

The Club 2G Luach June 2026

→ As previously announced, we have been required by JFNA, our grant providers, to have signed photo release forms for all our members. **Please note that beginning June 1, members without a signed release on file won't be allowed to participate in trips, parties or any other specially designated 2G events.** So if you haven't done so already, please **stop by our office as soon as possible to sign your form.** We truly appreciate your cooperation in helping us meet these requirements!

→ Please be aware that, beginning **June 30 and through July and August, the Internal Engineering class with Rosie on Tuesdays will not be available** for Club 2G. It will begin again on September 1. We apologize for any inconvenience.

→ Are you on the waiting list for a trip? Please note the following:

1. You must follow up with us—call in advance of the trip!
2. If you decide to pull out **you must let us know!**
3. If you leave your name on the waiting list, but don't show up on the day of the trip it will be considered as a "no-show" and you will be barred from trips for 3 months!
4. "I forgot" is NOT an excuse!


As it is now, we see again and again how people who want to go on trips are blocked by others who are cluttering up the trip lists, without actually showing up or cancelling—**this has to stop!**

And finally, a reminder regarding our **cell phone**: It is only **for emergency use when we are out together on a trip!** When we are in the office **we do not answer it, and we do not check for voice mail or text messages!** If you want to reach us please call our office number 718-438-5921, or send us an email.

Simonne Hirschhorn

Club 2G Program Director

Club 2G Trips This Month


<u>DATE & TIMES</u>	<u>WHERE TO</u>	<u>INFO</u>	<u>NOTE!</u>
Wednesday, June 3 Gather: 9:45 am Departure: 10:00 am Return to the Y: 2:30 pm	Little Island "Light" Manhattan	A visit to this man-made island should be a relaxing trip for those who might want something less strenuous, with limited walking, and returning early to the Y. Together with Club Nissim to the extent that there is space!	Trip registration begins 6/1 at 11:00 am You can only register if you have signed the release form! Rollators admitted
Monday, June 8 Gather: 9:45 am Departure: 10:00 am Return to the Y: 4:00 pm	Little Island & Chelsea Market Manhattan	After enjoying this man-made island off Manhattan West Side with beautiful plantings and great views, we walk over to Chelsea Market to do a little shopping and exploring...	Quite a bit of walking
Wednesday, June 10 Gather: 9:15 am Departure: 10:00 am Return to the Y: 4:00 pm	New York Botanical Garden The Bronx	Luxuriate in an abundance of horticultural exuberance! Or, more simply put, enjoy the exhibition " Flower Power ", celebrating flowers as symbols of peace and love, and the Rose Garden , which should be in top form right now!	Rollators admitted 

- If you arrive **later than 15 minutes before departure** you risk losing your spot to someone from the waiting list. Once your spot is lost **you will not get it back!**
- **NOTE that shopping carts, baby strollers, and the like, are not admitted.** Walkers/rollators, **provided they fold flat**, are admitted **only if noted above**
- Unless noted otherwise, you will need to **bring your own lunch/drinks/snacks**

Club 2G — June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 10:30-11:30 Exercise (Senior Center) 11:40 Nutrition with Rivka Shmaya (Room 2G) 1:00 “Change—Is It Good or Bad?” with Rebecca Weingarten (Room 2G) 2:00 Mah Jongg (Room 16)</p> <p>TRIP REGISTRATION begins today at 11:00—no phone calls or emails before then! MUST HAVE SIGNED RELEASE FORM!</p>	<p>2 10:00 Internal Engineering/Rosie /Room11 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 Alvin Aily Dance Company Class (Dance Studio)</p>	<p>3 10:00-11:00 Workout (Senior Center) 11:30 Jewish Literacy (Hashgacha Pratis) with Rochel Leah Kohn (Room 2G) 1:00 “The Jewish Armchair Traveler Takes You to: Yerushalayim—Part 1” with Rebecka Weingarten (Computer room)</p> <p>10:00 TRIP: Little Island LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!</p>	<p>4 10:00 Internal Engineering/Rosie /Room11 11:00-11:40 Tai Chi / Rosie (Dance Studio) 11:00-12:00 Screenings/ Raphael Birgé 11:00-11:50 Parshas Hashavuah Shiur by Rivka Gibber (Room 16) 12:00 “You and Your Brain” with Suri Rabinowitz (Room 2G)</p>	<p>5 10:00-11:00 Exercise (Senior Center)</p>
<p>8 10:30-11:30 Exercise (Senior Center) 11:40 Nutrition with Rivka Shmaya (Room 2G) 1:00 “Change—Is It Good or Bad?” with Rebecca Weingarten (Room 2G) 2:00 Mah Jongg (Room 16)</p> <p>10:00 TRIP: Little Island & Chelsea Market—LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!</p>	<p>9 10:00 Internal Engineering/Rosie /Room11 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 Alvin Aily Dance Company Class (Dance Studio)</p>	<p>10 10:00-11:00 Workout (Senior Center) 11:30 Jewish Literacy with Peydouth Fleischer (Room 2G) 1:00 Savory Tarts with Rivkie Witriol</p> <p>10:00 TRIP: NY Botanical Garden LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!</p>	<p>11 10:00 Internal Engineering/Rosie /Room11 11:00-11:40 Tai Chi / Rosie (Dance Studio) 11:00-12:00 Screenings/ Raphael Birgé 11:00-11:50 Parshas Hashavuah Shiur by Peydouth Fleischer (Room 16) 12:00 “You and Your Brain” with Suri Rabinowitz (Room 2G)</p>	<p>12 10:00-11:00 Exercise (Senior Center)</p>

