



Shabbat Parshat -Tazria-Metzora 5785

Rabbi Shtiebel

Rabbi Israel Gad Seletski (Manager on Duty)

Friday, 4th of Iyar, 5785, May 2nd, 2025

7:30 am – Shacharit (7:20 am – Brachot / 7:30 am – Hodu)

9:15 am - "Hada'at Hayomi" – Hebrew (Beit Haknesset)

10:30 am - "Parshat Hashavua" with Rabbi Natan Shapira – Hebrew (Golan)

11:30 am - "Parshat Hashavua" with Rabbi Ullman – English (Golan)

11:00 am -12:00 pm - Swimming for Men



5:45 pm – Minchah (Lobby)

Candle Lighting:

- **Lobby** – From **6:00 pm** until **-6:15 pm** (please do not prepare your candles during the davening)
- **Coffee Shop** – **18:00 pm** until **18:45 pm**.

6:15 pm – Kabbalat Shabbat (Lobby)

Maa'riv

היום עשרים יום שהם שני שבועות ושישה ימים לעומר.

Do Not Forget To Say Kriat Shema and Sefirat HaOmer after Tzet Hakochavim 7:45 pm

Seudat Leil Shabbat (Dining Room)

Shabbat, 5th of Iyar, 5785, May 3rd, 2025

7:00 am – 8:30 am – Coffee & Cake (Coffee Shop)

8:15 am – Shacharit (Lobby)

Kiddush (Dining Room)

11:15 am – "Parshat Hashavua" with Rabbi Dunner (Beit Haknesset)

11:45 am – "Sefer Shmuel" Singing & Shiur for Women with Ora Ofir - Hebrew (Lobby 3)

1:00 pm – Seudat Shabbat (Dining Room)

5:40 pm – "Parshat Hashavua" with -Rabbi Shtiebel - Hebrew (Golan)

6:40 pm – Mincha (Beit Haknesset)

Seudah Shlishit (Dining Room)

7:59 pm – End of Shabbat. Maa'riv (Beit Haknesset)

Havdalah after Maa'riv in the Lobby

היום אחד ועשרים יום שהם שלושה שבועות לעומר.

Shavua Tov!!!!!!

Sunday 6th of Iyar, 5785, May 4th , 2025

7:00 am – 9:00 am - Free Swimming for **Women**.

7:30 am – Shacharit (7:20 am – Brachot / 7:30 am – Hodu)

9:30 – 10:30 am Exercise Gym open for **Men**

9:45 am – "Chafetz Chaim—Laws of Forbidden Speech " with Rabbi Shechter -English (Coffee Shop)

10:00 am – "Rav Charlap " with Rabbi Michael Tubiano - Hebrew (Golan)

10:30 am – Exercise for men with Shlomi (New Lobby)

11:00 am – "Feldenkreis Exercise " with Tamar Levin-Women (Golan)

11:30 am – 12:30 pm - Exercise Gym open for **Women**

11:30 am – "Hadaf Hayomi in Halacha" with Rabbi David Tzohar – Hebrew (Beit Haknesset)

11:45 am – "Hadaf Hayomi" with Rabbi Yehudah Rabinowitz – Hebrew (Beit Haknesset)

2:00 pm – Tehillim for Women (Lobby 3)

2:15 pm – Painting class with Nofar (Coffee Shop) Group A

♦Chana Tavel, ♦Marilyn Leiman, ♦Shoshana Fenyas, ♦Malka Chaimson, ♦Shoshana Chadad ♦Vivien Kleinman ♦Esther Solomon ♦Shoshana Jakobowitz

3:00 pm – 4:00 pm - Free Swimming for Men

4:00 pm – Coffee & Cake (Dining Room)

4:30 pm – Tehillim for Women (Coffee Shop)

4:30 pm – "We and the Tanach" with Rabbi Amihud Glazer – English (Golan)

5:25 pm - We and the Tanach" with Rabbi Amihud Glazer – Hebrew (Golan)

5:30 pm – "Tehillim" Shiur for women with Ita Schneider-English (Lobby 2)

6:15 pm – Music in the Lobby with Sofia

6:30 pm – "Drama and Movement" with Paulina - Women - Hebrew and English (Golan)

7:05 pm – Mincha

7:20 pm – Shiur Gemara with Rabbi Natan Shapira (Beit Haknesset)

8:00 pm – Maariv

היום שנים ועשרים יום שהם שלושה שבועות ויום אחד לעומר.

