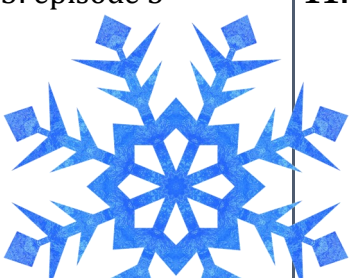




# Club Nissim — January 2023

Club Nissim at the Boro Park Y  
4912 Fourteenth Avenue  
Brooklyn, New York 11219

Tel: 718-438-5921  
email: clubnissim@gmail.com  
www.clubnissim.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>2</b> 10:00 Tehillim &amp; Announcements 10:30 Exercise with Alyse 11:45 "Cozy Corner" with hot cocoa by the fireside 1:00 "Shtisel" Season 3: episode 5</p> 	<p><b>3</b> <b>Assara B'Teves</b> 10:00 Exercise with Rosie 10:00 Light Exercise with Alyse 11:00 "Assara B'Teves" Shiur by Peydouth Fleischer 11:00 Nissim Light—Varied activities</p> 	<p><b>4</b> 10:00 Tehillim &amp; Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Alyse 11:45 Story Time with Peydouth Fleischer 11:45 Portobello Salad with Bassy 1:00 FILM: "Gaslight" (Thrilling drama with Ingrid Bergman &amp; Charles Boyer)</p>	<p><b>5</b> 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 Screenings Dr. Birgé 11:00 "Parsha Pearls" Shiur/C Reicher 11:00 Nissim Light—Varied activities 12:00 Oneg Shabbos w Yosef Chesny</p>
<p><b>9</b> 10:00 Tehillim &amp; Announcements 10:30 Exercise with Alyse 10:30 Light Exercise with Sophia 11:45 "Better Health the Natural Way" with Suri Rabinowitz 11:45 Bean Soup with Bassy 1:00 Teves Birthday Party 1:15 "Shtisel" Season 3: episode 6</p>	<p><b>10</b> <u>10:00 TRIP: Bowling</u> 10:00 Exercise with Rosie 10:00 Light Exercise with Sophia 11:00 "Tehillim" Shiur by Peydouth Fleischer 11:00 Nissim Light—Varied activities 12:00 Stretching /Phys Therapist Alex Mandel 1:00 "I Love Lucy" (Comedy episodes) 1:00 Guided Painting with Peydouth</p>	<p><b>11</b> 10:00 Tehillim &amp; Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Alyse 11:45 Sing-Along with Zohar 1:00 FILM: "Ladies in Black" (Inside the world of fashion in the 1950s....)</p> 	<p><b>12</b> 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 Screenings Dr. Birgé 11:00 "Parsha Pearls" Shiur/C Reicher 11:00 Nissim Light—Varied activities 12:00 Oneg Shabbos w Yosef Chesny</p>

PROGRAMS ARE SUBJECT TO CHANGES AND/OR CANCELATIONS!

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

Funded by  
**UJA Federation**  
of New York

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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>16</b>  <b>10:00</b> Tehillim &amp; Announcements  <b>10:30</b> Exercise with Sophia  <b>11:45</b> “News &amp; Views” Current Events with Rebecca Weingarten  <b>11:45</b> Cappuccino Muffins with Bassy  <b>1:00</b> “Shtisel”                      Season 3: episode 7</p>	<p><b>17</b>  <b>10:00</b> Exercise with Rosie  <b>10:00</b> Light Exercise with Sophia  <b>11:00</b> “Tehillim” Shiur by P Fleischer  <b>11:00</b> Nissim Light—Varied activities  <b>12:00</b> Stretching /Phys Ther Alex Mandel  <b>1:00</b> “Looking Your Best” Beauty class with Rachel Weingarten</p>	<p><b>18</b>  <b>10:00</b> Tehillim &amp; Announcements  <b>10:30</b> Exercise with Svetlana  <b>10:30</b> Light Exercise with Sophia  <b>11:45</b> “Building Our Emotional Resilience” Discussion group with Yosef Chesny  <b>12:45</b> FILM: “Just Around the Corner” (...with Shirley Temple)  <b>2:00-3:00</b> Cocktail Party</p>	<p><b>19</b>  <b>9:30</b> Women’s Water Workout  <b>10:00</b> Women’s Swimming  <b>10:00</b> Balance Training with Svetlana  <b>10:00</b> Light Exercise with Rosie  <b>10:00-1:00</b> Screenings Dr. Birgé  <b>11:00</b> “Parsha Pearls” Shiur / C Reicher  <b>11:00</b> Nissim Light—Varied activities  <b>12:00</b> Oneg Shabbos with Y Chesny</p>
<p><b>23 Rosh Chodesh Sh’vat</b>  <b>10:00</b> Tehillim &amp; Announcements  <b>10:30</b> Exercise with Sophia  <b>11:45</b> Sing-Along with Judy Berger  <b>1:00</b> “Shtisel”                      Season 3: episode 8</p>	<p><b>24</b>  <b>10:00</b> Exercise with Rosie  <b>10:00</b> Light Exercise with Sophia  <b>11:00</b> “Tehillim”                      Shiur by Peydouth Fleischer  <b>11:00</b> Nissim Light—Varied activities  <b>12:00</b> Stretching /Phys Ther Alex Mandel  <b>1:00</b> “I Love Lucy” (Comedy episodes)  <b>1:00</b> Guided Painting with Peydouth</p>	<p><b>25</b>  <b>10:00</b> Tehillim &amp; Announcements  <b>10:30</b> Exercise with Svetlana  <b>10:30</b> Light Exercise with Alyse  <b>11:45</b> “Health Updates” with Dr. Raphael Birgé  <b>11:45</b> Apple/Pear Cobbler with Bassy  <b>1:00</b> “Inside &amp; Outside: The Lifestyle Channel” Improve your quality of life with Rebecca &amp; Rachel</p>	<p><b>26</b>  <b>9:30</b> Women’s Water Workout  <b>10:00</b> Women’s Swimming  <b>10:00</b> Balance Training with Svetlana  <b>10:00</b> Light Exercise with Rosie  <b>10:00-1:00</b> Screenings Dr. Birgé  <b>11:00</b> “Parsha Pearls” Shiur / C Reicher  <b>11:00</b> Nissim Light—Varied activities  <b>12:00</b> Oneg Shabbos with Y Chesny</p>
<p><b>30</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</b> “Book Forum” with Rebecca  <b>11:45</b> Angel Hair Pasta Salad/ Bassy  <b>1:00</b> “Shtisel”                      Season 3: episode 9</p>	<p><b>31</b>  <b>10:00</b> Exercise with Rosie  <b>10:00</b> Light Exercise with Sophia  <b>11:00</b> “Tehillim” Shiur by P Fleischer  <b>11:00</b> Nissim Light—Varied activities  <b>12:00</b> Stretching /Phys Ther Alex Mandel  <b>1:00</b> Tea Party</p>	<div style="text-align: center;">  </div> <div style="text-align: right; border: 2px solid blue; padding: 10px; margin-top: 10px;">  <p style="font-family: cursive; font-size: 2em; color: black;">Keep warm!</p>  </div>	