



OHR ESTHER YOUNG MASHADI JEWISH CENTER



Where we serve the religious, educational, cultural and social needs of the Mashadi Jewish Community.

Programs @ Ohr Esther
Spring 2015 5775

Registration Day: Sunday, January 18th
Time: 2:00 p.m - 5:00 p.m
Location: 130 Steamboat Road





ABOUT OUR PROGRAMS

Welcome to the Community Program Guide for the Spring 2015 Semester. Our Program Guide offers a wide variety of classes and programs for community members of all ages. We encourage everyone to take a good look and register for all of the classes they like.

All classes are limited in space and are available on a first-come, first-served basis.

We hope to see all of the community members on Registration Day and we look forward to a very successful semester.

On behalf of UMJCA, thank you.

Avital Rahmanan Raynor

Program Director



REGISTRATION INFORMATION

UMJCA reserves the right to cancel any program due to insufficient registration. All programs are subject to minimum and maximum enrollment.

In such cases, you will receive notification and a full refund. If you withdraw from a program PRIOR to the first session, a refund may be made.

All payments must be made on Registration Day.

All programming open to Mashadi Community members only.

Absolutely no refunds will be made after the 2nd week.

FOLLOW us on Instagram by searching for the username: **OhrEsther**



"LIKE" our FACEBOOK PAGE at: facebook.com/OhrEsther130Steamboat



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DATES & TIMES:

Camp MJC will run from June 29th through August 21st, 2015 from 8:30 a.m - 4:00 p.m.

Drop off and pick-up will be at **Shaare Shalom** (54 Steamboat Road).

Door-to-door transportation will be available for an additional fee.

Camp MJC has been created by our own community members in response to a great need for a summer camp. Many parents and volunteers have spent countless hours envisioning and creating a camp that will be the most fun, creative, organized, safe, memorable and affordable for our children. We have conducted various meetings to discuss logistics, prices, ages, locations and many other factors in order to open Camp MJC this summer.

Camp MJC is fully licensed and will follow all Nassau County health regulations and guidelines. The safety and well-being of our children along with an exciting and organized summer program is of the utmost importance to us.

We are thrilled to announce that **Rabbi Steven Moskowitz will be our Camp Director.** Rabbi Moskowitz is a seasoned educator and professional Camp Director with over 20 years of experience running successful Jewish sports camps.

Camp MJC is open to all members of the Mashadi Jewish Community, Kindergarten - 6th Grade, on a first-come, first-served basis.

Early Bird Registration and the camp Open House will be held on Sunday, January 18th from 2-5p.m at Ohr Esther.

Early Bird Dates: January 18th - February 15th, 2015 (or until the first 150 members register – whichever is sooner). Regular camp fees will be in effect starting on February 16th, 2015.

EARLY BIRD FEES:

8 weeks: \$2800
7 weeks: \$2600
6 weeks: \$2400
5 weeks: \$2200
4 weeks: \$2000

REGULAR CAMP FEES:

(starting on February 16th or after the first 150 parents register – whichever is sooner)

8 weeks: \$3200
7 weeks: \$3000
6 weeks: \$2800
5 weeks: \$2600
4 weeks: \$2400

This pricing and availability is only open to members of the UMJCA as of now.

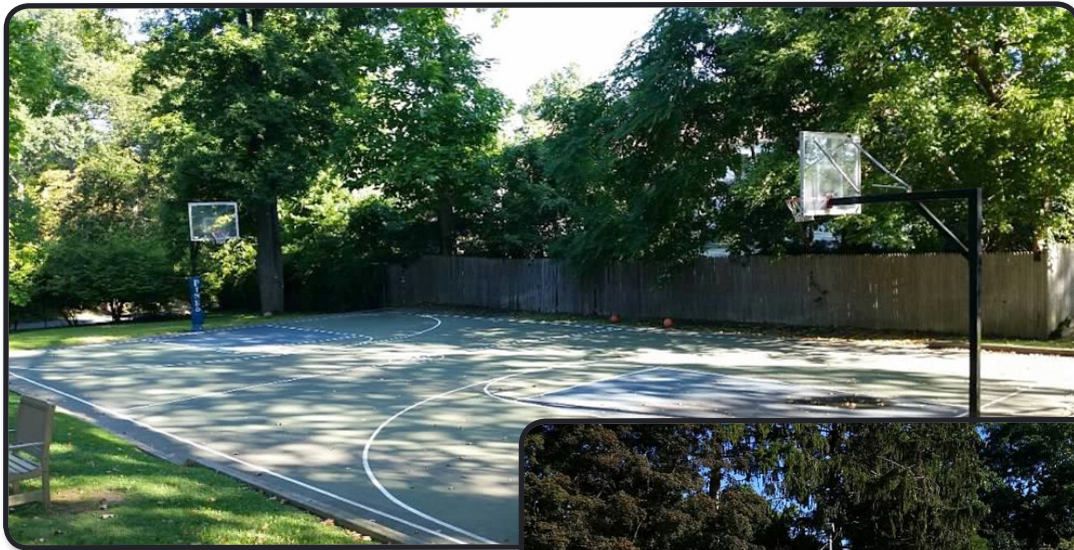
LOCATION:

Camp MJC is unique in a sense that we offer a full array of indoor and outdoor activities. We will have at least 1 indoor gymnasium, many classrooms, a lunchroom as well as access to Roslyn Pines Pool and Tennis Club, which is off of Mineola Avenue (connected to Pierce and Shibley Camps). Roslyn Pines Pool and Tennis Club is home to a large heated pool, a kiddie pool, 3 tennis courts, 2 full-court basketball courts with plexiglass backboards, a playground, locker rooms, and a shaded lunch area.

