

# The Club 2G Luach July 2026

This month consists mostly of the Three Weeks, which is why it is a little “meagre” than usual. We are also taking advantage of this fact to catch our breath a bit, and focus on planning for an exciting fall season—with Hashem’s help, we should be able to advertise some nice things in August.

## אם אשכחך ירושלים תשכח ימיני!

“If I forget you, Yerushalayim, may my right hand forget its skill!” This is our sentiment all year round, but most poignantly during the Three Weeks, which are just about to begin. I find it very interesting to note that the 250<sup>th</sup> Anniversary of the birth of The United States (which is obviously a very big event), will fall not only on a Shabbos, but also within the Three Weeks, only a couple of days after Shiva Assar B’Tammuz. This means that even if we want to, we are unable to celebrate Independence Day this propitious year.

To my mind, the message is very clear: This is not our country, and the American dream does not belong to us! (I will never forget one of the Rabbis in a Tisha B’Av movie many years ago, who said “whenever the Jews start to dream of another country [than Eretz Yisrael], Hashem comes and turns that dream into a nightmare”). That being said, let us not forget that this country has been, and still is, kinder to us than any other country throughout history, and **it behooves us to be grateful to America—to be loyal, upstanding citizens who work and pray for its welfare.** In that spirit, we start the month by showing “1776”, a musical Broadway-based rendition of the birth of America—enjoy!

Happy Independence Day! And may Tisha B’Av be transformed into a happy, wonderful Yom Tov, soon, in our time!

*Simonne Hirschhorn, Club 2G Program Director*

# Club 2G Trips This Month

<u>DATE &amp; TIMES</u>	<u>WHERE TO</u>	<u>INFO</u>	<u>NOTE!</u>
<b>Trip registration begins Monday, July 6 at 11:00 am. No emails before then!</b>			
<b><u>Thursday, July 9</u></b> Gather in lobby: <b>9:45 am</b> Departure: <b>10:00 am</b> Return to the Y: <b>4:00 pm</b>	<b>Metropolitan Museum of Art</b>  Manhattan	We will explore the galleries, enjoy stimulating conversations about the artwork, and experience the joy of creativity in a warm, welcoming environment. The program is hosted by Arts & Minds!  <b>Together with Club Nissim!</b>	Rollators admitted
<b><u>Tuesday, July 21</u></b> Gather: <b>9:45 am</b> Departure: <b>10:00 am</b> Return to the Y: <b>3:00 pm</b>	<b>Battery Park</b>  Manhattan	Relax and unwind — maybe take a stroll along the waterfront, take a peek at the marina — enjoy the views out over New York Harbor, Hudson River, and New Jersey at a reassuring distance...	Rollators admitted
<ul style="list-style-type: none"> <li>• If you arrive <b>later than 15 minutes before departure</b> you risk losing your spot to someone from the waiting list. Once your spot is lost <b>you will not get it back!</b></li> <li>• <b>NOTE that shopping carts, baby strollers, and the like, are <u>not admitted</u>.</b> Walkers/rollators, provided they fold flat, are admitted <b>only if noted above</b></li> <li>• Unless noted otherwise, you will need to <b>bring your own lunch/drinks/snacks</b></li> </ul>			

