

Club Nissim — June 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>1 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana Andrianova 11:45 “Staying Healthy through the Summer” Lecture by Dr. Raphael Birgé 11:45 Cheese Cake with Bassy 1:00: FILM: “Dancing with the Birds” (Nature documentary)</p>	<p>2 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 /C Reicher 12:00 Oneg Shabbos with Yosef Chesny</p>
	<p>6 SHAVVOS Day 2</p>	<p>7 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>8 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana Andrianova 11:45 Coffee & Schmooze with Simonne <u>BUILDING CLOSES AT 2:00 PM!</u></p>
<p>13 10:00 Tehillim & Announcements 10:30 Exercise with Alyse Zarger 11:45 “Sing-Along with Zohar” 1:00 “Shtisel” Season 1: episode 5</p>	<p>14 <u>9:30 TRIP: Boat Ride in NY Harbor</u> <u>PLEASE NOTE EARLY DEPARTURE!</u> 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>15 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana Andrianova 11:45 “An Attitude of Gratitude” Discussion group with Yosef Chesny 11:45 Cabbage Knishes with Bassy 1:00 FILM: “Little Women” (We try again...) 1:15 Guided Painting with Peydouth</p>	<p>16 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 /C Reicher 12:00 Oneg Shabbos with Yosef Chesny</p>

Club Nissim — June 2022

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>20 10:00 Tehillim & Announcements 10:30 Exercise with Alyse Zarger 11:45 “Book Forum” Listen, discuss & get inspired with Rebecca Weingarten 11:45 Vegetable Chow Mein with Bassy 1:00 “Shtisel” Season 1: episode 6</p>	<p>21 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>22 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 11:45 “Better Health the Natural way” Lecture by Suri Rabinowitz 11:45 Apple & Peach Pie with Bassy 1:00 FILM: “Persuasion” (When your family interferes in your shidduch...)</p>	<p>23 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>27 10:00 Tehillim & Announcements 10:30 Exercise with Alyse Zarger 11:45 “Hilchos Shabbos” Shiur by Peydouth Fleischer 11:45 Chocolate with “Magic” Cream with Bassy 1:00 “Shtisel” Season 1: episode 7</p>	<p>28 Election Day at the Y 10:00 TRIP: Picnic in Manhattan Beach 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>29 Rosh Chodesh Tammuz 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 11:45 “Sing-Along with Zohar” 1:00 FILM: “Stage Door Canteen” (Young soldier on a pass in NYC finds entertainment and romance...) 1:15 Guided Painting with Peydouth</p>	<p>30 Rosh Chodesh Tammuz 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 & Rosh Chodesh Raffle with Yosef Chesny</p>

PROGRAMS ARE SUBJECT TO CHANGES AND/OR CANCELATIONS!

