><u><b>ANSHEL NISSIM</b></u> <b>1:00</b> Exercise (Phys Ther Mandel) <b>1:30</b> Learning &amp; Coffee (R Chesny) <b>2:00</b> Health Talks (Dr Birgé)</p>	<p><b>6</b>      <b>Rosh Chodesh</b>                   <b>Cheshvan</b></p> <p><b>10:00</b> Tehillim &amp; Announcements <b>10:30</b> Exercise &amp; <b>Dance</b> with Svetlana Andrianova <b>11:45 "The Twenty Years that Passed"</b> Reminiscing and Reflecting with Yosef Chesny <b>1:00 FILM: "Life with Father"</b> (A classical family comedy)</p> 	<p><b>7</b>      <b>Rosh Chodesh</b>                   <b>Cheshvan</b></p> <p><b>9:30</b> Women's Water Workout <b>10:00</b> Women's Swimming <b>10:00 Balance Training &amp; Fall Prevention</b> with Svetlana <b>10:00-1:00 Vital Signs Screening</b> – Dr. Birgé <b>11:00 "Parsha Pearls"</b> Shiur by Chanie Reicher <b>12:00 Rosh Chodesh Raffle &amp; Oneg Shabbos</b> with Yosef Chesny</p>
	<p><b>11</b></p> <p><b>10:00 "Meditation for Serenity"</b> with Chaya Bluming <b>10:30</b> Exercise with Svetlana <b>11:45 "Hilchos Shabbos"</b> Shiur by Peydouth Fleischer <b>11:45 Mushroom Turnovers</b> with Bassy <b>1:00 "The Crown"</b> Episode 2: "The Balmoral Test"</p> 	<p><b>12</b></p> <p><b>10:00</b> Exercise with Rosie Allen <b>11:00 "Melachim"</b> Shiur by Peydouth Fleischer <b>12:00 Stretching</b> /Phys Ther A Mandel <b>1:00 "A Story to Tell"</b> Writing class with Rebecca Weingarten <b>1:00 "Tales from the Royal Wardrobe"</b> (Historical documentary)</p> <p><u><b>ANSHEL NISSIM</b></u> <b>1:00</b> Exercise (Phys Ther Mandel) <b>1:30</b> Learning &amp; Coffee (R Chesny) <b>2:00</b> Health Talks (Dr Birgé)</p>	<p><b>13</b></p> <p><b>10:00</b> Tehillim &amp; Announcements <b>10:30</b> Exercise with Svetlana Andrianova <b>11:45 "Poetry Workshop"</b> with Chaya Bluming <b>11:45 Bake Babka</b> with Bassy <b>1:00 FILM: "Indiscreet"</b> (Romantic comedy with Cary Grant &amp; Ingrid Bergman)</p> 	<p><b>14</b></p> <p><b>9:30</b> Women's Water Workout <b>10:00</b> Women's Swimming <b>10:00 Balance Training &amp; Fall Prevention</b> with Svetlana <b>10:00-1:00 Vital Signs Screening</b> – Dr. Birgé <b>11:00 "Parsha Pearls"</b> Shiur by Chanie Reicher <b>12:00 Oneg Shabbos</b> with Yosef Chesny</p> 

PROGRAMS ARE SUBJECT TO CHANGES AND/OR CANCELATIONS!

Claims Conference      ועידת התביעות  
The Conference on Jewish Material Claims Against Germany

Funded by  
**UJA Federation**  
of New York

# Club Nissim — October 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>18</b>  <b>10:00 “Meditation for Serenity”</b> with Chaya Bluming  <b>10:30</b> Exercise with Svetlana Andrianova  <b>11:45 “Book Forum”</b> Listen, discuss and get inspired with Rebecca Weingarten  <b>11:45 “Kabocha Squash Soup”</b> with Bassy  <b>1:00 FILM: “The Crown”</b> Season 4, Episode 3: “Fairytale”</p>	<p><b>19</b>  <b>10:00 TRIP: Bowling</b>  <b>10:00</b> Exercise with Rosie Allen  <b>11:00 “Melachim”</b> Shiur by Peydouth Fleischer  <b>12:00 Stretching</b> /Phys Ther Alex Mandel  <b>1:00 “Drum &amp; Dance Circle”</b> with Chaya</p> <p><b>ANSHEI NISSIM</b>  <b>1:00</b> Exercise (Phys Ther Mandel)  <b>1:30</b> Learning &amp; Coffee (Rabbi Chesny)  <b>2:00</b> Health Talks (Dr Birgé)</p>	<p><b>20</b>  <b>10:00</b> Tehillim &amp; Announcements  <b>10:30</b> Exercise with Svetlana  <b>11:45 “Sing-Along with Zohar”</b>  <b>1:00 “Abstract Painting”</b> Art class with Chaya Bluming  <b>1:00 FILM: “First Lady”</b>                      (Do you have to be married to the President to be the First Lady?                      Romantic comedy</p>	<p><b>21</b>  <b>9:30</b> Women’s Water Workout  <b>10:00</b> Women’s Swimming  <b>10:00 Balance Training &amp; Fall Prevention</b> with Svetlana Andrianova  <b>10:00-1:00 Vital Signs Screening</b> –Dr. Birgé  <b>11:00 “Parsha Pearls”</b> Shiur by Chanie Reicher  <b>2:00 Oneg Shabbos</b> with Yosef Chesny</p>
<p><b>25</b>  <b>10:00 “Meditation for Serenity”</b> with Chaya Bluming  <b>10:30</b> Exercise / Svetlana Andrianova  <b>11:45 “Medical Updates”</b> Lecture by Dr. Raphael Birgé  <b>11:45 Fall Salad with Root Vegetables</b> with Bassy  <b>1:00 FILM: “The Crown”</b> Season 4, Episode 4: “Favourites”</p>	<p><b>26</b>  <b>10:00</b> Exercise with Rosie Allen  <b>11:00 “Melachim”</b> Shiur by Peydouth Fleischer  <b>12:00 Stretching</b> /Phys Ther Alex Mandel  <b>1:00 “A Story to Tell”</b> Writing class with Rebecca Weingarten  <b>1:00 “The New York Cantors”</b> (Music video)</p> <p><b>ANSHEI NISSIM</b>  <b>1:00</b> Exercise (Phys Ther Mandel)  <b>1:30</b> Learning &amp; Coffee (Rabbi Chesny)  <b>2:00</b> Health Talks (Dr Birgé)</p>	<p><b>27</b>  <b>10:00 TRIP: Highline Park</b>  <b>10:00</b> Tehillim &amp; Announcements  <b>10:30</b> Exercise with Svetlana  <b>11:45 “The Art of Self-Acceptance”</b> Discussion with Yosef Chesny  <b>11:45 Spinach Soufflé</b> with Bassy  <b>1:00 FILM: “Queen Marie”</b>                      (The true story of Romanian queen on a mission for national recognition)</p>	<p><b>28</b>  <b>9:30</b> Women’s Water Workout  <b>10:00</b> Women’s Swimming  <b>10:00 Balance Training &amp; Fall Prevention</b> with Svetlana Andrianova  <b>10:00-1:00 Vital Signs Screening</b> –Dr. Birgé  <b>11:00 “Parsha Pearls”</b> Shiur by Chanie Reicher  <b>12:00 Oneg Shabbos</b> with Yosef Chesny</p>

