



OHR ESTHER YOUNG MASHADI JEWISH CENTER

Programs @ Ohr Esther

FALL 2016 / 5777

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

Registration Day: Monday, August 22
Time: 6:00 pm - 9:00 pm
Location: 130 Steamboat Road



ABOUT OUR PROGRAMS

Welcome to the Community Program Guide for the Fall 2016 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 Programming LLC, thank you.

Avital Rahmanan Raynor
Program Director



REGISTRATION INFORMATION

UMJCA Programming LLC 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 class.



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



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

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CAMP MJC



After an amazing inaugural year, Camp MJC 2016 topped all expectations, for campers and parents alike! More than 340 campers from grades K-7 and 100 staff members from our own community youth were treated to an unforgettable summer. Activities included bi-weekly day trips; instructional and free swim; sports such as basketball, tennis, soccer and CrossFit; daily tefilah and weekly Shabbat parties, baking, jewelry-making and more, all in a lush country-club setting. Campers were able to strengthen existing friendships and forge new lifelong friendships across age groups. We will all cherish fond memories of an exciting summer for years to come.

Camp MJC would like to thank Roslyn Pines Swim & Tennis Club and North Shore Hebrew Academy for hosting Camp MJC again this summer.



We look forward to seeing everyone again for Camp MJC 2017!
Look out for registration information and job applications for Camp MJC 2017 this winter.

For further information, please call **516-640-0077** or email info@campmjc.org
Follow us on Instagram by searching for the username: **CampMJC**



Suggestions? Comments? Ideas?
Email us at: programs@mashadi.org or, Call us at: 516-708-9999

EARLY CHILDHOOD AND YOUTH PROGRAMS

MOMMY AND ME AGE: 8-17 MONTHS

Sessions: 12 sessions / \$180
Instructor: Candie Zar

CLASS	DAY	FIRST DAY	TIME
Mommy and Me	Mondays	September 19th	9:45 am - 11:00 am

ABSTRACT ART

Sessions: 10 sessions / \$150
Instructor: David Dilmanian

David has been an avid fan of abstract art since college and his influences are Jackson Pollack, Kandinsky and Jean Michel Basquiat. He has displayed his art in the 54 Art Exhibition and has recently taken an Advance Abstract Painting class at the 92nd Street Y. David uses canvas, sea shells, wood, and blackboard and he loves to include nature into his paintings. David uses oil, acrylic, commercial paint, color pencils and crayons.

GRADE	DAY	FIRST DAY	TIME
2nd - 4th Grades	Sundays	September 18th	2:00 pm - 2:45 pm
5th - 7th Grades	Sundays	September 18th	3:00 pm - 3:45 pm

CAKE DECORATING CLASS

Sessions: 6 sessions / \$100
Instructor: Nazly Zar

GRADE	DAY	FIRST DAY	TIME
4th-6th Grade Girls	Mondays	November 7th	4:15 pm - 5:15 pm



SPORTS AND FUN

Sessions: 12 sessions / \$180
Instructor: Candie Zar
Friday Instructor: Candie Zar/Kellie Aminoff

GRADE	DAY	FIRST DAY	TIME
Toddler	Tuesdays	September 20th	2:00 pm - 2:40 pm
Nursery & Pre-K Girls (Sports / Zumba)	Fridays	September 23rd	1:00 pm - 2:00 pm
Nursery	Mondays	September 19th	3:00 pm - 4:00 pm
Pre-K	Tuesdays	September 20th	3:00 pm - 4:00 pm



GYMNASTICS

Sessions: 12 sessions / \$180
Instructor: Kelly Chan

GRADE	DAY	FIRST DAY	TIME
K & 1st Grade Girls	Tuesdays	September 20th	4:15 pm - 5:15 pm
2nd & 3rd Grade Girls	Tuesdays	September 20th	5:15 pm - 6:15 pm