For further information, please email info@campmjc.org

Follow us on Instagram by searching for the username: **CampMJC**.

Like our Facebook page at: [facebook.com/CampMJC](https://www.facebook.com/CampMJC)



EARLY CHILDHOOD AND YOUTH PROGRAMS

MOMMY AND ME

AGE: 8-17 MONTHS

Monday Sessions: 13 sessions / \$245

Tuesday Sessions: 14 sessions / \$265

Instructor: Candie Zar

CLASS	DAY	FIRST DAY	TIME
Mommy and Me	Mondays	February 23rd	11:45 a.m - 1:00 p.m
Mommy and Me	Tuesdays	February 24th	9:45 a.m - 11:00 a.m



YOGA FOR MOMMIES AND BABIES

Sessions: 13 sessions / \$195

Instructor: Paulina Hakimi

GRADE	DAY	FIRST DAY	TIME
Birth - 6 months	Mondays	February 23rd	10:00 a.m - 11:00 a.m

BALLET

Sessions: 13 sessions / \$195

Instructor: Katia Surrence

GRADE	DAY	FIRST DAY	TIME
Nursery	Sundays	February 22nd	2:00 p.m - 3:00 p.m
Nursery	Mondays	February 23rd	3:00 p.m - 4:00 p.m



ARTS & CRAFTS

Sessions: 14 sessions / \$210
 Toddler Instructor: Raquel Nikfarjam
 Nursery Instructor: Shauna Tavazo
 Pre-K Instructor: Lizzy Blass

GRADE	DAY	FIRST DAY	TIME
Toddler	Fridays	February 27th	12:40 p.m - 1:30 p.m
Nursery	Fridays	February 27th	1:00 p.m - 2:00 p.m
Pre-K	Fridays	February 27th	1:00 p.m - 2:00 p.m



SPORTS AND FUN

Monday Sessions: 13 sessions / \$195
 Tuesday & Friday Sessions: 14 sessions / \$210
 Instructor: Candie Zar

GRADE	DAY	FIRST DAY	TIME
Toddler	Mondays	February 23rd	2:00 p.m - 2:40 p.m
Toddler	Fridays	February 27th	12:40 p.m - 1:30 p.m
Nursery Girls (Sports / Zumba)	Tuesdays	February 24th	3:00 p.m - 4:00 p.m
Pre-K Girls (Sports / Zumba)	Mondays	February 23rd	3:00 p.m - 4:00 p.m



TODDLER SPORTS AND FUN

*Shaare Rachamim Location

Toddlers
 Instructors: Kellie Aminoff & Chloe Eteessami
 Day: Wednesdays
 First Day: February 25th
 Time: 2:30 p.m - 3:20 p.m
 Sessions: 13 sessions / \$195



GYMNASTICS

Sessions: 14 sessions / \$210
Instructor: Kelly Chan

GRADE	DAY	FIRST DAY	TIME
2nd & 3rd Grade Girls	Tuesdays	February 24th	4:15 p.m - 5:15 p.m
Kindergarten & 1st Grade Girls	Tuesdays	February 24th	5:15 p.m - 6:15 p.m



SOCCER BOYS

Sessions: 13 sessions / \$195
Instructor: Premier Soccer Academy

GRADE	DAY	FIRST DAY	TIME
Nursery	Thursdays	February 26th	3:00 p.m - 4:00 p.m
Pre-K	Mondays	February 23rd	3:00 p.m - 4:00 p.m



SOCCER GIRLS

Friday Sessions: 14 sessions / \$210
Sunday Sessions: 13 sessions / \$195
Instructors: Karine Bassal & Talia Levian

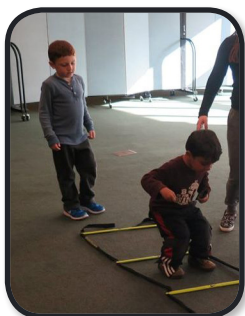
GRADE	DAY	FIRST DAY	TIME
Pre-K	Fridays	February 27th	1:00 p.m - 2:00 p.m
Kindergarten	Sundays	February 22nd	2:00 p.m - 3:00 p.m
1st Grade	Sundays	February 22nd	3:00 p.m - 4:00 p.m
2nd Grade	Sundays	February 22nd	4:00 p.m - 5:00 p.m



FITNESS FUN

Sessions: 14 sessions / \$210
Instructor: Sepi Koren

GRADE	DAY	FIRST DAY	TIME
Nursery Boys	Tuesdays	February 24th	3:00 p.m - 4:00 p.m



MARTIAL ARTS



Sessions: 13 sessions / \$195
Instructor: I Love Kickboxing
**Course fee does not include uniform

