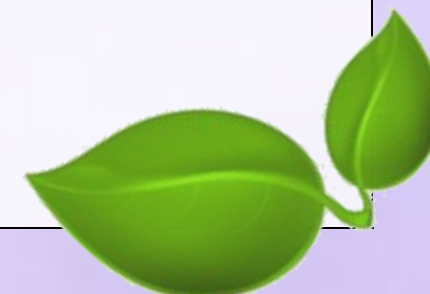


# Second Generation — May 2022

Second Generation Survivors  
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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2 Rosh Chodesh Iyar</b> <u>10:30-11:30</u> Exercise with Svetlana Andrianova (Senior Center) <u>12:00</u> <b>Rosh Chodesh Coffee Break</b> (In Second Generation's new room on the 3rd floor!)</p>	<p><b>3</b> <u>10:30-11:15</u> Chair Yoga (Senior Center) <u>11:20-12:05</u> Mat Yoga (Dance Studio) <u>1:00</u> <b>"Tapping into Your Internal Pillar of Strength"</b> with Yosef Chesny (3rd floor)</p>	<p><b>4</b> <u>11:30-12:30</u> <b>Computer Class — Basics Review</b> Part 1 of 2 Instructor: Mushka Malka <u>1:00-2:10</u> <b>DOCUMENTARY: "Lives Well Lived"</b> About meaningful aging... (Room 16)</p>	<p><b>5</b> <u>10:00-1:00</u> <b>Vital Signs Screening &amp; Consultations</b> Dr. Raphael Birgé (Room 11) <u>11:00-11:45</u> <b>Join the 1st Generation for "Parsha Pearls"</b> Shiur by Chanie Reicher <b>and then 12:00-12:45</b> <b>Oneg Shabbos</b> with Yosef Chesny (Room 16) <u>1:00-3:00</u> <b>Painting Class</b> with Sarah Scholl (Senior Center)</p>	<p><b>6</b> <u>10:00-11:00</u> Exercise with Svetlana Andrianova (Senior Center)</p>
<p><b>9</b> <u>10:30-11:30</u> Exercise with Svetlana Andrianova (Senior Center) <u>1:00</u> <b>"Shtisel"</b> Season 1: episode 1 (Room 16) <u>2:00-3:00</u> <b>Telling My Story</b>—Creative writing class with writing coach Rebecca Weingarten (3rd floor)</p>	<p><b>10</b> <u>10:30-11:15</u> Chair Yoga (Senior Center) <u>11:20-12:05</u> Mat Yoga (Dance Studio) <u>1:00</u> <b>"Garden" Party — We transform the Indoors to the Outdoors!</b> <b>Refreshments will be served!</b> <b>Garden Party hats optional!</b> (Room 16)</p>	<p><b>11</b> <u>11:30-12:30</u> <b>Computer Class — Basics Review</b> Part 2 of 2 Instructor: Mushka Malka <u>1:00-2:00</u> <b>DOCUMENTARY: "Beatrix Farrand's American Landscape"</b> About gardens &amp; landscapes... (Room 16)</p>	<p><b>12</b> <u>10:00-1:00</u> <b>Vital Signs Screening &amp; Consultations</b> Dr. Raphael Birgé (Room 11) <u>11:00-11:45</u> <b>Join the 1st Generation for "Parsha Pearls"</b> Shiur by Chanie Reicher <b>and then 12:00-12:45</b> <b>Oneg Shabbos</b> with Yosef Chesny (Room 16) <u>1:00-3:00</u> <b>Painting Class</b> with Sarah Scholl (Senior Center)</p>	<p><b>13</b> <u>10:00-11:00</u> Exercise with Svetlana Andrianova (Senior Center)</p>
<p><b>Programs are subject to changes and/or cancelations!</b></p>				