SOCCER BOYS

Sessions: 12 sessions / \$180
Instructor: Premier Soccer Academy

GRADE	DAY	FIRST DAY	TIME
Pre-K Boys	Fridays	September 23rd	1:00 pm - 2:00 pm
Nursery Boys	Thursdays	September 22nd	3:00 pm - 4:00 pm



DANCE AT OHR ESTHER

Sessions: 12 sessions / \$180

Sunday Sessions: 10 sessions / \$150

Nursery, Pre-K, Kindergarten Instructor: Odelia Namdar

1st - 6th Grade Instructors: Celia Bassalely and Melanie Namdar

GRADE	DAY	FIRST DAY	TIME
Nursery Girls	Thursdays	September 22nd	3:00 pm - 4:00 pm
Pre-K Girls	Mondays	September 19th	3:00 pm - 4:00 pm
Kindergarten Girls	Thursdays	September 22nd	4:00 pm - 5:00 pm
1st Grade Girls	Mondays	September 19th	4:00 pm - 5:00 pm
2nd Grade Girls	Mondays	September 19th	5:00 pm - 6:00 pm
3rd Grade Girls	Mondays	September 19th	6:00 pm - 7:00 pm
4th Grade Girls	Tuesdays	September 20th	5:00 pm - 6:00 pm
5th Grade Girls	Tuesdays	September 20th	6:00 pm - 7:00 pm
6th Grade Girls (Zumba)	Sundays	September 18th	3:00 pm - 4:00 pm



TAKE CHARGE OF YOUR HEALTH: A GUIDE FOR TEENS

Anat Kamali is presenting a healthy version of home economics to young teens who are forming lifelong eating habits. Teens will learn essential skills such as making tasty, healthy alternatives to snacks and meals incorporating fruits, vegetables and grain alternatives.

Open to all teens

3 sessions / \$45

Instructor: Anat Kamali

Day: Thursday

Dates: November 5th, 10th & 17th

Time: 8:00 pm - 9:00 pm

* Sunday option available

Suggestions? Comments? Ideas?

Email us at: programs@mashadi.org or, Call us at: 516-708-9999

TOMORROW'S LEADERS

Tomorrow's Leaders is a series of interactive workshops for high school juniors and seniors who have a dream to make a difference in the world! Through a series of facilitated interactive activities, TL is designed to help participants recognize, gain confidence in, and trust their own individual uniqueness and that of others! Participants will also be challenged to experience and explore opportunities slightly outside their comfort zones, leading to much desirable personal growth! Additionally, TL activities help to cultivate a greater sense of joy, creativity, and connection to ourselves and to others...all important qualities in a leader! The workshop entails lots of listening and communication, and participants will feel a group bond by the end of the course! As an individual who is passionate about personal development, and as a former NCAA Division I athlete and tennis coach, Justina believes that supportive people and supporting environments are instrumental towards reaching our life goals. If you have any questions and would like more information, feel free to contact her at TomorrowsLeaders123@gmail.com.

High School Juniors & Seniors

Instructor: Justina Hezghia

4 sessions / \$40

Day: Mondays

Dates: November 7th, 14th, 21st & 28th

Time: 8:00 pm - 9:30 pm

SAT MATH TUTORING AT OHR ESTHER

Increase your SAT Math score with professional instructor Jonathan Nassimi! Jonathan was born and raised in Great Neck. He graduated from Cornell University's undergraduate business school with concentrations in finance and accounting. He previously worked in investment banking, but is now pursuing the development of his start-up company. Jonathan achieved a perfect score in SAT Math and has since dedicated his past few summers to tutoring numerous individuals in SAT mathematics at an affordable rate.

A maximum of 16 students may register. Students will be divided into specially designed groups of 4 to allow for customized instruction that will cater to individual needs. Students will be notified of their class placement, dates, and time of sessions. Jonathan will instruct each group of 4 for 1.5 hours per week.