GRADE	DAY	FIRST DAY	TIME
Pre-K Boys	Thursdays	February 26th	3:00 p.m - 4:00 p.m
Kindergarten Boys	Thursdays	February 26th	4:00 p.m - 5:00 p.m

DYNAMIC DUO DANCE

Thursday Sessions: 13 sessions / \$195
Sunday & Tuesday Sessions: 14 sessions / \$210
Instructors: Celia Bassalely and Melanie Namdar

GRADE	DAY	FIRST DAY	TIME
Nursery	Thursdays	February 26th	3:00 p.m - 4:00 p.m
Kindergarten Girls	Tuesdays	February 24th	4:00 p.m - 5:00 p.m
4th Grade Girls	Sundays	February 22nd	3:00 p.m - 4:00 p.m
5th & 6th Grade Girls	Sundays	February 22nd	4:00 p.m - 5:00 p.m





DANCE WITH ODELIA

Sessions: 13 sessions / \$195
Instructor: Odelia Namdar

GRADE	DAY	FIRST DAY	TIME
1st & 2nd Grade Girls	Mondays	February 23rd	4:15 p.m - 5:15 p.m
3rd Grade Girls	Mondays	February 23rd	5:15 p.m - 6:15 p.m



FONDANT FOR BEGINNERS

Sessions: 4 sessions / \$70
Instructor: Nazly Zar

GRADE	DAY	FIRST DAY	TIME
4th Grade Girls	Mondays	February 26th	4:15 p.m - 5:15 p.m



TEEN FITNESS FUN

Sessions: 13 sessions / \$195
Instructor: Sepi Koren

GRADE	DAY	FIRST DAY	TIME
7th Grade Girls	Thursdays	February 26th	5:30 p.m - 6:30 p.m

YOGA FOR TEENS

Sessions: 13 sessions / \$195
Instructor: Elana Banilevy

GRADE	DAY	FIRST DAY	TIME
High School Girls	Thursdays	February 26th	6:00 p.m - 7:00 p.m



DANCE FOR TEENS WITH DIANA

Sessions: 13 sessions / \$195
Instructor: Diana Hakimi

GRADE	DAY	FIRST DAY	TIME
8th Grade Girls	Thursdays	February 26th	7:00 p.m - 8:00 p.m



WHAT NOW? LIFE AFTER HIGH SCHOOL

Sessions: 3 sessions / \$45
Instructor: Jennifer Kohanim

Deciding what you're going to study in college and what you're going to pursue once you've graduated can be confusing and overwhelming. How do you know what you're good at? How do you figure out what you're passionate about? And how you do go about getting a job you actually like after you graduate? Join a three-part series to learn more about how you can take steps to figuring it all out. Open to current college students (from freshmen to seniors) and graduates.

DAY	DATES	TIME
Mondays	February 23rd, March 2nd, March 9th	8:30 p.m - 9:30 p.m

MJC BASKETBALL/SPORTS

Gym @ 54 Steamboat Road



REGISTRATION INFORMATION

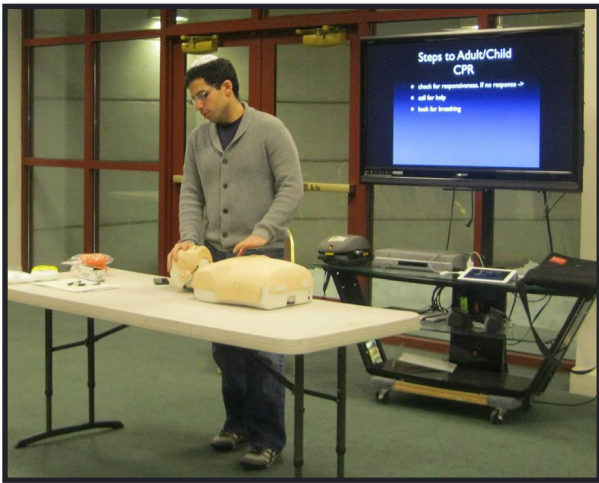
All basketball and sports classes at MJC will continue in session. For more information on all basketball/sports classes at MJC, please contact Nasi Gorjian at: mjcsports@aol.com



CPR WORKSHOP

This course covers CPR for the adult, child and infant. Rescue breathing using a barrier device and Bag-Valve Mask (BVM), Use of an AED, and relief of foreign body airway obstructions (choking).

College and Up
1 session / \$65
Instructor: Dr. Justin Hakimian
Day: Sunday
Date: March 1st
Time: 5:30 p.m - 8:30 p.m



FIRST AID

This course is for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory or other requirements. This course offers training on how to approach basic medical, environmental, & injury-related emergencies.

College and Up
1 session / \$65
Instructor: Dr. Justin Hakimian
Day: Sunday
Date: March 8th
Time: 5:30 p.m - 8:30 p.m



GENETICS, GENOMICS AND THE AGE OF PERSONALIZED MEDICINE

Join Dr. Gidon Akler (Aghlar) as he discusses the current state of genetic medical technology and how it applies to disease prevention and our health.

All are welcome
1 session / No charge
Instructor: Dr. Gidon Akler, Genetics & Genomic Sciences
Day: Monday
Date: March 9th
Time: 8:30 p.m - 9:30 p.m

OPEN LEVEL YOGA

***Shaare Rachamim Location**

Yoga for students of all levels who are ready to experience a more fast-paced, flowing class.

