

# Club Nissim — August 2022

Club Nissim at the Boro Park Y  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>1 Nine Days have begun</b>  <b>10:00</b> Tehillim &amp; Announcements  <b>10:30</b> Workout with Alyse Zarger  <b>10:30</b> Light Exercise with Sophia  <b>11:45</b> “The Baleboste’s Best Tricks”                      Getting hands-on with Devora Kuperman  <b>1:00</b> “Shtisel” Season 2: episode 2</p>	<p><b>2</b>  <b>10:00 TRIP: IKEA &amp; Food Bazar</b>  <b>10:00</b> Workout with Rosie Allen  <b>10:00</b> Light Exercise with Sophia  <b>11:00</b> “Tehillim” Shiur by Peydouth Fleischer  <b>12:00</b> <b>Stretching</b> /Physical Therapist Alex Mandel  <b>1:00</b> “Golden Girls” (Comedy episodes)</p>	<p><b>3 Holocaust Remembrance Day</b>  <b>10:00</b> Tehillim &amp; Announcements  <b>10:30</b> Workout with Svetlana Andrianova  <b>10:00</b> Light Exercise with Alyse  <b>11:45</b> “We Have Not Forgotten You”                      In honor of the 6,000,000 Kedoshim                      Speaker: Rabbi Nechemia Kahn  <b>1:00: FILM: “Denial”</b>                      (When historian Deborah Lipstadt was sued by a Holocaust denier...)</p>	<p><b>4</b>  <b>10:00</b> Balance Training with Svetlana  <b>10:00</b> <b>Light Exercise with Rosie</b>  <b>10:00-1:00</b> <b>Vital Signs Screening</b>                      Dr. Raphael Birgé  <b>11:00</b> “Parsha Pearls” Shiur by Chanie Reicher  <b>12:00</b> <b>Oneg Shabbos</b> with Yosef Chesny</p>
<p><b>8</b>  <b>10:00</b> Tehillim &amp; Announcements  <b>10:30</b> Workout with Alyse  <b>10:30</b> Light Exercise with Sophia  <b>11:45</b> “Book Forum” Listen, discuss and get inspired with Rebecca Weingarten  <b>1:00</b> <b>Av Birthday Party</b>  <b>1:15</b> “Shtisel” Season 2: episode 3</p>	<p><b>9</b>  <b>10:00</b> Workout with Rosie Allen  <b>10:00</b> Light Exercise with Sophia  <b>11:00</b> “Tehillim” Shiur by Peydouth Fleischer  <b>12:00</b> <b>Stretching</b> /Physical Therapist Alex Mandel  <b>1:00</b> “New York Cantors” (Music video)</p>	<p><b>10</b>  <b>10:00</b> Tehillim &amp; Announcements  <b>10:30</b> Workout with Svetlana Andrianova  <b>10:00</b> Light Exercise with Alyse  <b>11:45</b> “Getting in the Mood for Tu B’Av-Party”  <b>1:00</b> <b>FILM: “Man vs. Bee”</b>                      (An uneven, comical struggle...)</p>	<p><b>11</b>  <b>10:00</b> Balance Training with Svetlana  <b>10:00</b> <b>Light Exercise with Rosie</b>  <b>10:00-1:00</b> <b>Vital Signs Screening</b>                      Dr. Raphael Birgé  <b>11:00</b> “Parsha Pearls” Shiur by Chanie Reicher  <b>12:00</b> <b>Oneg Shabbos</b> with Yosef Chesny</p>

Claims Conference ועידת התביעות  
The Conference on Jewish Material Claims Against Germany