Open to High School Juniors & Seniors

Instructor: Jonathan Nassimi

10 sessions / 15 hours / \$499

Days: Tuesdays & Thursdays

Start Dates: August 23rd & 25th

Time: 6:00 pm - 7:30 pm & 7:30 pm - 9:00 pm

WINTER CAMP

Give your child a great camp experience during the winter school break! Our four day, fun-filled program features soccer, dance, arts & crafts, games and much more! Lunch is included! Open to all Nursery-2nd graders from 9:30am-3:00pm, Tuesday-Thursday and from 9:30am-2:00pm on Friday. For further information, please call or email Avital at 516-708-9999 or avital@mashadi.org

Nursery - 2nd Grade

Sessions: 4 sessions / \$250 or \$70 per day

Dates: Tuesday, December 27th, Wednesday, December 28th and Thursday, December 29th & Friday, December 30th

Time: 9:30 am - 3:00 pm Tuesday-Thursday
9:30 am - 2:00 pm on Friday

INDOOR PLAYGROUND

Join us on Sundays from January 8th-March 5th in the Social Hall at Ohr Esther for fun and playtime while it's cold outside! Children ages 1-6 are welcome with parental supervision.

1 - 6 years

Dates: Sundays, January 8th-March 5th

Time: 2:00 - 5:00 pm

* Please check Ohr Esther Facebook page and Instagram for detailed Indoor Playground schedule

CLUB MJC

Club MJC is a new community program for boys and girls in grades K-5 on Saturday afternoons from 4:30-7:00 pm at Ohr Esther. This adult-supervised program will include activities, games and dinner. All activities are Shabbat friendly. Sponsorships are available for birthdays. If your child has a birthday that you would like us to celebrate, your \$100 sponsorship will help pay for the food and activities for the week, birthday songs and dessert, and a special personalized gift for the birthday boy or girl.

Follow us on Instagram @ CLUBMJC for specific dates per grade. Volunteers and helpers welcome! Please contact avital@mashadi.org for volunteer and helper schedule. For more information, please email clubmjckids@gmail.com.





MJC BASKETBALL

Gym @ 54 Steamboat Road

REGISTRATION INFORMATION

- In person on Monday, August 22nd at Ohr Esther (130 Steamboat Road) from 6:00pm-9:00pm
- The fee for each class is \$300/child/class for the whole year
- Parents will be notified about JMBA Leagues at a later date
- A detailed calendar, including start and end dates, will be emailed to parents and available at registration
- No spots will be reserved without payment
- All classes are held in the gym at 54 Steamboat Road
- Classes are capped at 20 students
- **No refunds after the second class, no refunds for sick days and/or regrets**

<i>DAY</i>	<i>HOURS</i>	<i>AGE</i>	<i>SPORT</i>	<i>CONTACT</i>
Sunday	10:30am-11:30am	Nursery Boys	Basketball	Stefanie Hazghyan
Monday	4:00pm-5:00pm	K Grade Boys*	Basketball	Blanche Nassim
Monday	5:00pm-6:00pm	2 nd Grade Boys*	Basketball	Blanche Nassim
Monday	6:00pm-7:00pm	4 th Grade Boys*	Basketball	Sandy Mordekhai
Monday	7:00pm-8:00pm	6 th Grade Boys	Basketball	Harriet Bessaleli
Tuesday	4:00pm-5:00pm	1 st Grade Boys*	Basketball	Ava Nassimiha
Tuesday	5:00pm-6:00pm	3 rd Grade Boys*	Basketball	Odelia Namdar
Tuesday	6:00pm-7:00pm	5 th Grade Boys*	Basketball	Marina Hakimi
Wednesday	3:15pm to 4:15pm	Pre-K Boys	Basketball	Daniella Hakimian
Thursday	4:00pm-5:00pm	1 st and 2 nd Grade Girls	Basketball	Cheri
Thursday	5:00pm-6:00pm	3 rd and 4 th Grade Girls	Basketball	Cheri
Thursday	6:00pm-7:00pm	5 th and 6 th Grade Girls	Basketball	Cheri

*As a result of our growing community, classes exceeding 20 students will be split to accommodate Yeshiva and Talmud Torah schedules. **Yeshiva students must be moved to Wednesday afternoons between 4:15pm-7:15 pm and Talmud Torah students will remain on Mondays and Tuesdays.** Yeshiva parents, please keep your Wednesday afternoons available as a back-up until all class schedules are set.

