

The Club 2G Luach

August 2026

First, this month's *mussar*:

When you come with us on a trip, bring along everything that you might need, such as snacks, tissues, water bottle, etc. These things **will not be provided** by us!

COMING THIS FALL

Check the schedule for exact times!

- **Club Nissim 25 Years!**

Celebrating on **September 1**—We are looking for 2G volunteers who would be willing to be Assistant Hostesses at the lunch party. If you are interested, please call us for more info!

- **American Jewish History Series!**

When did the Jews come to America? Why—what—who? Find out more...

One Tuesday per month, beginning September 8, with Rebecca Weingarten

- **Art Appreciation Classes!**

What to see when you look at art—studying various themes throughout history...

One Tuesday per month, beginning in October, with Simonne Hirschhorn

- **Learn How to Dance the Salsa!**

Starts in October—more information to follow...

- **Overnight Trip to Connecticut!**

November 10-11—Reserve the date! Further information will follow; none available at this point. **Do not ask us any questions**, because you will not get any answers!

Best wishes to everyone!

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>
Trip registration begins Tuesday, August 4, at <u>11:00 am</u> . No emails before then!			
<u>Thursday, August 6</u> - AND - <u>Monday, August 17</u> Gather in lobby: <u>9:15 am</u> Departure: <u>9:30 am</u> Return to the Y: <u>3:00 pm</u>	"The Beast" Speedboat Ride New York Harbor	CHOOSE ONE! Feel young again! Getting splashed, bouncing about, screeching and laughing — it's all part of the fun! After the 30-minute ride, you will have some time to explore South Street Seaport, with its historical interest — and shopping options! NOTE that the 2 trips are identical , but you have a choice of date!	NOTE: Early departure!
<u>Thursday, August 13</u> Gather: <u>9:45 am</u> Departure: <u>10:00 am</u> Return to the Y: <u>3:30 pm</u>	Circle Line Landmark Cruise New York Harbor	This is a more sedate 90-minute ride around southern Manhattan — also lots of fun in its own way! NOTE that we are not allowed to bring food onto the boat, so we will eat our lunches in the park before boarding.	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 <u>not admitted</u>. 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 — August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30-11:30 Exercise (Senior Center) 1:00 “Positive Thinking” with Rebecca Weingarten (Room 2G) 2:00 Mah Jongg (Room 16)	4 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 Humorous Household Hints with Devora Kuperman (Room 2G)	5 10:00-11:00 Workout (Senior Center) 11:30 Jewish Literacy with Peydouth Fleischer (Room 2G) 1:00 Jewelry Class with Estie Lifshitz LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE! 	6 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 /R. Gibber 12:00 “Caring for Your Senses” with Suri Rabinowitz (Room 2G) 9:30 TRIP: The Beast—Speedboat LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!	7 10:00-11:00 Exercise (Senior Center)
10 10:30-11:30 Exercise (Senior Center) 11:40 Nutrition with Rivka Shmaya (Room 2G) 1:00 “Positive Thinking” with Rebecca Weingarten (Room 2G) 2:00 Mah Jongg (Room 16)	11 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 “The Jewish Armchair Traveler Takes You to: Yerushalayim—Part 3” with Rebecka Weingarten (Computer room)	12 10:00-11:00 Workout (Senior Center) 11:30 Jewish Literacy with Peydouth Fleischer (Room 2G) 1:00 Asian Cucumber Salad and Melon & Tomato Salad with Elisa Levi	13 Rosh Chodesh Elul 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 Shavua / Shiur by Faigie Sternfeld (Room 16) 12:00 “Caring for Your Senses” with Suri Rabinowitz (Room 2G) 9:30 TRIP: Circle Line Cruise LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!	14 Rosh Chodesh Elul 10:00-11:00 Exercise (Senior Center)

Club 2G — August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
17 10:30-11:30 Exercise (Sr Ctr) 11:40 Nutrition with Rivka Shmaya (Room 2G) 1:00 “Positive Thinking” with Rebecca Weingarten (Room 2G) 2:00 Mah Jongg (Room 16) 10:30 TRIP: The Beast—Speedboat LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!	18 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 Sculpted Plaster Painting with Blimie (Room 11)	19 10:00-11:00 Workout (Senior Center) 11:30 Jewish Literacy with Peydouth Fleischer (Room 2G) 1:00 SPECIAL ELUL SHIUR by Faigie Sternfeld (Room 16) 	20 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 “Caring for Your Senses” with Suri Rabinowitz (Room 2G)	21 10:00-11:00 Exercise (Senior Center)
24 10:30-11:30 Exercise (Sr Ctr) 11:40 Nutrition with Rivka Shmaya (Room 2G) 1:00 “Positive Thinking” with Rebecca Weingarten (Room 2G) 2:00 Mah Jongg (Room 16)	25 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 Painting Project with Blimie (Room 11)	26 10:00-11:00 Workout (Senior Center) 11:30 Jewish Literacy with Peydouth Fleischer (Room 2G) 1:00 SPECIAL ELUL SHIUR by Devora Kuperman (Room 16) 	27 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 “Caring for Your Senses” with Suri Rabinowitz (Room 2G)	28 10:00-11:00 Exercise (Senior Center)
31 SEE: SEPTEMBER LUACH!	Programs are subject to changes and/or cancelations! For the Men’s Group — see page 4!			

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Elul Shiur Series

A special series of seasonal insights
presented by selected speakers!

Four Wednesdays at 1 pm:

August 19: Faigie Sternfeld

August 26: Devora Kuperman

September 2: Rabbi David Gibber

September 9: Rabbi Simcha Silberman



Household Tips with More Than a Hint of Humour

Learn & Laugh
with Devora Kuperman
Tuesday, August 4

Movies of the Month

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

8/5: "Wonder Man"

(Comedy with Danny Kaye...)

8/12: "The World of Henry Orient"

(Comedy/drama: Two schoolgirls pursue a concert pianist, played by Peter Sellers...)

8/19: NONE 2

8/26: 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

Exploring the connection between the two!

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

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



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.