# Second Generation — May 2022

Recreational Day Program for Second Generation Survivors is supported by a grant from JFNA.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>16</b> <u>10:30-11:30</u> Exercise with Svetlana (Senior Ctr) <u>12:00 “Better Health the Natural Way” Introduction</u> — with Suri Rabinowitz (3rd floor) <u>1:00 “Shtisel”</u> Season 1: episode 2 (Room 16) <u>2:00-3:00 Telling My Story</u> Creative writing class with writing coach Rebecca Weingarten (3rd fl)</p>	<p><b>17</b> <u>10:30-11:15</u> Chair Yoga (Senior Center) <u>11:20-12:05</u> Mat Yoga (Dance Studio) <u>1:00-2:00</u> “Beauty Master Class: Eyebrows” with celebrity makeup artist Rachel Weingarten (Room 11) <b>See newsletter for more info!</b></p>	<p><b>18</b> <u>10:00 TRIP: Museum of Illusion &amp; Starbucks Reserve Brewery</u> <b>Fee:&amp;15</b> <b>LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!</b> <u>1:00-2:25 DOCUMENTARY: “Becoming Helen Keller”</u> (Room 16) (The movie version will be shown after Sefirah is over!)</p>	<p><b>19</b> <b>Lag Ba’Omer</b> <u>10:00-1:00</u> <b>Vital Signs Screening &amp; Consultations</b> Dr. Raphael Birgé (Room 11) <u>11:00-11:45</u> <b>Join the 1st Generation for “Parsha Pearls”</b> Shiur by Chanie Reicher <b>and then 12:00-12:45</b> <b>Oneg Shabbos</b> with Yosef Chesny (Room 16) <u>1:00-3:00 Painting Class</u> with Sarah Scholl (Senior Center)</p>	<p><b>20</b> <u>10:00-11:00</u> Exercise with Svetlana Andrianova (Senior Center)</p>
<p><b>23</b> <u>10:30-11:30</u> Exercise with Svetlana (Senior Ctr) <u>12:00 Anti-Stress Workshop</u> RW See newsletter for info! (3rd floor) <u>1:00 “Shtisel”</u> Season 1: episode 3 (Room 16) <u>2:00-3:00</u> <b>Telling My Story</b> Creative writing class with R Weingarten (3rd floor)</p>	<p><b>24</b> <u>10:30-11:15</u> Chair Yoga (Senior Center) <u>11:20-12:05</u> Mat Yoga (Dance Studio) <u>1:00-4:00 Sheitel Workshop</u>—See newsletter for more info! <b>Fee: \$10</b> <b>MUST REGISTER IN ADVANCE!</b> Instructor: Tammy Holzman (Room 11)</p>	<p><b>25</b> <u>10:00 TRIP: Picnic &amp; Tour in Old Westbury Gardens</u> <b>Fee:&amp;15</b> <b>LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!</b>  <b>No movie today — sorry!</b></p>	<p><b>26</b> <u>10:00-1:00 Vital Signs Screening</u> Dr. Raphael Birgé (Room 11) <u>11:00-11:45</u> <b>Join the 1st Generation for “Parsha Pearls”</b> Shiur by Chanie Reicher <b>and then 12:00-12:45</b> <b>Oneg Shabbos</b> with Yosef Chesny (Room 16) <u>1:00-3:00 Painting Class</u> with Sarah Scholl (Senior Center)</p>	<p><b>27</b> <u>10:00-11:00</u> Exercise with Svetlana Andrianova (Senior Center)</p>
<p><b>30</b> <u>10:30-11:30</u> Exercise with Svetlana (Senior Ctr) <u>1:00 “Shtisel”</u> Season 1: episode 4 (Room 16) <u>2:00-3:00 Telling My Story</u> Creative writing class with Rebecca Weingarten (3rd floor)</p>	<p><b>31</b> <u>10:30-11:15</u> Chair Yoga (Senior Center) <u>11:20-12:05</u> Mat Yoga (Dance Studio) <u>1:00</u> “Creating an Island of Serenity” with Yosef Chesny (3rd floor)</p>	<p><b>Men’s Program</b> <b>Separate activities for men — see the Newsletter for more information!</b></p>		