FOR QUESTIONS REGARDING THE BASKETBALL SCHEDULE AND REGISTRATION,
PLEASE CONTACT US AT: BASKETBALL@MASHADI.ORG OR 516-708-9999

ADULT PROGRAMS

HEALTH & FITNESS

ZUMBA® FOR WOMEN

Zumba® followed by Abs 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
10 session punch-card \$100
Instructor: Candie Zar
Day: Tuesdays
Start Date: September 20th
Time: 8:00 pm - 9:00 pm

PRENATAL EXERCISE CLASS

Prenatal exercise helps soothe and alleviate the challenges of pregnancy and prepare expectant mothers for both delivery and postpartum recuperation. A custom workout plan designed to help moms stay fit, strong and flexible to feel comfortable throughout the pregnancy. The class is especially designed to learn how to safely exercise during pregnancy.

5 sessions / \$50
Instructor: Rachele Nitzani
Day: Wednesdays
Start Date: September 21st
Time: 9:45 am

POSTNATAL EXERCISE CLASS

Postnatal exercise helps new mothers regain strength and energy that may have been lost during pregnancy. Classes focus on rebuilding strength in the abdomen, back and pelvic muscles, as well as improving posture and release stress. Babies are welcome and may be part of the workout and relaxation routine between mother and baby at the end of class.

10 session punch-card \$100
Instructor: Rachele Nitzani
Day: Thursdays
Start Date: September 22nd
Time: 9:45 am

HEALTH & FITNESS

UNDERSTANDING EATING DISORDERS

An estimated 30 million American men, women, teens and pre-teens suffer from some type of eating disorder. An eating disorder is a complex mental illness marked by an unhealthy relationship with food and body weight that interferes with many areas of a person's life. This class is designed to provide more information about different types of eating disorders including the signs, symptoms, and possible treatment options.

College & Up

No Charge

Instructor: Sandy Haroonian

Day: Monday

Dates: December 12th

Time: 8:00 pm

CPR WORKSHOP

Do you know how to perform CPR? Do you need a refresher course? CPR training prepares you with the ability to potentially save a life. Join us at Ohr Esther and learn quality CPR for the adult, child, and infant patient.

* Certification is NOT provided at the completion of this course

College and Up

1 session / \$65

Instructor: Ariel Dilamani

Day: Sunday

Date: September 18th

Time: 4:00 pm - 7:00 pm

CYCLING WITH MICKEY

Looking to motivate yourself and make bike riding more enjoyable? Cycling boosts your mental health in addition to improving cardiovascular fitness, reducing body fat, and building strength! Join Mickey Sunday mornings in September for exhilarating cycling excursions in Great Neck.

College & Up

3 sessions / \$10

Instructor: Mickey Karimzadeh

Day: Sunday

Dates: September 11th, 18th & 25th

Time: 10:45 am



COOKING CLASSES WITH ABIE

CULINARY DELIGHTS

Learn the basics of cooking in this introductory hands-on course taught by Chef Abie of EverFresh. These exciting classes will provide clear and concise recipes for everyday cooking and will focus on simple techniques for easily cooking homemade dinners. Abie will teach you how to roast, pan-sear, stir-fry, make soups and simple sauces, bake from scratch, and make delicious omelets. Learn to prepare wonderful meals, including beef-broccoli stir-fry with perfect rice, roast beef with mashed potatoes and gravy, sautéed chicken, vegetable soup, pan-fried tilapia with homemade tartar sauce, popovers with lemon butter, chocolate cake with ganache, plus chocolate mousse.