College and Up

13 sessions / \$130

Instructor: Paulina Hakimi

Day: Mondays

Date: February 23rd

Time: 11:30 a.m - 12:30 p.m

BEGINNER YOGA

Yoga for students with little or no experience with yoga. A slower paced class, focused on the basic elements of the postures and synchronizing breath with movement.

College and Up

13 sessions / \$130

Instructor: Paulina Hakimi

Day: Mondays

Date: February 23rd

Time: 7:00 p.m - 8:00 p.m

OPEN LEVEL YOGA

Yoga for students of all levels who are ready to experience a more fast-paced, flowing class.

College and Up

13 sessions / \$130

Instructor: Paulina Hakimi

Day: Mondays

Date: February 23rd

Time: 8:00 p.m - 9:00 p.m

TONING YOGA FOR WOMEN

Join Elana Baniliv for a women's toning yoga class. Practice yoga techniques that will promote weight loss, increase metabolism, and strengthen your body. Class will conclude with meditation.

College and Up

13 sessions / \$195

Instructor: Elana Baniliv

Day: Thursdays

Date: February 26th

Time: 7:00 p.m - 8:00 p.m

MAT PILATES STRETCH + TONE

***Shaare Rachamim Location**

This class will primarily focus on core strengthening and postural exercises, as well as muscle toning exercises with light weights, resistance bands and Pilates balls.

College and Up

14 sessions / \$140

Instructor: Sepi Koren

Day: Tuesdays

Date: February 24th

Time: 12:00 p.m - 1:00 p.m

LAUGHTER YOGA

Find out what everyone is laughing about! Let's Unearth our mirth and reduce our stress with Laughter Yoga Coach, Francine Shore. We women are always juggling our family, businesses and social calendars!

Laughter Yoga (performed standing up) is the latest cardio-vascular wellness trend found in agencies, hospitals, schools and corporations. The health benefits include addressing the mind, body and spirit. It is based on yogic principles that involve laughter exercises, deep breathing, stretching, movement and seated laughter meditation. (NO YOGA MATS or lying on the floor).

Laughter Yoga has lots of health perks – it strengthens the immune system, decreases depression and anxiety, alleviates stress, releases endorphins and decreases stress hormones, enhances creativity and productivity, cardio-vascular (burns 300 calories per hour,) boosts team morale, lowers blood pressure, alleviates asthma and arthritis (as it is a natural pain analgesic), oxygenates all the cells in your body, and offers playful social connectivity with others.

College and Up

1 session / \$20

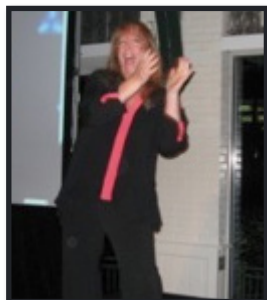
Instructor: Francine Shore/

The Laughter Yoga Salon NYC

Day: Monday

Date: April 20th

Time: 8:00 p.m - 9:00 p.m



ZUMBA FOR WOMEN

Zumba Boot Camp is a women's only dance fitness class that will include cardio and strength to meet all your fitness needs. Our goal is to get you to sweat and feel good, boost your energy and release your stress in a non intimidating environment!

Women College and Up

8 sessions/\$80 or \$15 Walk-Ins

Instructor: Celia Bassalely & Candie Zar

Day: Tuesdays

Date: February 24th

Time: 8:00 p.m - 9:00 p.m



ZUMBA FOR WOMEN

***Shaare Rachamim Location**

Zumba Boot Camp is a women's only dance fitness class that will include cardio and strength to meet all your fitness needs. Our goal is to get you to sweat and feel good, boost your energy and release your stress in a non intimidating environment!

Women College and Up

8 sessions/\$80 or \$15 Walk-Ins

Instructor: Celia Bassalely & Candie Zar

Day: Thursdays

Date: February 26th

Time: 11:00 a.m - 12:00 p.m

COOKING CLASSES

PERSIAN DELIGHTS PLUS

Persian Delights is a demo class which will be taught by some of the most experienced chefs in our community. Every week, a different community member will teach the class her favorite specialty dish or dessert. After 3 sessions, students will leave the class with the skills to create many new and delicious Persian and non-Persian recipes!

Save the Date!

College and Up

3 sessions/\$45 or \$20 per class

Instructors: Community Chefs

Day: Tuesdays

Dates: February 24th, March 3rd & March 10th

Time: 8:30 p.m - 10:00 p.m



PAINT NIGHT AT OHR ESTHER

Join us for fun-filled evenings of creating your own artwork while enjoying wine and cheese with your friends and loved ones. Each night will have a specific theme and will be hosted by the talented Raquel Nikfarjam from 8:00 - 10:00 p.m:



NIGHT 1

Ladies Night
Thursday, February 26th
Bring your friends for a ladies night out!

NIGHT 2

Date Night
Thursday, March 12th
A night out for married and engaged couples!



NIGHT 3

Singles Night
Thursday, April 16th
A night out with your friends!

