





Club Nissim — November 2021

Club Nissim at the Boro Park Y
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>1 10:00 Tehillim & Announcements 10:00 "Meditation for Serenity" with Chaya Bluming 10:30 Exercise — Instructor TBA 11:45 "Poetry Workshop" with Chaya Bluming 11:45 Lecso with Bassy 1:00 Cheshvan Birthday Party 1:15 FILM: "The Crown" Season 4: episode 5: "Fagan"</p>	<p>2 10:00 Exercise with Rosie Allen 11:00 "Melachim" Shiur by Peydouth Fleischer 12:00 Stretching /Phys Ther A Mandel 1:00 "Golden Girls" (TV comedy)</p> <p><u>ANSHEI NISSIM</u> 1:00 Exercise (Phys Ther Mandel) 1:30 Learning & Coffee (R Chesny) 2:00 Health Talks (Dr Birgé)</p> 	<p>3 10:00 Tehillim & Announcements 10:30 Exercise & Dance with Svetlana Andrianova 11:45 "Names, Not Numbers!" Presentation by Rifki Ross 1:00 FILM: "Rage and Glory" (A Stern Gang hitman is sent to Jerusalem to assassinate a British officer.... HEBREW LANGUAGE WITH ENGLISH SUBTITLES)</p>	<p>4 9:30 Women's Water Workout 10:00 Women's Swimming 10:00 Balance Training & Fall Prevention with Svetlana 10:00-1:00 Vital Signs Screening –Dr. Birgé 11:00 "Parsha Pearls" Shiur by Chanie Reicher 12:00 Oneg Shabbos with Yosef Chesny</p> 
<p>8 10:00 Tehillim & Announcements 10:00 "Meditation for Serenity" with Chaya Bluming 10:30 Exercise — Instructor TBA 11:45 "Book Forum" Listen, discuss and get inspired with Rebecca Weingarten 11:45 Leek Soup with Bassy 1:00 "The Crown" Season 4: episode 6: "Terra Nullius"</p>	<p>9 <u>10:00 TRIP: Bowling</u> 10:00 Exercise with Rosie Allen 11:00 "Melachim" Shiur by Peydouth Fleischer 12:00 Stretching /Phys Ther A Mandel 1:00 "The Patient's Playbook" (Documentary)</p> <p><u>ANSHEI NISSIM</u> 1:00 Exercise (Phys Ther Mandel) 1:30 Learning & Coffee (R Chesny) 2:00 Health Talks (Dr Birgé)</p> 	<p>10 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana Andrianova 11:45 "Understanding Personalities" Discussion group with Chaya Bluming 11:45 Mango Salad with Bassy 1:00 "Guided Painting" Art class with Peydouth Fleischer 1:00 FILM: "Brief Encounter" (<i>"The most romantic movie ever made..."</i>)</p>	<p>11 9:30 Women's Water Workout 10:00 Women's Swimming 10:00 Balance Training & Fall Prevention with Svetlana 10:00-1:00 Vital Signs Screening –Dr. Birgé 11:00 "Parsha Pearls" Shiur by Chanie Reicher 12:00 Oneg Shabbos with Yosef Chesny</p> 

PROGRAMS ARE SUBJECT TO CHANGES AND/OR CANCELATIONS!

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

UJA Federation of New York
funded by

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>15 10:00 Tehillim & Announcements 10:00 “Meditation for Serenity” with Chaya Bluming 10:30 Exercise — Instructor TBA 11:45 “Hilchos Shabbos” Lecture by Peydouth Fleischer 11:45 Yemenite Soup with Bassy 1:00 FILM: “The Crown” Episode 7: “The Hereditary Principle”</p>	<p>16 10:00 Exercise with Rosie Allen 11:00 “Melachim” Shiur by P Fleischer 12:00 Stretching /Phys Ther Alex Mandel 1:00 “Golden Girls” (TV comedy) <u>ANSHEI NISSIM</u> 1:00 Exercise (Phys Ther Mandel) 1:30 Learning & Coffee (Rabbi Chesny) 2:00 Health Talks (Dr Birgé)</p>	<p>17 10:00 <u>TRIP: Little Island</u> 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 11:45 “Sing-Along with Zohar” 1:00 “Burton and Taylor” (The last battle between Liz & Richard...)</p>	<p>18 9:30 Women’s Water Workout 10:00 Women’s Swimming 10:00 Balance Training & Fall Prevention with Svetlana Andrianova 10:00-1:00 Vital Signs Screening –Dr. Birgé 11:00 “Parsha Pearls” Shiur by Chanie Reicher 12:00 Oneg Shabbos with Yosef Chesny</p>
<p>22 10:00 Tehillim & Announcements 10:00 “Meditation for Serenity” with Chaya Bluming 10:30 Exercise — Instructor TBA 11:45 “Medical Updates” Lecture by Dr. Raphael Birgé 11:45 Peanut Chews with Bassy 1:00 FILM: “The Crown” Episode 8: “48:1”</p>	<p>23 10:00 Exercise with Rosie Allen 11:00 “Melachim” Shiur by P Fleischer 12:00 Stretching /Phys Ther Alex Mandel 1:00 “Rythm & Dance” with Chaya <u>ANSHEI NISSIM</u> 1:00 Exercise (Phys Ther Mandel) 1:30 Learning & Coffee (Rabbi Chesny) 2:00 Health Talks (Dr Birgé)</p>	<p>24 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 11:45 “Light in the Darkness” Shiur by R’ Yosef Chesny 11:45 Broccoli Soufflé with Bassy 1:00 “Inside—Outside: The Lifestyle Channel with Kiki & Ruchie” (Rebecca & Rachel Weingarten)</p>	<p>25 Thanksgiving Day 9:30 Women’s Water Workout 10:00 Women’s Swimming 10:00 Balance Training & Fall Prevention with Svetlana Andrianova 10:00-1:00 Vital Signs Screening –Dr. Birgé 11:00 “Parsha Pearls” Shiur by Chanie Reicher 12:00 Oneg Shabbos with Yosef Chesny</p>
<p>29 Chanukah Day 1 10:00 Tehillim & Announcements 10:00 “Meditation for Serenity” with Chaya Bluming 10:30 Exercise — Instructor TBA 11:45 Chanukah Craft & Cookie Decorating with Bassy 1:00 FILM: “The Crown” Episode 9: “Avalanche”</p>	<p>30 Chanukah Day 2 10:00 Exercise with Rosie Allen 11:00 “Chanukah” Shiur by P Fleischer 12:00 Stretching /Phys Ther Alex Mandel 1:00 Chanukah Songs & Donuts with Judy Berger <u>ANSHEI NISSIM</u> 1:00 Exercise (Phys Ther Mandel) 1:30 Learning & Coffee (Rabbi Chesny) 2:00 Health Talks (Dr Birgé)</p>	<p><u>DECEMBER 1</u> Lunch & Latkes Chanukah Extravaganza</p> 