College & Up

3 sessions / \$100

Instructor: Abie Bilgoray

Day: Tuesday

Dates: November 1st, 8th & 15th

Time: 8:00 pm - 10:00 pm



FEEL GOOD/SOCIAL SERVICES

LEGAL WORKSHOPS WITH ABRAHAM MAZLOUMI

MEDICAID PART I: COMMUNITY MEDICAID (as compared to Institutional Medicaid)

We are collectively living longer lives. This means that our planning (or the lack thereof) will impact our lives and our finances (or the lives or finances of our family members) for years, if not decades, to come. This seminar will explain how Medicaid can help us to secure long-term medical care (and why Medicare does not cover long-term medical care). We will discuss what you can do to qualify for Community Medicaid - and what common pitfalls you need to avoid so as not to jeopardize other potential future government benefits, especially Institutional Medicaid.

This Seminar will cover, among other issues:

- If I don't qualify for Medicaid (based on my income or assets), what can I do to qualify?
- How do Medicaid rules differ for married couples as compared to unmarried persons?
- Can Medicaid pay for a home care aide?
- How do advance directives (health care proxy & power of attorney) fit into the picture?
- Can I preserve my assets from Medicaid's reach? If yes, how?
- Real-Life Examples and Q&A

MEDICAID PART II: INSTITUTIONAL MEDICAID

For many of us life in a nursing home is an increasingly distinct possibility, due to our rising life expectancies. Given the astronomical cost of nursing homes (average of \$148,680/year in Nassau County), and given the five-year penalty look-back period, this seminar explains how to navigate the complex Medicaid rules, and how to plan for Medicaid without jeopardizing your assets.

This Seminar will cover, among other issues:

- How do I protect my assets from liens (and/or estate recovery) imposed by Medicaid?
- What happens if I need to enter a nursing home, but I forgot to do Medicaid planning?
- Real-Life Examples and Q&A

All are Welcome

1 session / No Charge

Instructor: Abraham (Avi) Mazloumi

Day: Tuesday

Date: November 22nd

Time: 8:30 pm

FEEL GOOD/SOCIAL SERVICES

LEGAL WORKSHOPS WITH ABRAHAM MAZLOUMI

ASSET PROTECTION

"All roads lead to Rome." Now imagine for a moment a situation in which someone thought, "All roads lead to your assets." As you may already know, your assets are vulnerable to general creditor claims. The focus of this seminar is how (and when) trusts may protect your assets from various types of creditors, some of whom you may not be aware of. For example, in addition to the "typical" creditors, you (or your loved ones) may also face creditors in context of divorce, child support and alimony, and government benefits. We will discuss what types of trusts provide protections – and which ones do not.

This Seminar will cover, among other issues:

- Can I protect my assets from my future creditors?
- Can I protect my assets from my children's future creditors?
- When should I consider asset protection – now, or when creditors knock on my door?
- Can the Government be a creditor? Who else?
- How does Asset Protection fit into my general estate plan? Is it the same thing?
- How does Asset Protection fit into my Medicaid plan?
- When should I consider establishing an Asset Protection trust in another state? Nevada?

All are Welcome

1 session / No Charge

Instructor: Abraham (Avi) Mazloumi

Day: Tuesday

Date: December 20th

Time: 8:30 pm



FEEL GOOD/SOCIAL SERVICES

CAREER CONNECT LONG ISLAND

READY...SET... GET A JOB!

Searching for a job is more than submitting your resume to job boards or company websites. Learn what it means to effectively “hunt” for a job and prepare yourself to conduct a better job search. In this workshop, we will go over the importance of having an organized job search “campaign”. Armed with a schedule, we will provide you with ways to create a plan of action, find jobs in the hidden market, and how to follow up on potential opportunities.