NIGHT 4

Mommy Night
Thursday, May 14th
Create artwork for your child's room!
College and Up
1 session / \$36
Instructor: Raquel Nikfarjam
Day: Sundays
Date: February 22nd, March 15th, April 19th & May 10th
Time: 8:00 p.m - 10:00 p.m



MASHADI MUSICIANS GUILD

If you play an instrument and would like the opportunity to play with others and learn new playing styles then please join the Mashadi Musicians Guild.

We are gathering any and all members of our community that would like a chance to play music with other musicians in our own community and enjoy that experience and have an opportunity to explore new music styles and methods.

We intend to have a couple "Open Jam – Performance Nights" where we will play music together for a live audience to enjoy and have some food and drinks in a casual atmosphere.

Please email: music.mashadi@gmail.com for further information and to list yourself in the guild.

College and Up

SEWING 101

If you are a Pinterest-aholic and love a good DIY, then this Sewing 101 class is for you! In 6 classes, you will learn the basic sewing skills needed to create simple projects of your own. This class will focus on basic skills and technique, carrying over to various projects including clothing construction and home decor. At the conclusion of this course, participants will have various finished projects to use and wear, as well as the skill-set to construct projects of their own.

College and Up

6 sessions / \$150

Instructors: Natalie Cohen & Nissania Hazghia

Day: Tuesdays

Dates: April 14th, April 21st, April 28th,

May 5th, May 12th & May 19th

Time: 8:30 p.m - 10:00 p.m



Join us once a month on Sunday nights at The MYC Living Room to relax.

We will have snacks and different themes each month. **Contact Melyna Hadjibay at melynahadjibay@gmail.com for questions and sponsorship opportunities.**

Dates to be announced!

BASIC & INTERMEDIATE CONVERSATIONAL SPANISH

Spanish is one of the most widely spoken languages in the world. Learning basic conversational Spanish will improve your business, travels, and every day interactions. This class will make the process of learning a language fun through music, culture and real situations that you will find in New York and across the globe. The class will be open to a wide range of learners—from those with minimal knowledge of Spanish to fairly comfortable speakers who want to sharpen their skills.

This class is on an intermediate level for those who have completed Level 1.

College and Up

5 sessions / \$150

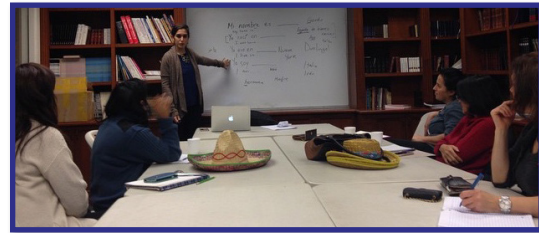
Instructor: Elana Hazghia

Day: Sundays

Dates: April 19th, April 26th, May 3rd,

May 10th & May 17th

Time: 5:00 p.m - 7:00 p.m



PLAYING WITH FEAR WITH DORINA KALATY

Fear is a normal part of life. Come be a part of this exciting and innovative two-part workshop series where you will learn how to stop numbing, running and fighting your fears! You will be led by Life Coach Dorina Kalaty on how to become aware, accept and move forward with your fears.

College and Up

2 sessions / \$30

Instructor: Dorina Kalaty

Day: Mondays

Dates: February 23rd & March 2nd

Time: 8:30 p.m - 9:30 p.m

JEWISH EDUCATION PROGRAMS BY UMJCA

All Classes & Programs Approved By Religious Council

TEEN TUESDAYS

Calling all boys in 6th & 7th Grade - Come join us every Tuesday night at Ohr Esther from 7:00 p.m to 8:20 p.m for Parasha of the Week. Games, Pizza, Raffles, Prizes, Ping Pong and much more.

For further information, please contact Ayzik Kohan at safety@mashadi.org

6th and 7th Grade Boys

No charge

Day: Tuesdays

Time: 7:00 p.m - 8:20 p.m



GIRLS NIGHT OUT

Calling all girls in 6th & 7th Grade - Come join us every Monday night at Ohr Esther from 7:00 p.m to 8:20 p.m for Parasha of the Week. Pizza, Games, Raffles, Prizes and much more.

For further information, please contact Ayzik Kohan at safety@mashadi.org

6th and 7th Grade Girls

No charge

Day: Mondays

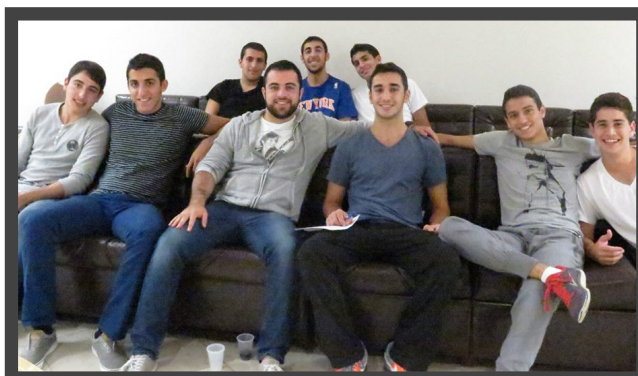
Time: 7:00 p.m - 8:20 p.m



MNL, TNL and ThNL is a year-long Jewish Ed program for 8th-12th grade students. The classes will cover a variety of Jewish topics such as: honoring parents and family issues, brachot, Kanissa services on Shabbat, what we know about G-d, and the Torah.

