

Club Nissim — May 2022

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

Tel: 718-438-5921
Fax: 718-438-7223
email: clubnissim@gmail.com
www.clubnissim.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>2 Rosh Chodesh Iyar 10:00 Tehillim & Announcements 10:30 Exercise with Alyse Zarger 11:45 "Better and better, Day by Day!" Lecture by Dr. Raphael Birgé 11:45 Carrot Souffle with Bassy 1:00 Iyar Birthday Party 1:15 FILM: "Tupperware!" (Documentary)</p>	<p>3 10:00 TRIP: Brooklyn Botanical Garden 10:00 Exercise with Rosie Allen 11:00 "Tehillim" Shiur by Peydouth Fleischer 12:00 Stretching with Physical Therapist Alex Mandel 1:00 "Mr. Bean" (Comedy episodes)</p>	<p>4 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana Andrianova 11:45 "Tapping into Your Inner Pillar of Strength" Discussion group with Yosef Chesny 11:45 Angel Hair Salad with Bassy 1:15 Guided Painting with Peydouth Fleischer 1:00: "Lives Well Lived" (Documentary about the wit and wisdom of people 75-100, who are leading meaningful lives)</p>	<p>5 9:30 Women's Water Workout 10:00 Women's Swimming 10:00 Balance Training with Svetlana 10:00-1:00 Vital Signs Screening Dr. Raphael Birgé 11:00 "Parsha Pearls" Shiur by Chani Reicher 12:00 Oneg Shabbos with Yosef Chesny</p>
<p>9 10:00 Tehillim & Announcements 10:30 Exercise with Alyse Zarger 11:45 "Schmooze with Simonne" 11:45 Roasted Vegetable Salad with Bassy 1:00 "Shtisel" Season 1: episode 1</p>	<p>10 10:00 Exercise with Rosie Allen 11:00 "Tehillim" Shiur by Peydouth Fleischer 12:00 Stretching /Physical Therapist Alex Mandel 1:00 "Golden Girls" (Comedy episodes)</p>	<p>11 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana Andrianova 11:30 "GARDEN" PARTY in the Pink Room! Bring your garden party hat and enjoy some refreshments! 1:00 FILM: "Beatrix Farrand's American Landscape" (Documentary about gardens & landscapes...)</p>	<p>12 9:30 Women's Water Workout 10:00 Women's Swimming 10:00 Balance Training with Svetlana 10:00-1:00 Vital Signs Screening Dr. Raphael Birgé 11:00 "Parsha Pearls" Shiur by Chani Reicher 12:00 Oneg Shabbos with Yosef Chesny</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; the NYC Council Elie Wiesel Holocaust Survivor Initiative; and JFNA.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>16 10:00 Tehillim & Announcements 10:30 Exercise with Alyse Zarger 11:45 “Book Forum” Listen, discuss & get inspired with Rebecca Weingarten 11:45 Mushroom Lecso with Bassy 1:00 “Shtisel” Season 1: episode 2</p>	<p>17 10:00 TRIP: Highline Park 10:00 Exercise with Rosie Allen 11:00 “Tehillim” Shiur by Peydouth Fleischer 12:00 Stretching /Phys Ther Alex Mandel 1:00 “Mr. Bean” (Comedy episodes)</p>	<p>18 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 11:45 “Better Health the Natural Way” Lecture by Suri Rabinowitz 11:45 Blueberry Muffins with Bassy 1:15 Guided Painting with Peydouth 1:00 FILM: “Becoming Helen Keller” (Documentary about Helen’s life)</p>	<p>19 Lag Ba’Omer 9:30 Women’s Water Workout 10:00 Women’s Swimming 10:00 Balance Training with Svetlana 10:00-1:00 Vital Signs Screening Dr. Raphael Birgé 11:00 “Parsha Pearls” Shiur by Chanie Reicher 12:00 Oneg Shabbos with Yosef Chesny</p>
<p>23 10:00 Tehillim & Announcements 10:30 Exercise with Alyse Zarger 11:45 Create a Floral Cake Plate for Shavuos—Step 1 with Peydouth 11:45 French Rice Soup with Bassy 1:00 “Shtisel” Season 1: episode 3</p>	<p>24 10:00 Exercise with Rosie Allen 11:00 “Tehillim” Shiur by Peydouth Fleischer 12:00 Stretching /Phys Ther Alex Mandel 1:00 “Golden Girls” (Comedy episodes)</p>	<p>25 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 11:45 Create a Floral Cake Plate for Shavuos — Step 2 with Peydouth 11:45 Chocolate Chip Poundcake with Bassy 1:00 “Inside & Outside: The Lifestyle Channel” with Rebecca & Rachel</p>	<p>26 9:30 Women’s Water Workout 10:00 Women’s Swimming 10:00 Balance Training with Svetlana 10:00-1:00 Vital Signs Screening Dr. Raphael Birgé 11:00 “Parsha Pearls” Shiur by Chanie Reicher 12:00 Oneg Shabbos with Yosef Chesny</p>
<p>30 Yom Yerushalayim – “Nidcha” 10:00 Tehillim & Announcements 10:30 Exercise with Alyse Zarger 11:45 Yerushalayim Party 1:00 “Shtisel” Season 1: episode 4</p>	<p>31 Rosh Chodesh Sivan 10:00 TRIP: Picnic in Prospect Park 10:00 Exercise with Rosie Allen 11:00 “Tehillim” Shiur by Peydouth Fleischer 12:00 Stretching /Phys Ther Alex Mandel 1:00 “Golden Girls” (Comedy episodes)</p>		