College & Up

1 session / No Charge

Instructor: Heather Rottmund, MHA, Career Services Specialist

Day: Monday

Date: November 7th

Time: 8:00 pm - 9:30 pm



INTRODUCTION TO PROFESSIONAL ONLINE SOCIAL NETWORKING

Did you know that you can do strategic effective networking from the privacy of your own home? Just like every other aspect of job searching, networking has moved to cyberspace, and a wide variety of websites have been developed that are dedicated to bringing people together via the Internet. From social networks like Facebook and Twitter to business sites like LinkedIn, online meeting places are linking professionals across the country and across the world. Please join our Online Social Networking seminar as we unlock the keys to effective social networking as part of your job search.

College & Up

1 session / No Charge

Instructor: Linda Samet, M.Ed., Career Services Specialist

Day: Tuesday

Date: December 6th

Time: 8:00 pm - 9:30 pm

In addition to these workshops, individual consultations are available upon request.

FEEL GOOD/SOCIAL SERVICES

POSITIVE PARENTING: PRE-TEENS

Raising pre-teens can be confusing and challenging these days. Learn effective pre-teen parenting techniques including: what to expect in your young teen, building a relationship, communication, and setting limits. Join us for a parenting workshop that will focus on raising pre-teens and gain the confidence and courage to meet the challenges—and savor the joys—of your children’s pre-teen years.

All Parents Welcome

1 session / No Charge

Instructors: Leslie Grama Shapiro, LMSW

Day: TBA

Date: TBA

Time: 8:00 pm - 9:30 pm



PARTNER IN CARING AT THE MASHADI JEWISH CENTER

Partner in Caring (PIC) offers the following services for the Mashadi community:

- Support groups (such as: bereavement, care giving, separation/divorce, and more)
- Short-term individual, family and couples counseling
- Referrals to community resources
- Programs and services for those with Autism and other developmental disabilities
- Programs and services for those with dementia and other degenerative conditions
- Cancer wellness programs
- Assistance with benefits and entitlements
- Educational workshops
- Career Center for those unemployed/underemployed

How Do I Access These Services?

Contact your Sid Jacobson JCC social worker Leslie Grama Shapiro, LMSW at 516-484-1545, ext. 196 or at lshapiro@sjcc.org

JEWISH EDUCATION PROGRAMS

TEEN TUESDAYS

Calling all boys in 6th & 7th Grade - Come join us every Tuesday night at Ohr Esther from 7:00 pm to 8:20 pm 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 & 7th Grade Boys
No charge
Instructor: TBA
Day: Tuesdays
Time: 7:00 pm - 8:20 pm



GIRLS NIGHT OUT

Calling all girls in 6th & 7th Grade - Come join us every Monday night at Ohr Esther from 7:00 pm to 8:20 pm for Parasha of the Week, Pizza, Games, Raffles, Prizes and much more. For further information, please contact Ayzik Kohan at safety@mashadi.org

6th & 7th Grade Girls
No charge
Instructors: Jen Nitzani & Natasha Nassimian
Day: Mondays
Time: 7:00 pm - 8:20 pm



MNL, TNL and **WNL** 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)

10th Grade

Instructor: Rabbi Barak Levy

Day: Mondays

Dinner & Learning: 7:30 pm - 8:30 pm



TNL (TUESDAY NIGHT LEARNING)

8th & 9th Grade

Instructor: Rabbi Barak Levy

Day: Tuesdays

Dinner & Learning: 7:30 pm - 8:30 pm

WNL (WEDNESDAY NIGHT LEARNING)

11th & 12th Grade

Instructor: Rabbi Barak Levy

Day: Wednesdays

Dinner & Learning: 7:30 pm - 8:30 pm



Registration is required and limited space is available. These programs are free of charge and we encourage sponsorships in honor of birthdays and special events.

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

TLC @ OHR ESTHER

TLC is a Jewish program for 8th-12th grade girls and mirrors MNL, TNL, and WNL. The classes will cover a variety of Jewish topics and include dating and life coaching for the older girls. TLC classes are all taught with the guidelines of our Mashadi tradition and customs, under the guidance of the community rabbis.

