

Club Nissim

— March 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>1 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Alyse 11:45 "News & Views" Current Events with Rebecca Weingarten 1:00 FILM: "Pot O'Gold" (Old-fashioned musical comedy)</p>	<p>2 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 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>6 Ta'anis Esther</p>		<p>8 Shushan Purim 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Alyse 11:45 Shushan Purim Party 1:00 FILM: "If It's Tuesday this Must Be Belgium" (American tourists in Europe...)</p>	<p>9 9:30 Women's Water Workout 10:00 Women's Swimming 10:00 Exercise with Rosie 10:00-1:00 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>13 10:00 Tehillim & Announcements 10:30 Exercise with Alyse 11:45 "Better Health the Natural Way" with Suri Rabinowitz 11:45 Mushroom Quiche with Bassy 1:00 Adar Birthday Party 1:15 "The Crown" Season 5: episode 3: "Mou Mou"</p>	<p>14 10:00 Exercise with Rosie 10:00 Light Exercise with Sophia 11:00 "Tehillim" Shiur by P Fleischer 11:00 Nissim Light—Varied activities 12:00 Stretching /Physical Therapist Alex Mandel 1:00 "I Love Lucy" (Comedy episodes)</p>	<p>15 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Sophia 11:45 "Everyday Spiritual Care" Visiting Chaplain Mendy Coen talks about his work 11:45 Squash Muffins with Bassy 1:00 FILM: "Wonder Man" (With Danny Kaye...)</p>	<p>16 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 Screenings Dr. Birgé 11:00 "Parsha Pearls" Shiur by Hindi Ginsberg 11:00 Nissim Light—Varied activities</p>

Club Nissim — March 2023

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>20 10:00 Tehillim & Announcements 10:30 Exercise with Alyse 10:30 Light Exercise with Sophia 11:45 “What the National Parks Can Do for You” Presentation by Ranger Kathy Garofalo 11:45 Kani Salad with Bassy 1:00 “The Crown” Season 5: episode 4: “Annus Horribilis”</p>	<p>21 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 /Physical Therapist Alex Mandel 1:00 “Pretty Nails” Beauty class with Rachel Weingarten</p>	<p>22 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Alyse 11:45 Sing-Along with Zohar 1:00 FILM: “Cinderella” (Musical variety)</p>	<p>23 Rosh Chodesh Nisan 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 Screenings Dr. Birgé 11:00 “Parsha Pearls” Shiur by Hindi Ginsberg 11:00 Nissim Light—Varied activities 12:00 Oneg Shabbos with Yosef Chesny</p>
<p>27 10:00 Tehillim & Announcements 10:30 Exercise with Alyse 10:30 Light Exercise with Sophia 11:45 “Book Forum” with Rebecca Weingarten 11:45 Cinnamon Buns with Bassy 1:00 “The Crown” Season 5: episode 5: “The Way Ahead”</p> 	<p>28 10:00 <u>TRIP: Macy’s Flower Show & Bravo Pizzeria</u> 10:00 Exercise with Rosie 10:00 Light Exercise with Sophia 11:00 “Tehillim” Shiur by P Fleischer 11:00 Nissim Light—Varied activities 12:00 Stretching /Physical Therapist Alex Mandel 1:00 “Golden Girls” (Comedy episodes)</p>	<p>29 10:00 Tehillim & Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Alyse 11:45 “The Art of Self-Acceptance” Discussion group with Yosef Chesny 11:45 Carrot Soup with Bassy 1:00 “Inside & Outside: The Lifestyle Channel” Improve your quality of life with Rebecca & Rachel</p>	<p>30 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 Screenings Dr. Birgé 11:00 “Parsha Pearls” Shiur by Hindi Ginsberg 11:00 Nissim Light—Varied activities 12:00 Oneg Shabbos with Yosef Chesny</p>