Monday	Tuesday	Wednesday	Thursday	Friday
<div data-bbox="198 363 1096 529" style="border: 2px solid black; padding: 10px; background-color: #FFD1E8; display: inline-block;"> <h2 style="margin: 0;">Club 2G — July 2026</h2> </div>		<p><b>1</b>  <b>10:00-11:00 Workout</b> (Senior Center)  <b>11:30 Jewish Literacy</b> with Peydouth Fleischer (Room 2G)  <b>11:45 FILM: "1776"</b> A musical celebration of the founding of the United States based on the award-winning Broadway</p>	<p><b>2 Shiva Assar B'Tammuz</b>  <b>10:00 Internal Engineering/Rosie /Room11</b>  <b>11:00-11:40 Tai Chi / Rosie</b> (Dance Studio)  <b>11:00-12:00 Screenings/ Raphael Birgé</b>  <b>11:00-11:50 Parshas Hashavuah</b> Shiur by Faigie Sternfeld (Room 16)</p>	<p><b>3</b>  <b>10:00-11:00</b>  Exercise (Senior Center)</p>
<p><b>6</b>  <div data-bbox="150 553 620 704" style="border: 1px solid black; padding: 5px; background-color: #D9EAD3; display: inline-block;"> <b>TRIP REGISTRATION begins today 7/6 at 11:00—no phone calls or emails before then!</b> </div>  <b>10:30-11:30 Exercise</b> (Senior Center)  <b>11:40 Nutrition/Rivka Shmaya</b> (Rm 2G)  <b>1:00 "What to Say When You Talk to Yourself"</b> with R Weingarten (Room 2G)  <b>12:30-2:00 Learn Mah Jongg — for beginners</b> (Room 11)  <b>2:00 Mah Jongg</b> (Room 16)</p>	<p><b>7</b>  <b>10:30-11:15 Chair Yoga</b> (Senior Ctr)  <b>11:20-12:05 Mat Yoga</b> (Dance Studio)  <b>1:00 "The Jewish Armchair Traveler Takes You to: Yerushalayim—Part 2"</b> with Rebecka Weingarten (Computer room)</p>	<p><b>8</b>  <b>10:00-11:00 Workout</b> (Senior Center)  <b>11:30 Jewish Literacy</b> with Peydouth Fleischer (Room 2G)  <b>1:00 Jewelry Class</b> with Estie Lifshitz  <b>LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!</b></p>	<p><b>9</b>  <div data-bbox="1784 610 2260 756" style="border: 1px solid black; padding: 5px; background-color: #FFD1E8; display: inline-block;"> <b>10:00 TRIP: Met. Museum of Art LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!</b> </div>  <b>10:00 Internal Engineering/Rosie /Room11</b>  <b>11:00-11:40 Tai Chi / Rosie</b> (Dance Studio)  <b>11:00-12:00 Screenings/ Raphael Birgé</b>  <b>11:00-11:50 Parshas Hashavuah/R. Gibber</b>  <b>12:00 "Caring for Our Senses"</b> with Suri Rabinowitz (Room 2G)</p>	<p><b>10</b>  <b>10:00-11:00</b>  Exercise (Senior Center)</p>
<p><b>13</b>  <b>10:30-11:30 Exercise</b> (Senior Center)  <b>11:40 Nutrition</b> with Rivka Shmaya (Room 2G)  <b>1:00 "What to Say When You Talk to Yourself"</b> with Rebecca Weingarten (Room 2G)  <b>12:30-2:00: Learn Mah Jongg — for beginners</b> (Room 11)  <b>2:00 Mah Jongg</b> (Room 16)</p>	<p><b>14</b>  <b>10:30-11:15 Chair Yoga</b> (Senior Ctr)  <b>11:20-12:05 Mat Yoga</b> (Dance Studio)  <b>1:00 Plaster Art</b> with Blimie</p>	<p><b>15 Rosh Chodesh Av</b>  <b>10:00-11:00 Workout</b> (Senior Center)  <b>11:30 Jewish Literacy</b> with Peydouth Fleischer (Room 2G)  <b>1:00 Two Pasta Dishes for the 9 Days</b> with Rivkie Witriol</p>	<p><b>16 Holocaust Remembrance Day</b>  <b>10:00 Internal Engineering/Rosie /Room11</b>  <b>11:00-11:40 Tai Chi / Rosie</b> (Dance Studio)  <b>11:00-12:00 Screenings/ Raphael Birgé</b>  <b>11:00-11:50 "We Have Not Forgotten You"</b> Speech by Rabbi David Gibber (Room 16)  <b>12:00 Oneg Shabbos</b> with Rebbetzin Gibber (Room 16)</p>	<p><b>17</b>  <b>10:00-11:00</b>  Exercise (Senior Center)</p>

# Club 2G — July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>20</b> <b>10:30-11:30</b> Exercise (Sr Ctr) <b>11:40 Nutrition</b> with Rivka Shmaya (Room 2G) <b>1:00 “What to Say When You Talk to Yourself”</b> with Rebecca Weingarten (Room 2G) <b>1:00 Ice Cream Parlor</b> (Room 16) <b>2:00 Mah Jongg</b> (Room 16)	<b>21</b> <b>10:30-11:15</b> Chair Yoga (Senior Ctr) <b>11:20-12:05</b> Mat Yoga (Dance Studio) <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>10:00 TRIP: Battery Park</b>  <b>LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!</b> </div>	<b>22 Erev Tisha B’Av</b> <b>10:00-11:00 Workout</b> (Senior Center)	<b>23</b> <p style="text-align: center;"><b>TISHA B’AV</b></p>	<b>24</b> <b>10:00-11:00</b> Exercise (Senior Center)
<b>27</b> <b>10:30-11:30</b> Exercise (Sr Ctr) <b>11:40 Nutrition</b> with Rivka Shmaya (Room 2G) <b>1:00 “What to Say When You Talk to Yourself”</b> with Rebecca Weingarten (Room 2G) <b>2:00 Mah Jongg</b> (Room 16)	<b>28</b> <b>10:30-11:15</b> Chair Yoga (Senior Ctr) <b>11:20-12:05</b> Mat Yoga (Dance Studio)	<b>29 Tu B’Av</b> <b>10:00-11:00 Workout</b> (Senior Center) <b>11:45 Tu B’Av Party</b> (Room 16) <b>1:00 NOTE TIME: Jewish Literacy</b> with Peydouth Fleischer (Room 2G)	<b>30</b> <b>10:00 Internal Engineering/Rosie</b> (Room11) <b>11:00-11:40 Tai Chi / Rosie</b> (Dance Studio) <b>11:00-12:00 Screenings/ Raphael Birgé</b> <b>11:00-11:50 Parshas Hashavuah</b> Shiur by Peydouth Fleischer (Room 16) <b>12:00 “Caring for Our Senses”</b> with Suri Rabinowitz (Room 2G)	<b>31</b> <b>10:00-11:00</b> Exercise (Senior Center)

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



Club Nissim & Club 2G went together to the “Flower Power” exhibition at the New York Botanical Garden

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

**7/1 NOTE TIME 11:45:** “1776” A musical celebration of the founding of the US, based on the award-winning Broadway production (2hrs 45 min!)

**7/8: “The Gilded Age”**  
(Documentary: *The reality behind the drama series...* )

**7/15 “Israel: The Royal Tour”**  
(Documentary: *Bibi Netanyahu and Peter Greenberg explore Israel and visit locations that hold special meaning to the Prime Minister..* )

**7/22: NONE**

**7/28: “Solo Mio”**  
(Romantic comedy: *Left heartbroken in Rome, a stranded groom finds his ruined honeymoon transformed....*)

## 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 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.