Club 2G — June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>15 10:30-11:30 Exercise (Sr Ctr) 11:40 Nutrition with Rivka Shmaya (Room 2G) 1:00 “Change—Is It Good or Bad?” with Rebecca Weingarten (Room 2G) 2:00 Mah Jongg (Room 16)</p>	<p>16 10:00 Internal Engineering/Rosie /Room11 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 Alvin Aily Dance Company Class (Dance Studio)</p>	<p>17 10:00-11:00 Workout (Senior Center) Garden Party Dyker Heights Golf Club Register at the Front Desk</p>	<p>18 10:00 Internal Engineering/Rosie (Room11) 11:00-11:40 Tai Chi / Rosie (Dance Studio) 11:00-12:00 Screenings/ Raphael Birgé 11:00-11:50 Parshas Hashavuah Shiur by Rivka Gibber (Room 16) 12:00 “The Vagus Nerve” with Suri Rabinowitz (Room 2G)</p>	<p>19 10:00-11:00 Exercise (Senior Center)</p>
<p>22 10:30-11:30 Exercise (Sr Ctr) 11:40 Nutrition with Rivka Shmaya (Room 2G) 1:00 “Change—Is It Good or Bad?” with Rebecca Weingarten (Room 2G) 2:00 Mah Jongg (Room 16)</p>	<p>23 10:00 Internal Engineering/Rosie /Room11 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 Alvin Aily Dance Company Class (Dance Studio)</p>	<p>24 10:00-11:00 Workout (Senior Center) 11:00—2:00 Beauty Day Makeup Demo! Make a Lip Gloss! Color & Style Demo! <i>More details to follow....!</i></p> 	<p>25 10:00 Internal Engineering/Rosie (Room11) 11:00-11:40 Tai Chi / Rosie (Dance Studio) 11:00-12:00 Screenings/ Raphael Birgé 11:00-11:50 Parshas Hashavuah Shiur by Peydouth Fleischer (Room 16) 12:00 “The Vagus Nerve” with Suri Rabinowitz (Room 2G)</p>	<p>26 10:00-11:00 Exercise (Senior Center)</p>
<p>29 10:30-11:30 Exercise (Sr Ctr) 11:40 Nutrition with Rivka Shmaya (Room 2G) 1:00 “Change—Is It Good or Bad?” with Rebecca Weingarten (Room 2G) 2:00 Mah Jongg (Room 16)</p>	<p>30 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 Paint a Floral Table Runner/ Blimie</p>			

**Programs are subject to changes and/or cancelations!
For the Men’s Group — see page 4!**

Discover the Joy of Movement: Alvin Ailey Dance Series

We are thrilled to bring the spirit and soul of the world-renowned **Alvin Ailey American Dance Theater** to the Boro Park Y!

Alvin Ailey was a pioneer of modern dance who believed that "dance came from the people and should always be delivered back to the people." Following in that tradition, this 5-week program is designed to help you discover the joy of expression through movement. Under the guidance of **two professional Ailey teaching artists**, participants will explore:

- **The Ailey Spirit:** Learn the signature moves and techniques that have made this company a global phenomenon.
- **Creative Expression:** Discover how to tell your own story and express your emotions through the beauty of dance.
- **Connection:** Improve your physical wellness while connecting with others in a supportive environment.

- **Dates:** Tuesdays, June 2, 9, 16, 23
- **Time:** 1:00 PM – 2:00 PM

No prior dance experience is necessary—just bring your enthusiasm and a desire to move!

PROGRAM DIRECTOR: SIMONNE HIRSCHHORN

RECREATIONAL COORDINATOR: BLIMIE WERTZBERGER

SOCIAL WORKER: MALKY HERTZ, MSW

PROGRAM ASSISTANT: ESTHER GROSSMAN

ADMINISTRATIVE ASSISTANT: RAIZY BERENBAUM

OFFICE HOURS

MON–WED 10:00 – 3:00

THUR 10:00 – 1:00

Movies of the Month

On Club Nissim's Luach,
most Wednesdays at 1 pm, in Room 16

6/3: "Father of the Bride"

(Comedy: What is a father to do when his little girl wants to get married?)

6/10: "Father of the Bride II"

(Comedy: What is a father to do when his little girl makes him a grandfather?)

6/17, at 11:45: "Vivacious Lady"

(Comedy: a nightclub singer must adapt to her husband's conservative family...)

6/24: NONE

MEN'S PROGRAM

EVERY TUESDAY

In Room 1 — 3rd floor

Hosted by Raphael Birgé

11:00—11:45: Improve Your Wellbeing!

Fitness Class that addresses your posture, mobility, strength, and range of motion!

12:00—1:00: "Hine Mah Tov...!"

Meet for inspiration, discussion, health talk, peer support — and a snack, of course!

1:00—2:00: Music & Memory

For more information, and/or to register for membership, please speak to us at 718-438-5921



CLUB 2G
Live Life Better

Club 2G at The Boro Park Y
for Second Generation Holocaust Survivors
4912 Fourteenth Avenue
Brooklyn, NY 11219
Phone: 718-438-5921, ext. 206
Mobile (only when we go on trips!): 332-238-6959
email: club2g@boroparky.org
website: www.club2gboropark.org

Recreational Day Program for Club 2G
Second Generation Survivors is supported
by a grant from JFNA.

