

The Club 2G Luach October 2026

Wishing everyone a Gut, Gezunt, Gebentched Yohr, and a Gut Kvittel!

Here is the information you have all been waiting for!

Overnight Trip to Stamford, CT—November 10-11

We will IY”H send out an email on October 12 with a link to the application form.

Please note that there are some changes this time, and the email will contain **important information**, including the cancellation policy, so **read it carefully** before submitting your form!

The email will also contain a **tentative schedule** (which is subject to changes)!

The application form **must be submitted online!**

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In addition, we are pleased to announce a few new beginnings this month:

- ♦ **Salsa Dance Class**—every Monday this month. Will it become popular? If so, perhaps it will continue...
- ♦ **Independent Living**—see more on page 4. First meeting: Wednesday, October 7
- ♦ **Pleasant Pastimes with Blimie**—socializing with fun activities. Starting: Tuesday, October 27

Simonne Hirschhorn, Program Director, Club 2G



Getting ready
to board “The
Beast”

Club 2G Trips This Month

<u>DATE & TIMES</u>	<u>WHERE TO</u>	<u>INFO</u>	<u>NOTE!</u>
REGISTRATION FOR THESE TRIPS BEGINS OCTOBER 6, AT 11 AM!			
<u>Wednesday, October 14</u> Gather in lobby: <u>9:45</u> Departure: <u>10:00 am</u> Return to the Y: <u>3:00 pm</u>	9/11 Memorial & Shopping Manhattan	Take the opportunity while you are in the neighborhood, and investigate the deals at luxurious Oculus Shopping Center and the more price-conscious Century 21 . If you also want to visit the actual 9/11 Memorial Museum , the ticket price is \$26.	Rollators admitted
<u>Wednesday, October 21</u> Gather in lobby: <u>9:45</u> Departure: <u>10:00 am</u> Return to the Y: <u>3:30-4:00 pm</u>	Statue of Liberty & Ellis Island New York Harbor 	As per many requests we take a trip to this historic landmark <i>par excellence</i> , and to Ellis Island, which was the port of arrival for some of your ancestors—check the Records Discovery Center! Boats are involved. Return time is approximate.	You need to be strong on your feet—risk of having to stand in line!
• 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 — October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
5 Isru Chag 10:30-11:30 Exercise (Senior Center) 11:40 Nutrition/Rivka Shmaya (Rm 2G) 1:00 “Conscience vs. Guilt” with Rebecca Weingarten (Room 2G) 1:00 Learn to Dance the Salsa! With Maria Fyntrilaki (Dance Studio) 2:00 Mah Jongg (Room 16)	6 10:00-10:50 Internal Engineering with Rosie (Room 11) 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 Doily Dish with Blimie GENERAL TRIP REGISTRATION begins <u>today 10/6 at 11:00</u>	7 10:00-11:00 Workout (Senior Center) 11:30 Jewish Literacy with Peydouth Fleischer (Room 2G) 1:00 “Independent Living” Resources for women who live alone With Malky Hertz & Rebecca Weingarten	8 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 12:00 “Building Your Immune System” with Suri Rabinowitz (Room 2G)	9 10:00-11:00 Exercise (Senior Center)
12 Rosh Chodesh Cheshvan 10:30-11:30 Exercise (Senior Center) 11:40 Nutrition with Rivka (Room 2G) 1:00 “Conscience vs. Guilt” with Rebecca Weingarten (Room 2G) 1:00 Learn to Dance the Salsa! With Maria Fyntrilaki (Dance Studio) 2:00 Mah Jongg (Room 16) OVERNIGHT TRIP REGISTRATION begins <u>today 10/12 online</u>	13 10:00-10:50 Internal Engineering with Rosie (Room 11) 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 History of American Jewry —When? What? Why? Who? Series with Rebecca Weingarten	14 10:00-11:00 Workout (Senior Center) 11:30 Jewish Literacy with Peydouth Fleischer (Room 2G) 1:00 Tuna Nachos with Rivkie Witriol 10:00 TRIP: 9/11 Memorial & Oculus Shopping Center & Century 21 LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!	15 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 Rochel Leah Kohn (Room 16) 12:00 “Building Your Immune System” with Suri Rabinowitz (Room 2G)	16 10:00-11:00 Exercise (Senior Center)

Club 2G — October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
19 10:30-11:30 Exercise (Sr Ctr) 11:40 Nutrition with Rivka Shmaya (Room 2G) 1:00 “Conscience vs. Guilt” with Rebecca Weingarten (Room 2G) 1:00 Learn to Dance the Salsa! With Maria Fyntrilaki (Dance Studio) 2:00 Mah Jongg (Room 16)	20 10:00-10:50 Internal Engineering with Rosie (Room 11) 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 “I Should Have Known That! Trivia contest with Raizy Berenbaum	21 10:00-11:00 Workout (Senior Center) 11:30 Jewish Literacy with Peydouth Fleischer (Room 2G) 10:00 TRIP: Statue of Liberty & Ellis Island LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!	22 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 “Healthy Sleeping Habits” with Suri Rabinowitz (Room 2G)	23 10:00-11:00 Exercise (Senior Center)
26 10:30-11:30 Exercise (Sr Ctr) 11:40 Nutrition with Rivka Shmaya (Room 2G) 1:00 “Conscience vs. Guilt” with Rebecca Weingarten (Room 2G) 1:00 Learn to Dance the Salsa! With Maria Fyntrilaki (Dance Studio) 2:00 Mah Jongg (Room 16)	27 10:00-10:50 Internal Engineering with Rosie (Room 11) 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 Pleasant Pastimes with Blimie (Room 11)	28 10:00-11:00 Workout (Senior Center) 11:30 Jewish Literacy with Peydouth Fleischer (Room 2G) 1:00 Glittery Fall Tree with Blimie (Room 2G)	29 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 “Healthy Sleeping Habits” with Suri Rabinowitz (Room 2G)	30 10:00-11:00 Exercise (Senior Center)

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

Independent Living

Resources for Women Who Live Alone

Living independently comes with its own unique set of rewards—and challenges. Join Rebecca Weingarten and Malky Hertz for a practical, warm, and supportive monthly series focused on taking charge of your life with confidence.

Together, we'll explore practical resources, self-advocacy in healthcare and community settings, financial and personal safety, and how to build a strong personal network. It's a space to learn, share, and connect with other women on the same journey.

Pleasant Pastimes with Blimie

Get together one afternoon each month and socialize over a nice activity—maybe a snack too!

This is not an arts & crafts class—rather, the emphasis is on conversation, friendship, and enjoying a pleasant time together!



Tuesday, October 27

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

10/7: "Neptune's Daughter"

(Musical comedy: A bathing suit designer has romantic troubles...)

10/14: "The Harvey Girls"

(Musical comedy: Straitlaced waitresses battle saloon girls to win the West ...)

10/21: NONE

10/28: "Night and Day" *(Musical: Fanciful biography of songwriter Cole Porter...)*

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.