MNL (MONDAY NIGHT LEARNING)

11th & 12th Grade
\$150/semester
Instructor: Rabbi Barak Levy
Day: Mondays
Time: Dinner 7:00 p.m
Learning: 7:30 p.m - 8:30 p.m



TNL (TUESDAY NIGHT LEARNING)

8th Grade
\$150/semester
Instructor: Rabbi Barak Levy
Day: Tuesdays
Time: Dinner 7:00 p.m
Learning: 7:30 p.m - 8:30 p.m

ThNL (THURSDAY NIGHT LEARNING)

9th & 10th Grade
\$150/semester
Instructor: Rabbi Barak Levy
Day: Thursdays
Time: Dinner 7:00 p.m
Learning: 7:30 p.m - 8:30 p.m

For more information about MNL, TNL and ThNL please contact: Miriam Hajibay at: mimibijoux@aol.com

THE POST ISRAEL TRIP (THE PIT)

The PIT is specifically designed for high school senior boys who participated in the MYC trip to Israel. Class offered by the MYC.

12th Grade
No charge
Instructor: Ariel Dilamani
Day: Tuesdays
Time: 8:15 p.m

TLC AT UMJCA

TLC is the community's new alternative in Jewish education for all Public School girls. TLC is an after-school program which takes place daily in Shaare Rachamim, and covers subjects such as Chumash, personalities in Tanach, weekly Parasha and Siddur reading/Tefila. TLC provides the bricks of our Mashadi tradition, heritage and Jewish identity that lay the foundation for each girl's life. Our program is designed to accommodate each individual girls level in Judaic knowledge and Hebrew language skills.

Contact for questions:
Elisheva Hakimian
elishevahakimian@gmail.com
516-851-9235

***Shaare Rachamim Location**



High School Girls
\$650/semester
Instructor: Rabbi Joshua Maroof, Elisheva Hakimian, Karen Karmely, Amit Yaghoubi and Robin Zeroovabeli
Day: Monday - Thursday
Semester: January 19th - June 8th
Time: 3:30 p.m - 4:30 p.m

THE NEXT CHAPTER

All girls 18+ are invited to Ohr Esther for Rabbi Barak Levy's lecture series entitled The Next Chapter. Entering the "next chapter in life" is a thrilling new step that we all await. It is a journey waiting to unfold and is accompanied by challenges and decisions we must make that will determine our future. Join us for a series of inspiring and informative classes that will focus on how to apply the tools we have to achieve success, while maintaining our Torah tradition. For further information, please contact Nadine Hajibay at nadinehajibay@gmail.com.

College girls

No charge

Instructor: Rabbi Barak Levy

Dates: TBA

Time: 8:30 p.m



IVREAD

IVREAD is a program meant to provide Hebrew reading skills to the youth of our community. We will cater to different levels of reading, from those who need help with their Aleph-Bet to those who want to understand what's going on in Kanissa. Ivread is an intensive eight week course taught by trained members of our own community. We invite you to join us in this endeavor!

College and Up

8 sessions: Current students / \$25

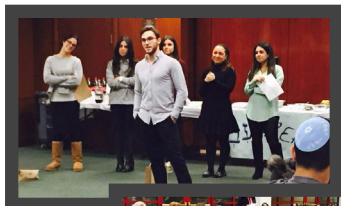
New students / \$30

Instructor: Community Teachers

Day: Mondays

Start Date: February 2nd

Time: 8:30 p.m - 9:30 p.m



NACH SHIUR

The Nach (Neviim and Ketuvim) Shiur has been engaged in the study of the prophetic scriptures for the last five years. We have used traditional and non-traditional methods in our studies, quoted from Abarbanel to Aristotle and from Radak to Raiders of the Lost Ark. The group is united by the one goal of understanding the depths of the prophets, sensitizing ourselves to the nuances of scripture and embracing the majesty of the Jewish Tradition.

For more information, contact Ayzik Kohan at: safety@mashadi.org. This class will be taught by Oren Bezalely and Besalel BenHaim.

College and Up

8 Sessions / \$26

Instructors: Oren Bezalely & Besalel BenHaim

Day: Mondays

Time: 9:30 p.m - 11:00 p.m

SUNDAY MORNING PARASHA CLASS WITH RABBI ADAM SABZEVARI (& BREAKFAST)!

Every Sunday morning, Rabbi Adam Sabzevari discusses the weekly Parasha in a relatable and interesting way. We have a dynamic and interactive atmosphere to encourage everyone's involvement. Breakfast will be served at 9:45 a.m. The class will be held from 10 a.m - 11 a.m at 54 Steamboat Road. This class is open to all men of all ages.

For more information, contact Ben Nabavian at benjamin.nabavian@gmail.com

College and Up

No charge

Instructor: Rabbi Adam Sabzevari

Day: Sundays

Time: 9:45 a.m - 11:00 a.m



LEARN IT UP

Learn It Up is a Jewish education program administered by the MYC. Our curriculum is diverse and appeals to all religious levels. We offer topics such as: Jewish History, Philosophy, Zionism, Mashadi Traditions, Halacha, Talmud, and more! If you would like to sponsor dinner or teach a class please contact Aaron Aziz at abmaziz18@gmail.com.

