

Club Nissim — September 2022

Club Nissim at the Boro Park Y
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>5 Labor Day 10:00 Tehillim & Announcements 10:30 Exercise with Alyse 10:30 Light Exercise with Sophia 11:45 “Book Forum” Listen, discuss & get inspired with Rebecca Weingarten 1:00 “Shtisel” Season 2: episode 4</p>	<p>6 10:00 TRIP: Bowling & Pizza 10:00 Exercise with Rosie 10:00 Light Exercise with Sophia 11:00 “Tehillim” Shiur by Peydouth Fleischer 12:00 Stretching Physical Therapist Alex Mandel 1:00 “The Goldbergs” (Comedy episodes)</p>	<p>7 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Alyse 11:45 “Achieving Real Change” Discussion group with Yosef Chesny 1:00: FILM: “Witness for the Prosecution” (Courtroom drama by Hitchcock with Marlene Dietrich...)</p>	<p>8 9:30 Women’s Water Workout 10:00 Women’s Swimming 10:00 Balance Training with Svetlana 10:00 Light Exercise with Rosie 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>12 10:00 Tehillim & Announcements 10:30 Exercise with Alyse 10:30 Light Exercise with Sophia 12:00 FILM: “Luciano Pavarotti: Portrait” (Documentary) 12:00 “The Spiritual Meaning of Challah Baking” LIMITED AVAILABILITY—MUST REGISTER IN ADVANCE!</p> 	<p>13 10:00 Exercise with Rosie 10:00 Light Exercise with Sophia 11:00 “Tehillim” Shiur by Peydouth Fleischer 12:00 Stretching Physical Therapist Alex Mandel 1:00 Travel Report by Simonne—with photos from Stockholm</p>	<p>14 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Alyse 11:45 “Lipstick: Everything You Always Wanted to Know — and All You Didn’t Even Know to Ask!” Rachel reveals all her best tricks! 1:00 FILM: “I’ll Take Sweden” (Comedy with Bob Hope)</p>	<p>15 9:30 Women’s Water Workout 10:00 Women’s Swimming 10:00 Balance Training with Svetlana 10:00 Light Exercise with Rosie 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>

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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.

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<p>19 10:00 Tehillim & Announcements 10:30 Exercise with Alyse 10:30 Light Exercise with Sophia 11:45 Sing-Along with Zohar“ 1:00 “Shtisel” Season 2: episode 5</p>	<p>20 <u>10:00 TRIP: BBQ at Manhattan Beach</u> 10:00 Exercise with Rosie 10:00 Light Exercise with Sophia 11:00 “The Tefillos of Rosh Hashana” Shiur by Peydouth Fleischer <u>BRING YOUR MACHZOR!!!</u> 12:00 Stretching /Phys Ther Alex Mandel 1:00 “The Goldbergs” (Comedy episodes)</p>	<p>21 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Alyse 11:45 The Tefillos of Yom Kippur” Shiur by Peydouth Fleischer <u>BRING YOUR MACHZOR!!!</u> 1:00 FILM: “Never Stop Dreaming: The Life and Legacy of Shimon Peres” (Documentary)</p>	<p>22 9:30 Women’s Water Workout 10:00 Women’s Swimming 10:00 Balance Training with Svetlana 10:00 Light Exercise with Rosie 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>26 ROSH HASHANAH Day 1</p>	<p>27 ROSH HASHANAH Day 2</p>		<p>28 Tzom Gedalyah 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Alyse <u>11:30 TRIP: Tashlich</u> 11:45 “Inyanei D’Yoma” Shiur by Chanie Reicher <u>1:00 TRIP: Tashlich</u></p>	<p>29 9:30 Women’s Water Workout 10:00 Women’s Swimming 10:00 Balance Training with Svetlana 10:00 Light Exercise with Rosie 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>



PROGRAMS ARE SUBJECT TO CHANGES AND/OR CANCELATIONS!