No charge

8th Grade & Up

Thursday Instructor: Amit Yaghoubi

Thursday Dinner & Learning: 7:30 pm - 8:30 pm

Sunday Instructor: Rabbi Joshua Maroof

Sunday Lunch & Learning: 1:00 pm - 2:00 pm



For more information please contact Elisheva Hakimian at elishevahakimian@gmail.com or 516-851-9235

THE PULSE

The Pulse is a new program available to young Mashadi women. The objective of this course is to facilitate a discreet platform for young women to take part in important conversations that revolve around core issues in their lives. Many girls enter the real world unprepared and overwhelmed, especially when it comes to relationships and social expectations. We will explore sensitive subjects that a home or classroom likely cannot accommodate, while navigating these girls through their respective journeys.

Each class will focus on a different topic ranging from Self Esteem to Body Image, from Friendships/ Cliques to Peer Pressure. This will allow our young women to express what they are going through and prepare for what lies ahead. Our job is to take their collective pulse and discuss the topics that THEY wish to discuss, and empower them with all the confidence and determination they need to be successful.

The Pulse will incorporate elements of Positive Psychology while utilizing the wisdom of Torah for moral guidance. TLC's founder Elisheva Hakimian and The Pulse's founder Karen Koren have joined forces to satisfy a major need among young women in our community.

No charge

Instructor: Karen Koren

Dinner & Learning 7:30 pm -8:30 pm

Day: Mondays - 8th Grade Girls

Day: Tuesdays - 9th & 10th Grade Girls



SEPHARDIC BETH MIDRASH

The Beth Midrash is now open. The building is available for classes, lectures, and chavrutot (one on one learning). Please check kanissanews.com to view the class schedules. And Mincha/Arvit times. For further information, please contact Josh Levian at 516-423-9355, Charlotte Shaverdi at 516-424-2252, or Afshin Bassali at 516-984-7508.

College and Up

No charge

Instructors: Rabbi Joshua Maroof &
Community Rabbis

Days: Monday - Thursday at Shaare Rahamim

Time: 8:00 pm - 10:00 pm

Dinner will be served



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: Ellie Bassalian

Day: Tuesdays

Food will be served

Time: 8:15 pm

IVREAD

IVREAD is a program meant to provide Hebrew reading skills to the youth of our community. We 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. Once a week, 8 weeks, everlasting knowledge.

Age 16 and Up

8 sessions: Current students / \$25

New students / \$30

Instructor: Community Teachers

Day: Mondays

Start Date: October 31st

Time: 8:30 pm - 9:30 pm



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 pm - 10:00 pm

Start Date: TBA



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 am. The class will be held from 10 am - 11 am at 54 Steamboat Road. This class is open to all men and women of all ages.

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

Men and Women of all Ages

No charge

Instructor: Rabbi Adam Sabzevari

Day: Sundays

Time: 9:45 am - 11:00 am



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 pm - 10:00 pm

KALLAH CLASSES

All engaged women are encouraged to take Kallah classes with Rabbanit Coty Bitton or another qualified instructor from the community. 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 or another qualified instructor from the community.

For a complete list of approved instructors, please contact Avital at avital@mashadi.org.

All Engaged Women

No charge

Approved Instructors by Religious Council



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

TUESDAY MORNING LADIES PARASHA CLASS WITH RABBANIT COTY BITTON

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

Women all ages

No charge

Instructor: Rabbanit Coty Bitton

Day: Tuesdays

Time: 9:45 am



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>

EVENTS CALENDAR

Sunday	Monday	Tuesday
CPR Workshop September 18th	Ready...Set...Get a Job! November 7th	Cooking with Abie from Everfresh November 1st, 8th & 15th
	Positive Parenting December 5th	Intro to Professional Online Social Networking December 6th
		Understanding Eating Disorders December 12th
		Medicaid November 22nd
		Asset Protection December 20th

HEALTH & FITNESS

Zumba® for Women	13
Prenatal Exercise.....	13
Postnatal Exercise.....	13
Understanding Eating Disorders	14
CPR Workshop	14
Cycling with Mickey	14