College and Up

No charge

Approved Instructors by Religious Council

Day: Wednesdays

Time: 8:00 p.m - 10:00 p.m

S.H.A.L.O.M. MARRIAGE AND COMMUNICATIONS WORKSHOP

The highly acclaimed S.H.A.L.O.M. Workshop is an innovative program designed for newly married couples (5 years or less), teaching easily learnable skills for successful communication and effective problem solving. It is most worthwhile for any couples who desire harmony, happiness and fulfillment in their relationships. The S.H.A.L.O.M. Workshop teaches the art of effective communication and gives couples tools to enhance their relationship. The ability to recognize, understand and meet each others emotional needs helps build a strong foundation for a happy and healthy marriage. Donations/sponsorships are welcome.

Married Couples

3 sessions / No charge (Limit: 10 couples)

Instructor: Shalom Task Force

Day: Mondays

Dates: TBA

Time: 8:00 p.m - 10:00 p.m

SEPHARDIC BET MIDRASH

The Sephardic Bet Midrash is now open. The building is available for classes, lectures, and chevrotas (one on one learning). Please check Kanissa News to view the class schedules. For further information, please contact Josh Levian at 516-423-9355 or Nathan Zaboulani at 516-244-3623.

College and Up

No charge

Instructors: Rabbi Joshua Maroof & Community Rabbis

Days: Monday - Thursday at Shaare Rahamim

Time: 8:00 p.m - 10:00 p.m



KALLAH CLASSES

All engaged women are encouraged to take Kallah classes with Rabbanit Coty Bitton. These classes primarily cover taharat hamishpacha (family purity), ceremonial aspects of the wedding, as well as basic guidelines for shalom bayit (a peaceful home), and many more topics of interest.

You may set up a private appointment directly with Rabbanit Bitton. She is available on Tuesday or Thursday mornings, 10 a.m-1 p.m. To schedule an appointment and if you have any questions, please contact Rabbanit Bitton via e-mail: CotyBitton@yahoo.com or call/text her at: (516) 382-4398.

For further information, you may also contact Dana Bassali at: Starbchic@aol.com.

All Engaged Women

No charge

Approved Instructors by Religious Council



THURSDAY MORNING LADIES PARASHA CLASS WITH RABBANIT COTY BITTON

Join us on Thursday mornings at 9:45 a.m for a fun, interactive, and insightful class about the weekly parasha.

Women all ages

No charge

Instructor: Rabbanit Coty Bitton

Day: Thursdays

Time: 9:45 a.m

CHATTAN CLASSES

There will be 4-5 interactive one-on-one sessions that will provide an understanding and appreciation of Jewish married life. Topics will include intimacy, relationships, Shalom Bayit and more.

For more information and to schedule sessions, please contact Rabbi Mosheh Aziz or Moshe Enayatian at moshehaziz@gmail.com or menayatian@gmail.com.

All Engaged Men

No charge

Approved Instructors by Religious Council

HOME IMPROVEMENT CLASSES WITH RABBANIT COTY BITTON

Rabbanit Coty Bitton's Home Improvement classes for women will cover parenting, Shalom Bayit, and Rosh Hashannah topics.

To receive information about these classes, please follow the Ohr Esther Facebook page or subscribe to the Just For Women email list at <http://www.kanissanews.com/j4w>

Coming Soon:

*Shalom Bayit & Parenting Workshops with Rabbi Bitton

*MYC Rosh Chodesh Lectures with Community Rabbis

EVENTS CALENDAR

Sunday

CPR Workshop
March 1

First Aid
March 8th

Paint Night 1:
Ladies Night
February 22nd

Paint Night 2
Date Night
March 15th

Paint Night 3
Singles Night
April 19th

Paint Night 4
Mommy Night
May 10th

Monday

Playing With Fear
February 23rd & March 2nd

Genetics, Genomics & The Age
Of Personalized Medicine
March 9th

Healthy Heart Healthy Life
October 6th

Laughter Yoga
April 20th

HEALTH & FITNESS

CPR Workshop	13
First Aid.....	13
Genetics, Genomics and The Age of Personalized Medicine	13
Open Level Yoga (Shaare Rachamim)	14
Beginner Yoga.....	14
Open Level Yoga	14
Toning Yoga for Women	14
Mat Pilates Stretch + Tone.....	14
Laughter Yoga.....	15
Zumba for Women	15
Zumba for Women (Shaare Rachamim)	15

COOKING CLASSES

Persian Delights Plus.....	17
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FEEL GOOD

Paint Night at Ohr Esther	17
Mashadi Musicians Guild	17
Sewing 101.....	18
Basic & Intermediate Conversational Spanish.....	18
Playing with Fear with Dorina Kalaty.....	18