Funded by  
**UJA Federation**  
of New York



**PROGRAMS ARE SUBJECT TO CHANGES AND/OR CANCELATIONS!**

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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><b>15</b>  <b>10:00</b> Tehillim &amp; Announcements  <b>10:30</b> Exercise with Alyse  <b>10:30</b> Light Exercise with Sophia  <b>12:00 TRIP: "Ladies Who Lunch" — a light lunch at Café Paris</b>  <b>12:00 VIDEO: "Get Organized with The Home Edit"</b> (Episodes 1-2)</p>	<p><b>16</b>  <b>10:00</b> Exercise with Rosie  <b>10:00</b> Light Exercise with Sophia  <b>11:00 "Tehillim"</b>                      Shiur by Peydouth Fleischer  <b>12:00 Stretching</b> /Phys Ther Alex Mandel  <b>1:00 "Golden Girls"</b> (Comedy episodes)</p>	<p><b>17</b>  <b>10:00</b> Tehillim &amp; Announcements  <b>10:30</b> Exercise with Svetlana  <b>10:00</b> Light Exercise with Alyse  <b>11:45 "Better Health the Natural Way"</b>                      Lecture by Suri Rabinowitz  <b>11:45 Tabboule</b> with Mushka  <b>1:00 FILM: "After the Fox"</b> (Comedy)  <b>1:15 Guided Painting</b> with Peydouth</p>	<p><b>18</b>  <b>10:00</b> Balance Training with Svetlana  <b>10:00 Light Exercise with Rosie</b>  <b>10:00-1:00 Vital Signs Screening</b>                      Dr. Raphael Birgé  <b>11:00 "Parsha Pearls"</b>                      Shiur by Chanie Reicher  <b>12:00 Oneg Shabbos</b> with Yosef Chesny</p>
<p><b>22</b>  <b>10:00 TRIP: Lunch &amp; Tour in Lawrence</b>  <b>10:30</b> Exercise with Alyse  <b>10:30</b> Light Exercise with Sophia  <b>11:45 "Facing Our Emotions with Mindfulness"</b> Discussion group with Yosef Chesny, LSMW  <b>1:00 "The Home Edit"</b> continued...</p>	<p><b>23</b>  <b>10:00</b> Exercise with Rosie  <b>10:00</b> Light Exercise with Sophia  <b>11:00 Shiur by Hindi Ginsberg</b>  <b>12:00 Stretching</b>                      Phys Ther Alex Mandel  <b>1:00 Summer Tea Party</b></p> 	<p><b>24</b>  <b>10:00</b> Tehillim &amp; Announcements  <b>10:30</b> Exercise with Svetlana  <b>10:00</b> Light Exercise with Alyse  <b>11:45 "Medical Updates"</b> with Dr. Raphael Birgé  <b>11:45 Vegetable Sushi</b> with Mushka  <b>1:00 FILM: "The Amazing Adventure"</b> (Can a bored millionaire support himself as working class ?)</p>	<p><b>25</b>  <b>10:00</b> Balance Training with Svetlana  <b>10:00 Light Exercise with Rosie</b>  <b>10:00-1:00 Vital Signs Screening</b>                      Dr. Raphael Birgé  <b>11:00 "Parsha Pearls"</b>                      Shiur by Chanie Reicher  <b>12:00 Oneg Shabbos</b> with Yosef Chesny</p>
<p><b>29</b>  <b>10:00</b> Tehillim &amp; Announcements  <b>10:30</b> Exercise with Alyse  <b>10:30</b> Light Exercise with Sophia  <b>11:45 Story Time</b> with Rebecca Weingarten  <b>1:00 "Shtisel"</b> Season 2: episode 4</p>	<p><b>30</b>  <b>10:00</b> Exercise with Rosie  <b>10:00</b> Light Exercise with Sophia  <b>11:00 "Tehillim"</b>                      Shiur by Peydouth Fleischer  <b>12:00 Stretching</b> /Phys Ther Alex Mandel  <b>1:00 "Golden Girls"</b> (Comedy episodes)</p>	<p><b>31</b>  <b>10:00</b> Tehillim &amp; Announcements  <b>10:30</b> Exercise with Svetlana  <b>10:00</b> Light Exercise with Alyse  <b>11:45 Singalong with Judy Berger</b>  <b>1:00 FILM: "Maktub"</b> (Mobsters in Yerushalayim try to make people's prayers come true... <i>In Hebrew with English subtitles</i>)  <b>1:15 Guided Painting</b> with Peydouth</p>	<p><b>SEPTEMBER 1</b>  <b>10:00</b> Balance Training with Svetlana  <b>10:00 Light Exercise with Rosie</b>  <b>10:00-1:00 Vital Signs Screening</b>                      Dr. Raphael Birgé  <b>11:00 "Parsha Pearls"</b>                      Shiur by Chanie Reicher  <b>12:00 Oneg Shabbos &amp; Rosh Chodesh Raffle</b> with Yosef Chesny</p>