


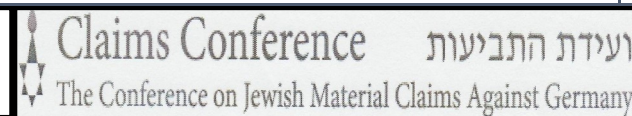


# Club Nissim — May 2023

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>1</b> 10:00 Tehillim &amp; Announcements 10:30 Exercise with Alyse 10:30 Light Exercise with Sophia 11:45 Game Room—Rummikub, Scrabble, Puzzles, Dominoes..... 1:00 “The Crown” Season 5: episode 8: “Gunpowder”</p>	<p><b>2</b> 10:00 Exercise with Rosie 10:00 Light Exercise with Sophia <b>11:00: TRIP (Weather Permitting): Walk by the Water—with a coffee</b> 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><b>3</b> 10:00 Tehillim &amp; Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Alyse 11:45 “It’s All About Relationships” Discussion group with Yosef Chesny 11:45 French Onion Soup with Bassy 1:00 FILM: “The Jews of the Wild West” (Documentary)</p> 	<p><b>4</b> 9:30 Women’s Water Workout 10:00 Women’s Swimming 10:00 Balance Training with Svetlana 10:00 Light Exercise with Rosie <b>11:00-1:00 Screenings</b> 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>8</b> 10:00 Tehillim &amp; Announcements 10:30 Exercise with Alyse 10:30 Light Exercise with Sophia 11:45 “Better Health the Natural Way” Lecture by Suri Rabinowitz 11:45 Chocolate Cheesecake Biscuits with Bassy 1:00 “The Crown” Season 5: episode 9: “Couple 31”</p> 	<p><b>9</b> <b>Lag Ba’Omer</b> 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 Lag Ba’Omer Tea Party</p>	<p><b>10</b> 10:00 Tehillim &amp; Announcements 10:30 Exercise with Svetlana 10:30 Light Exercise with Alyse 11:45 “Story Time” with Peydouth 11:45 Tomato Quiche with Bassy 1:00 FILM: “Make Me a Match—Shadech Na!” (Documentary)</p> 	<p><b>11</b> 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>



**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>11:45</b> “News &amp; Views” Current events with Rebecca Weingarten  <b>11:45</b> Cheese Salad w Croutons with Bassy  <b>1:00</b> Iyar Birthday Party  <b>1:15</b> “The Crown”</p>	<p><b>16</b>  <b>10:00 TRIP: The Jewish Museum: “The Sassoon Family”</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 A Mandel  <b>1:00</b> Make Your Own Super Food Snack</p>	<p><b>17</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> “From Central Park to Sinai to Yerushalayim” Roy &amp; Leah Neuberger tell the story of their lives (Together with 2nd Generation)  <b>1:00</b> FILM: “Heading Home: The Tale of Team Israel” (Documentary)</p>	<p><b>18</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”/Chani Reicher  <b>11:00</b> Nissim Light—Varied activities  <b>12:00</b> Oneg Shabbos with Y Chesny</p>
<p><b>22</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> Sing-Along with Zohar  <b>1:00</b> “How to Avoid Makeup Disasters” Beauty class with Rachel Weingarten</p>	<p><b>23</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 A Mandel  <b>1:00</b> Guided Painting with Peydouth  <b>1:00</b> “I Love Lucy” (Comedy episodes)</p>	<p><b>24</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> “Shavuot Themes” Shiur Peydouth Fleischer  <b>11:45</b> Cheese Cake with Bassy  <b>1:00</b> FILM: “” (Musical variety)</p>	<p><b>25</b>  <b>Erev Shavuot</b></p>
<p><b>29</b> <b>Memorial Day</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 Weingarten  <b>11:45</b> Razzle Drinks with Bassy  <b>1:00</b> “Hilchos Shabbos” Shiur by Peydouth Fleischer</p>	<p><b>30</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 A Mandel  <b>1:00</b> Guided Painting with Peydouth  <b>1:00</b> “Golden Girls” (Comedy episodes)</p>	<p><b>31</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> “News &amp; Views” Current events with Rebecca Weingarten  <b>11:45</b> Butter Cookies with Bassy  <b>1:00</b> “Inside &amp; Outside: The Lifestyle Channel” with Rebecca &amp; Rachel</p>	