EARLY CHILDHOOD AND YOUTH CALENDAR

Sunday	Monday	Tuesday	Wednesday	Friday
Ballet Nursery 2:00 - 3:00 p.m	Yoga for Mommies & Babies 10:00 - 11:00 a.m	Mommy & Me 9:45 - 11:00 a.m	Sports & Fun Toddler Shaare Rachamim 2:30 - 3:20 p.m	Sports & Fun Toddler 12:20 - 1:30 p.m
Soccer Kindergarten Girls 2:00 - 3:00 p.m	Mommy & Me 11:45 a.m - 1:00 p.m	Sports / Zumba Nursery Girls 3:00 p.m - 4:00 p.m		Arts & Crafts Toddler 12:40 - 1:30 p.m
Soccer 1st Grade Girls 3:00 - 4:00 p.m	Sports & Fun Toddler 2:00 p.m - 2:40 p.m	Fitness Fun Nursery Boys 3:00 - 4:00 p.m	Thursday	Arts & Crafts Nursery 1:00 - 2:00 p.m
Dynamic Duo Dance 4th Grade Girls 3:00 - 4:00 p.m	Ballet Nursery 3:00 - 4:00 p.m	Dynamic Duo Dance Kindergarten Girls 4:00 - 5:00 p.m		Soccer Boys Nursery 3:00 p.m - 4:00 p.m
Soccer 2nd Grade Girls 4:00 - 5:00 p.m	Sports/Zumba PreK Girls 3:00 - 4:00 p.m	Gymnastics 2nd & 3rd Grade Girls 4:15 - 5:15 p.m	Dynamic Duo Dance Nursery Girls 3:00 - 4:00 p.m	Soccer Pre-K Girls 1:00 - 2:00 p.m
Dynamic Duo Dance 5th & 6th Grade Girls 4:00 - 5:00 p.m	Dance with Odelia 1st & 2nd Grade Girls 4:15 - 5:15 p.m	Gymnastics Kindergarten & 1st Grade Girls 5:15 - 6:15 p.m	Martial Arts Pre-K Boys 3:00 p.m - 4:00 p.m	
	Fondant for Beginners 4th Grade Girls 4:15 - 5:15 p.m		Martial Arts Kindergarten Boys 4:00 p.m - 5:00 p.m	
	Dance with Odelia 3rd Grade Girls 5:15 - 6:15 p.m		Teen Fitness Fun 7th Grade Girls 5:30 - 6:30 p.m	
	What Now? Life After High School 8:30 - 9:30 p.m		Yoga for Teens High School Girls 6:00 - 7:00 p.m	
			Dance for Teens with Diana 8th Grade Girls 7:00 - 8:00 p.m	

ADULT CALENDAR

Sunday	Monday	Tuesday	Thursday
Basic & Intermediate Conversational Spanish 5:00 p.m - 7:00 p.m	Open Level Yoga Shaare Rachamim 11:30 a.m - 12:30 p.m	Mat Pilates Stretch + Tone Shaare Rachamim 12:00 p.m - 1:00 p.m	Zumba for Women Shaare Rachamim 11:00 a.m - 12:00 p.m
CPR Workshop 5:30 p.m - 8:30 p.m	Beginner Yoga 7:00 p.m - 8:00 p.m	Zumba for Women 8:00 - 9:00 p.m	Persian Delights Plus 8:30 p.m - 10:00 p.m
First Aid 5:30 p.m - 8:30 p.m	Open Level Yoga 8:00 p.m - 9:00 p.m	Sewing 101 8:30 p.m - 10:00 p.m	Dance for Women 8:30 p.m - 9:30 p.m
Paint Night at Ohr Esther 8:00 p.m - 10:00 p.m	Laughter Yoga 8:00 p.m - 9:00 p.m	Persian Delights Plus 8:30 p.m - 10:00 p.m	Toning Yoga for Women 7:00 p.m - 8:00 p.m
	Genetics, Genomics and the Age of Personalized Medicine 8:30 p.m - 9:30 p.m		
	Playing with Fear with Dorina Kalaty 8:30 p.m - 9:30 p.m		

JEWISH EDUCATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday
Parasha Class / Shaare Shalom 9:45 a.m - 11:00 a.m	TLC at UMJCA/ Shaare Rachamim 3:30 - 4:30 p.m	TLC at UMJCA/ Shaare Rachamim 3:30 - 4:30 p.m	TLC at UMJCA/ Shaare Rachamim 3:30 - 4:30 p.m	Ladies Parasha Class 9:45 a.m
	Girls Night Out 7:00 - 8:20 p.m	Teen Tuesdays 7:00 p.m - 8:20 p.m	Learn It Up 8:00 - 10:00 p.m	TLC at UMJCA/ Shaare Rachamim 3:30 - 4:30 p.m
	MNL Dinner: 7.00 p.m 7:30 p.m - 8:30 p.m	TNL Dinner: 7.00 p.m 7:30 p.m - 8:30 p.m	Sephardic Bet Midrash 8:00 p.m - 10:00 p.m	ThNL Dinner: 7.00 p.m 7:30 p.m - 8:30 p.m
	S.H.A.L.O.M Marriage & Communications Workshop 8:00 - 10:00 p.m	Sephardic Bet Midrash 8:00 p.m - 10:00 p.m		Sephardic Bet Midrash 8:00 p.m - 10:00 p.m
	Sephardic Bet Midrash 8:00 p.m - 10:00 p.m	The Post Israel Trip 8:15 p.m		
	Ivread 8:30 p.m - 9:30 p.m			
	Nach Shiur 9:30 - 11:00 p.m			



For further information about our programs
Please check out our website at: mashadi.org/programs

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facebook.com/OhrEsther130Steamboat

