


# Second Generation — June 2022



Second Generation Survivors  
at the Boro Park Y  
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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Be an informed consumer — Read the Newsletter!</b></p> 		<p><b>1</b> <u>11:00</u> “Elevenses” (=coffee &amp; biscuits) with Simonne (3rd floor) <u>1:00-1:50</u> MOVIE: “Dancing with the Birds” (Nature documentary)</p>	<p><b>2</b> <u>10:00-1:00</u> Vital Signs Screening &amp; Consultations Dr. Raphael Birgé (Room 11) <u>11:00-11:45</u> Join the 1st Generation for “Parsha Pearls” Shiur by Chanie Reicher and then <u>12:00-12:45</u> Oneg Shabbos with Yosef Chesny (Room 16)</p>	<p><b>3</b> <u>10:00-11:00</u> Exercise with Svetlana Andrianova (Senior Center)</p>
<p><b>6</b>  <b>SHAVUOS Day 2</b></p>	<p><b>7</b> <u>10:00 TRIP: Little Island — Fee: \$5</u> <b>LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!</b> <u>10:30-11:15</u> Chair Yoga (Senior Center) <u>11:20-12:05</u> Mat Yoga (Dance Studio)</p>	<p><b>8</b> <u>11:30-12:30</u> Computer Class — Sending &amp; receiving photos/ Mushka Malka <b><u>BUILDING CLOSSES</u></b> <b><u>AT 2:00 PM!</u></b></p>	<p><b>9</b> <u>10:00-1:00</u> Vital Signs Screening &amp; Consultations Dr. Raphael Birgé (Room 11) <u>11:00-11:45</u> Join the 1st Generation for “Parsha Pearls” Shiur by Chanie Reicher and then <u>12:00-12:45</u> Oneg Shabbos with Yosef Chesny (Room 16)</p>	<p><b>10</b> <u>10:00-11:00</u> Exercise with Svetlana Andrianova (Senior Center)</p>
<p><b>13</b> <u>10:30-11:30</u> Exercise with Svetlana (Senior Center) <u>12:00</u> Anti-Stress Workshop RW See newsletter! (3rd floor) <u>1:00</u> “Shtisel” Season 1: episode 5 (Room 16) <u>2:00-3:00</u> Telling My Story— Creative writing/ R Weingarten</p>	<p><b>14</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> “Creating an Island of Serenity” with Yosef Chesny</p>	<p><b>15</b> <u>11:00-12:00</u> Diamond Art with Bracha Twersky <u>11:30-12:30</u> Computer Class — Sending &amp; receiving photos/ Mushka Malka <u>1:00-</u> MOVIE: “Little Women” ... (Room 16)</p>	<p><b>16</b> <u>10:00-1:00</u> Vital Signs Screening &amp; Consultations Dr. Raphael Birgé (Room 11) <u>11:00-11:45</u> Join the 1st Generation for “Parsha Pearls” Shiur by Chanie Reicher and then <u>12:00-12:45</u> Oneg Shabbos with Yosef Chesny (Room 16)</p>	<p><b>17</b> <u>10:00-11:00</u> Exercise with Svetlana Andrianova (Senior Center)</p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>20</b>  <b>10:30-11:30</b>                      Exercise with Svetlana (Senior Ctr)  <b>12:00 “Better Health the Natural Way”</b> Improving your life with Functional Medicine — with Suri Rabinowitz (3rd floor)  <b>1:00 “Shtisel”</b> Season 1: episode 6 (Room 16)  <b>2:00-3:00 Telling My Story</b>                      Creative writing class with writing coach Rebecca Weingarten (3rd fl)</p>	<p><b>21</b>  <b>10:00 TRIP: Manhattan Beach</b>  <b>LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!</b>                      Fee: \$5  <b>10:30-11:15</b>                      Chair Yoga (Senior Center)  <b>11:20-12:05</b>                      Mat Yoga (Dance Studio)  <b>1:00-2:00 “Medical Updates”</b>                      Lecture by Dr. Raphael Birgé (Room 11)</p>	<p><b>22</b>  <b>11:00-12:00 Diamond Art</b> with Bracha Twersky  <b>11:30-12:30</b>  <b>Computer Class</b> — Sending &amp; receiving photos/ Mushka Malka  <b>1:00-2:00</b>  <b>“Beauty Master Class: Lips”</b>                      with celebrity makeup artist Rachel Weingarten (Room TBA)  <b>See newsletter for more info!</b></p> 	<p><b>23</b>  <b>10:00-1:00</b>  <b>Vital Signs Screening &amp; Consultations</b>                      Dr. Raphael Birgé (Room 11)  <b>11:00-11:45</b>  <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)</p>	<p><b>24</b>  <b>10:00-11:00</b>                      Exercise with Svetlana Andrianova (Senior Center)</p>
<p><b>27</b>  <b>10:30-11:30</b>                      Exercise with Svetlana (Senior Ctr)  <b>1:00 “Shtisel”</b> Season 1: episode 7 (Room 16)  <b>2:00-3:00</b>  <b>Telling My Story</b> Creative writing class with R Weingarten (3rd floor)</p>	<p><b>28 Election Day at the Y</b>  <b>10:30-11:15</b>                      Chair Yoga (Dance Studio)  <b>11:20-12:05</b>                      Mat Yoga (Dance Studio)</p>	<p><b>29 Rosh Chodesh</b>  <b>11:00-12:00 Diamond Art</b> with Bracha Twersky  <b>11:30-12:30</b>  <b>Computer Class</b> — Sending &amp; receiving photos/ Mushka Malka  <b>1:00 “Inside &amp; Outside: The Lifestyle Channel”</b> with Rebecca &amp; Rachel (3rd floor)</p>	<p><b>30 Rosh Chodesh Tammuz</b>  <b>10:00-1:00 Vital Signs Screening</b>                      Dr. Raphael Birgé (Room 11)  <b>11:00-11:45</b>  <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)</p>	<p><b><u>JULY 1</u></b>  <b>10:00-11:00</b>                      Exercise with Svetlana Andrianova (Senior Center)</p> 
<p><b>Programs are subject to changes and/or cancelations!</b></p>				