COOKING CLASSES

Culinary Delight with Abie.....	15
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FEEL GOOD/SOCIAL SERVICES

Legal Workshops with Abraham Mazloumi	16-17
Ready...Set...Get A Job!.....	18
Intro to Professional Online Social Networking	18
Positive Parenting: Pre-Teens	19
Partner in Caring.....	19

EARLY CHILDHOOD AND YOUTH CALENDAR

Sunday	Monday	Tuesday	Thursday	Friday
Abstract Art 2nd - 4th Grades 2:00pm-2:45pm	Mommy & Me 9:45am-11:00am	Toddler Sports & Fun 2:00pm-2:40pm	Nursery Boys Soccer 3:00pm-4:00pm	Nursery & Pre-K Girls Sports/Zumba 1:00pm-2:00pm
Abstract Art 5th - 7th Grades 3:00pm-3:45pm	Nursery Sports & Fun 3:00pm-4:00pm	Pre-K Sports & Fun 3:00pm-4:00pm	Nursery Girls Dance 3:00pm-4:00pm	Pre-K Boys Soccer 1:00pm-2:00pm
6th Grade Girls Zumba 3:00pm-4:00pm	Pre-K Girls Dance 3:00pm-4:00pm	K & 1st Grade Girls Gymnastics 4:15pm-5:15pm	Kindergarten Girls Dance 4:00pm-5:00pm	
	1st Grade Girls Dance 4:00pm-5:00pm	2nd & 3rd Grade Girls Gymnastics 5:15pm-6:15pm	11th & 12th Grades Math SAT 6:00pm-7:30pm 7:30pm-9:00pm	
	4th-6th Grade Cake Decorating 4:15pm-5:15pm	11th & 12th Grades Math SAT 6:00pm-7:30pm 7:30pm-9:00pm	Take Charge of Your Health Teens 8:00pm-9:00pm	
	2nd Grade Girls Dance 5:00pm-6:00pm	4th Grade Girls Dance 5:00pm-6:00pm		
	3rd Grade Girls Dance 6:00pm-7:00pm	5th Grade Girls Dance 6:00pm-7:00pm		
	11th & 12th Grades Tomorrow's Leaders 8:00pm-9:30pm			

ADULT CALENDAR

Sunday

Cycling with Mickey
10:45am

Tuesday

Zumba® for Women
8:00pm-9:00pm

Wednesday

Prenatal Exercise
9:45am-10:45am

Thursday

Postnatal Exercise
9:45am-10:45am

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JEWISH EDUCATION CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday
Parasha Class/Shaare Shalom 9:45am-11:00am	Girls Night Out 7:00p pm-8:20pm	Ladies Parasha Class 9:45am	Sephardic Beth Midrash 8:00pm-10:00pm (Shaare Rachamim)	TLC @ Ohr Esther Dinner & Learning: 7:30pm-8:30pm
TLC @ Ohr Esther Lunch & Learning: 1:00pm-2:00pm	MNL Dinner & Learning: 7:30pm-8:30pm	Teen Tuesdays 7:00pm-8:20pm	WNL Dinner & Learning: 7:30pm-8:30pm	Sephardic Beth Midrash 8:00pm-10:00pm (Shaare Rachamim)
	Sephardic Beth Midrash 8:00pm-10:00pm (Shaare Rachamim)	TNL Dinner & Learning: 7:30pm-8:30pm	Learn it Up 8:00pm-10:00pm	
	The Pulse Dinner & Learning: 7:30pm-8:30pm	The Pulse Dinner & Learning: 7:30pm-8:30pm		
	IVREAD 8:30pm-9:30pm	Sephardic Beth Midrash 8:00pm-10:00pm (Shaare Rachamim)		
	S.H.A.L.O.M Marriage & Communication Workshop 8:00pm-10:00pm	The Post Israel Trip 8:15pm		



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



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