

Second Generation – August 2022

Second Generation Survivors
at the Boro Park Y
4912 Fourteenth Avenue
Brooklyn, New York 11219

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gmail.com
www.clubnissim.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Nine Days have begun 10:30-11:30 Exercise with Svetlana (Senior Center)</p> <p>11:30-12:00 Coffee & planning meeting with Simonne (Room 2G*)</p> <p>1:00 "Shtisel" Episode 2:2 (Room 16) 2:00-3:00 Telling My Story— Creative writing/ R Weingarten (Room 2G*)</p>	<p>2 10:30-11:15 Chair Yoga (Senior Center) 11:20-12:05 Mat Yoga (Dance Studio) 1:00-2:00 "Facing Our Emotions with Mindfulness" Discussion group with Yosef Chesny, LMSW (Room 2G)</p>	<p>3 11:00-12:00 Diamond Art with Bracha Twersky (Room 2G) 1:00- MOVIE: "Denial" When Deborah Lipstadt was sued by a Holocaust denier... (Room 16)</p>	<p>4 10:00-1:00 Vital Signs Screening & Consultations Dr. Raphael Birgé (Room 11) Join the 1st Generation for: 11:00-11:45 "Parsha Pearls" Shiur by Chanie Reicher (Room 16) 12:00-12:45 Oneg Shabbos with Yosef Chesny (Room 16)</p>	<p>5 10:00-11:00 Exercise with Svetlana (Senior Center)</p>
<p>8 10:30-11:30 Exercise with Svetlana (Senior Center) 1:15 NOTE TIME! "Shtisel" Episode 2:3 (Room 16) 2:00-3:00 Telling My Story— Creative writing/ R Weingarten (Room 2G*)</p> <p>*On the 3rd floor</p>	<p>9 10:30-11:15 Chair Yoga (Senior Center) 11:20-12:05 Mat Yoga (Dance Studio) 11:30 TRIP: Bowling Fee: \$10 LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!</p>	<p>10 LAST DAY to register for Gracie Mansion!!! 11:00-12:00 Diamond Art with Bracha Twersky (Room 2G) 12:30-2:30 The "Aha! moments" of Growing Up As a "2G" Seminar & Light Lunch With Toby Weiss, MSHRM, OD Assistant Vice President of Cultural Sensitivity & Jewish Programming at Metropolitan Jewish Health System (Room 2G)</p>	<p>11 10:00-1:00 Vital Signs Screening & Consultations Dr. Raphael Birgé (Room 11) Join the 1st Generation for: 11:00-11:45 "Parsha Pearls" Shiur by Chanie Reicher (Room 16) 12:00-12:45 Oneg Shabbos with Yosef Chesny (Room 16)</p>	<p>12 10:00-11:00 Exercise with Svetlana (Senior Center)</p>
<p>Programs are subject to changes and/or cancelations!</p>			<p>For the Men's Program See the Newsletter!</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>15 10:30-11:30 Exercise with Svetlana (Senior Ctr) 12:00 Anti-Stress Workshop with Rebecca Weingarten (Room 2G) NO "SHTISEL" TODAY! 1:00-2:00 Telling My Story Creative writing w R Weingarten (Room 2G)</p>	<p>16 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00-2:00 "Medical Updates" Lecture by Dr. Raphael Birgé (Room 2G)</p>	<p>17 10:00 TRIP: Gracie Mansion (The Mayor's Residence) Fee: \$10 LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE! 11:00-12:00 Diamond Art w Bracha 1:00- 2:10 MOVIE: "Just Around the Corner" w Shirley Temple...(Room</p>	<p>18 10:00-1:00 Vital Signs Screening & Consultations Dr. Birgé (Room 11) Join the 1st Generation for: 11:00-11:45 "Parsha Pearls" Shiur by Chanie Reicher (Room 16) 12:00-12:45 Oneg Shabbos with Yosef Chesny (Room 16)</p>	<p>19 10:00-11:00 Exercise with Svetlana (Senior Center)</p>
<p>22 10:30-11:30 Exercise with Svetlana (Senior Ctr) NO "SHTISEL" TODAY! 1:00-2:00 "Book Forum" Whet Your Appetite for Reading with Rebecca Weingarten (Room 2G) 2:00-3:00 Telling My Story Writing class with R Weingarten (Room 2G)</p>	<p>23 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 12:30-2:00 "Get Organized with The Home Edit" Inspiring and fun video series about home organizing both for ordinary families and for celebrities... (Episodes 1-2) (Room 11)</p>	<p>24 11:00-12:00 Diamond Art w Bracha (Room 2G) 1:00-2:00 "Beauty Master Class: Pamper Your Summer Skin" with celebrity makeup artist Rachel Weingarten (Room 2G) See newsletter for more info!</p>	<p>25 10:00-1:00 Vital Signs Screening & Consultations Dr. Birgé (Room 11) Join the 1st Generation for: 11:00-11:45 "Parsha Pearls" Shiur by Chanie Reicher (Room 16) 12:00-12:45 Oneg Shabbos with Yosef Chesny (Room 16)</p>	<p>26 10:00-11:00 Exercise with Svetlana (Senior Center)</p>
<p>29 10:30-11:30 Exercise with Svetlana (Senior Ctr) 11:30-12:30 "Improving your life with Functional Medicine" with Certified Health Coach Suri Rabinowitz (Room 2G) 1:00 "Shtisel" Episode 2:4 (Room16) 2:00-3:00 Telling My Story Writing class with R Weingarten (Room 2G)</p>	<p>30 10:30-11:15 Chair Yoga (Dance Studio) 11:20-12:05 Mat Yoga (Dance Studio) 1:00-2:00 "Inside & Outside: The Lifestyle Channel" with Rebecca & Rachel Weingarten (Room 2G)</p>	<p>31 10:30 TRIP: Circle Line Cruise Fee: \$25 LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE! 11:00-12:30 Diamond Art w Bracha (Room 2G) 1:00-2:45 MOVIE: "Maktub" Mobsters in Yerushalayim try to make prayers come true... In He-</p>	<p>SEPTEMBER 1 10:00-1:00 Vital Signs Screening & Consultations Dr. Birgé (Room 11) Join the 1st Generation for: 11:00-11:45 "Parsha Pearls" Shiur by Chanie Reicher (Room 16) 12:00-12:45 Oneg Shabbos with Yosef Chesny (Room 16)</p>	<p>SEPTEMBER 2 10:00-11:00 Exercise with Svetlana (Senior Center)</p>

