


# Club 2G — July 2025

Club 2G at The Boro Park Y  
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Brooklyn, New York 11219

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Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>10:30-11:15</b> Chair Yoga (Senior Ctr) <b>11:20-12:05</b> Mat Yoga (Dance Studio) <b>12:30</b> “The Power of Tehillim” Shiur by Peydouth Fleischer (Room 11)	<b>2</b> <b>10:00-11:00</b> Workout (Senior Center) <b>11:30-12:30</b> Workout w Alyse (Gym, 1st fl) <b>1:00</b> Charm School—The Extras with Q&A with Simonne (Room 2G)	<b>3</b> <b>10:00-1:00</b> Screenings /Rafael Birgé (Sr Ctr) <b>11:00-11:40</b> Tai Chi / Rosie (Dance Studio) <i>Join the 1st Generation for:</i> <b>11:00-11:50</b> Parshas Hashavuah Shiur by Rivka Gibber (Room 16) <b>12:00</b> “Choosing the Food That’s Right for Me” with Suri Rabinowitz (Room 2G)	<b>4</b> <b>10:00-11:00</b> Exercise (Senior Center)
<b>7</b> <b>10:30-11:30</b> Exercise (Senior Center) <b>11:30</b> Nutrition w Alyse (Room 2G) <b>1:00</b> “The ‘Let Them’ Theory” with Rebecca Weingarten (Room 2G) <b>2:00</b> Crochet w Leah Silber (Room 2G) <b>2:00</b> Mah Jong (Room 16)	<b>8</b> <b>10:30-11:15</b> Chair Yoga (Senior Ctr) <b>11:20-12:05</b> Mat Yoga (Dance Studio)	<b>9</b> <b>10:00-11:00</b> Workout (Senior Center) <b>11:30-12:30</b> Workout w Alyse (Gym, 1st fl) <b>1:00</b> Açai Bowls with Rivkie Witriol (Room 11)	<b>10</b> <b>10:00-1:00</b> Screenings /Rafael Birgé (Sr Ctr) <b>11:00-11:40</b> Tai Chi / Rosie (Dance Studio) <i>Join the 1st Generation for:</i> <b>11:00-11:50</b> Parshas Hashavuah Shiur by Rochel Leah Kohn (Room 16) <b>12:00</b> “Choosing the Food That’s Right for Me” with Suri Rabinowitz (Room 2G)	<b>11</b> <b>10:00-11:00</b> Exercise (Senior Center)
<div>Overnight Trip to Sleepy Hollow</div>				
<b>14 Three Weeks have begun</b> <b>10:30-11:30</b> Exercise (Senior Center) <b>1:00</b> “The ‘Let Them’ Theory” with Rebecca Weingarten (Room 2G) <b>2:00</b> Crochet w Leah Silber (Room 2G) <b>2:00</b> Mah Jong (Room 16)	<b>15</b> <b>10:30-11:15</b> Chair Yoga (Senior Ctr) <b>11:20-12:05</b> Mat Yoga (Dance Studio) <b>12:30</b> “Moroccan Fish Balls” with Elisa Levi (Room 11)	<b>16</b> <b>10:00-11:00</b> Workout (Senior Center) <b>1:00-2:30</b> “Introduction to Collage” Art class with Rachel Weingarten (3rd floor) <b>Limited availability—register in advance!</b>	<b>17</b> <b>10:00-1:00</b> Screenings /Rafael Birgé (Sr Ctr) <b>11:00-11:40</b> Tai Chi / Rosie (Dance Studio) <i>Join the 1st Generation for:</i> <b>11:00-11:50</b> Parshas Hashavuah Shiur by Rivka Gibber (Room 16) <b>12:00</b> “Feeding My Brain” with Suri Rabinowitz (Room 2G)	<b>18</b> <b>10:00-11:00</b> Exercise (Senior Center)



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Recreational Day Program for Second Generation  
Survivors is supported by a grant from JFNA.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>21</b> <b>10:30-11:30</b> Exercise (Sr Ctr) <b>1:00 “The ‘Let Them’ Theory”</b> with Rebecca Weingarten (Room 2G) <b>2:00 Crochet</b> w L Silber (Room 2G) <b>2:00 Mah Jong</b> (Room 16)	<b>22</b> <b>10:30-11:15</b> Chair Yoga (Senior Ctr) <b>11:20-12:05</b> Mat Yoga (Dance Studio) <b>1:00 “What’s Next?—You Tell Us!”</b> Discussion & drinks with Malky Hertz (Room 2G) <b>2:00-3:00 Midday Mingle: “The Jewish Armchair Traveler takes you to Portugal”</b> Presentation by Rebecca Weingarten with light refreshments (Room 16)	<b>23</b> <b>10:00-11:00 Workout</b> (Senior Center) <b>11:30-12:30 Workout</b> /Alyse (Gym, 1st floor) <b>1:00 “Your Pantry—Your Beauty Resource!”</b> Beauty class with Rachel Weingarten (Room 11) <div> <b>10:00 TRIP: IKEA &amp; Red Hook</b>  <b>LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!</b> </div>	<b>24</b> <b>10:00-1:00 Screenings</b> /Rafael Birgé (Sr Ctr) <b>11:00-11:40 Tai Chi</b> / Rosie (Dance Studio) <i>Join the 1st Generation for:</i> <b>11:00-11:50 Parshas Hashavuah</b> Shiur by Peydouth Fleischer (Room 16) <b>12:00 “Feeding My Brain”</b> with Suri Rabinowitz (Room 2G)	<b>20</b> <b>10:00-11:00</b> Exercise (Senior Center)
<b>28 Nine Days have begun</b> <b>10:30-11:30</b> Exercise (Sr Ctr) <b>1:00 Ice Cream Parlor</b> (Room 16) <b>2:00 Crochet</b> w L Silber (Room 2G) <b>2:00 Mah Jong</b> (Room 16)	<b>29</b> <b>10:30-11:15</b> Chair Yoga (Senior Ctr) <b>11:20-12:05</b> Mat Yoga (Dance Studio) <b>2:00 New Horizons: “Secret Trip to Lebanon” &amp; “Sleepover with a Holocaust Survivor”</b> (Two shorts by and with Shloime Zionce...) (Room 16)	<b>30</b> <b>10:00-11:00 Workout</b> (Senior Center) <b>11:30-12:30 Workout</b> /Alyse (Gym, 1st floor) <b>11:45-12:45 Holocaust Remembrance: “We Have Not Forgotten You”</b> In Honor of the 6,000,000 Kedoshim Speaker: Rabbi David Gibber (Room 16) <b>1:00 FILM: “Bardejov”</b> (About Rafuel Lowy who saved his town from deportation...) (Room 16)	<b>31</b> <b>10:00-1:00 Screenings</b> /Rafael Birgé (Sr Ctr) <b>11:00-11:40 Tai Chi</b> / Rosie (Dance Studio) <i>Join the 1st Generation for:</i> <b>11:00-11:50 Parshas Hashavuah</b> Shiur by Peydouth Fleischer (Room 16) <b>12:00 “Tying It Together”</b> with Suri Rabinowitz (Room 2G)	<b>AUGUST 1</b> <b>10:00-11:00</b> Exercise (Senior Center)

Programs are subject to changes and/or cancelations!

For the Men’s Program — See the Newsletter!