

Club Nissim — November 2022

Club Nissim at the Boro Park Y
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY



1
10:00 Exercise with Rosie
10:00 Light Exercise with Sophia
11:00 "Tehillim"
 Shiur by Peydouth Fleischer
12:00 Stretching /Phys Ther Alex Mandel
1:00 "I Love Lucy" (Comedy episodes)

2
10:00 Tehillim & Announcements
10:30 Exercise with Svetlana
10:30 Light Exercise with Alyse
11:45 "Health Updates" with Dr. Birgé
11:45 Shakshuka with Bassy
1:00-3:00 FILM: "The Pink Panther"
 (Comedic thriller with Peter Sellers....)

3
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

7
10:00 Tehillim & Announcements
10:30 Exercise with Alyse
10:30 Light Exercise with Sophia
11:45 "Hilchos Shabbos" Shiur by
 Peydouth Fleischer
11:45 Butternut Squash Soup with
 Bassy
1:00 Cheshvan Birthday Party
1:15 "Shtisel" Season 2: episode 9

8 **Election Day at The Y**
10:00 Exercise with Rosie
10:00 Light Exercise with Sophia
11:00 "Tehillim"
 Shiur by Peydouth Fleischer
12:00 Stretching /Phys Ther Alex Mandel
1:00 "I Love Lucy" (Comedy episodes)

9
10:00 Tehillim & Announcements
10:30 Exercise with Svetlana
10:30 Light Exercise with Alyse
11:45 "Sweeten the Bitter Cheshvan" —
A Sweet Event
1:00 FILM: "Sweet Smell of Success"
 (A blistering look at power and the press....)
1:15 Guided Painting with Peydouth

10
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

PROGRAMS ARE SUBJECT TO CHANGES AND/OR CANCELATIONS!

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

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UJA Federation
 of New York

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>14 10:00 Tehillim & Announcements 10:30 Exercise with Alyse 10:30 Light Exercise with Sophia 11:45 “Better Health the Natural Way” with Suri Rabinowitz 11:45 Apple/Cherry Pie with Bassy 1:00 “Shtisel” Season 2: episode 10</p>	<p>15 10:00 Exercise with Rosie 10:00 Light Exercise with Sophia 11:00 “Limudei Kodesh” Shiur by Chani Reicher 12:00 Stretching /Phys Ther Alex Mandel 1:00 “I Love Lucy” (Comedy episodes)</p>	<p>16 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Alyse 11:45 Sing-Along with Zohar 1:00 FILM: “The Clothes in the Wardrobe” (A comedy of manners...)</p>	<p>17 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. Birgé 10:30 TRIP: Performance—see Newsletter! 11:00 “Parsha Pearls” Shiur by C Reicher 12:00 Oneg Shabbos with Yosef Chesny</p>
<p>21 10:00 Tehillim & Announcements 10:30 Exercise with Alyse 10:30 Light Exercise with Sophia 11:45 Schmooze with Simonne 11:45 Eggplant Dip & Crackers 1:00 “Shtisel” Season 3: episode 1</p>	<p>22 10:00 Exercise with Rosie 10:00 Light Exercise with Sophia 11:00 “Tehillim” Shiur by Peydouth Fleischer 12:00 Stretching /Phys Ther Alex Mandel 1:00 “I Love Lucy” (Comedy episodes)</p>	<p>23 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Alyse 11:45 “The Making of the Personality” Discussion group with Yosef Chesny, LMSW 11:45 Tri-Color Potato Dish with Bassy 1:00 FILM: “Adam Had Four Sons” (A devoted governess risks everything....)</p>	<p>24 Rosh Chodesh Kislev Thanksgiving Day 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. Birgé 11:00 “Parsha Pearls” Shiur by C Reicher 12:00 Oneg Shabbos with Yosef Chesny</p>
<p>28 10:00 Tehillim & Announcements 10:30 Exercise with Alyse 10:30 Light Exercise with Sophia 11:45 “Book Forum” with Rebecca Weingarten 11:45 Heavenly Brownies with Bassy 1:00 “Shtisel” Season 3: episode 2</p>	<p>29 10:00 TRIP: Bowling 10:00 Exercise with Rosie 10:00 Light Exercise with Sophia 11:00 “Tehillim” Shiur by Peydouth Fleischer 12:00 Stretching /Phys Ther Alex Mandel 1:00 “I Love Lucy” (Comedy episodes) 1:00 Guided Painting with Peydouth</p>	<p>30 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Alyse 11:45 “Sing-Along with Zohar” 1:00 “Inside & Outside—The Lifestyle Channel” with Rebecca & Rachel</p>	