Monday, 7th of Iyar, 5785, May 5th, 2025

7:00 – 9:00 am - Free Swimming for **Women**

7:30 am – Shacharit (7:20 am – Brachot / 7:30 am – Hodu)

8:00 am – Water Exercise for Women

10:00 am – "Gemara Masechet Shabbos" with Rabbi Shechter -English (Coffee Shop)

10:15 am – Exercise for Women with Esti (Golan)

11:00 am – "Parashat Hashavua" with Rabbi Yehuda Rabinowitz-Hebrew (Golan)

11:15 am – Functional Art with Devori (Coffee Shop)

11:30 am – "Hadaf Hayomi in Halacha" – with Rabbi David Tzohar - Hebrew (Beit Hakneset)

11:45 am – "Hadaf Hayomi" with Rabbi Yehudah Rabinowitz (Beit Hakneset)

11:45 am – "The Spice of Life" with Rabbi Shlomo Estrin – English (Golan)

2:00 pm – Tehillim for Women (Lobby 3)

4:00 pm – Coffee & Cake (Dining Room)

4:30 pm – Tehillim for Women (Coffee Shop)

4:30pm - Yiddish Reading Group - led by Resident Eliyahu Tanis (Lobby 2)

4:30 pm – "The Tragic Story of the Religious Platoon in the War of Independence" with Gideon Mitchnik - English (Golan)

5:30 pm – "Navy Operations on the Verge of Collapse" with Gideon Mitchnik – Hebrew (Golan)

6:00 pm – Music in the Lobby with Yaakov

6:30 - 7:15 pm - The English Library is open

7:05 pm – Mincha

7:20 pm – Shiur "Or Hachaim Hakadosh" with Rabbi Mordechai Kreuzer (Beit Hakneset)

7:30 pm – Movie Night: *-Roman Holiday" (1953)(Golan) English with Hebrew subtitles
American romantic comedy film directed and produced by William Wyler. It stars Audrey Hepburn as a princess out to see Rome on her own and Gregory Peck as a reporter. Hepburn won an Academy Award for Best Actress for her performance; the film also won the Academy Award for Best Story and the Academy Award for Best Costume Design.

8:00 pm – Maariv

היום שלוש ועשרים יום שהם שלושה שבועות ושני ימים לעומר.

Tuesday, 8th of Iyar, 5785, May 6th, 2025

7:00 – 9:00 am -Free Swimming for Women.

7:30 am – Shacharit (7:20 am – Brachot / 7:30 am – Hodu)

9:30-10:30 am – Exercise Gym open for Men

9:55 am – Ulpan for Beginners with Mrs. Shoshana Maislik (Lobby 2)

10:00 am – "Gemara Masechet Shabbos" with Rabbi Shechter -English (Coffee Shop)

10:30 – 11:30 – Exercise Gym open for **Women**

10:40 am – Ulpan for Advanced Students with Mrs. Shoshana Maislik (Lobby 2)

11:00 am - "**Feldenkreis Exercise**" with Tamar Levin-Women (Golan) **time change**

11:15 am – Painting class with Nofar (Coffee Shop) **Group B**

Chaya Graus ♦Eva Lewis ♦Naomi Garamé , ♦Miriam Danielchik, ♦Miriam Jaffe, ♦Hensha Gansbourg, ♦Mina Felder ♦Varda Butcher ♦Rivka Amitzur ♦Riva Soibelman

11:30 am – "Hadaf Hayomi in Halacha" – with Rabbi David Tzohar - Hebrew (Beit Haknesset)

11:45 am – "Hadaf Hayomi" with Rabbi Yehuda Rabinowitz (Beit Haknesset)

2:00 pm – Tehillim for Women (Lobby 3)

4:00 pm – Coffee & Cake (Dining Room)

3:00-6:00 pm – Eitan's Fruit and Vegetable Sale – (Coffee Shop)

4:30 pm – Tehillim for Women (Lobby)

4:30 pm – "Pirkei Avot" with Rabbi Ullman – English (Golan)

5:30 pm - Halacha and Parshat Hashavua with Rav Natan Shapiro – Hebrew (Golan)

6:00 pm – Music in the Lobby with Asaf

7:05 pm – Mincha

6:30 pm – "Smartphones, AI, Computers and More" with Ezra Shapira - English (Golan)

7:20 pm – Shiur Gemara with Rabbi Natan Shapiro (Beit Haknesset)

7:25 pm – "Smartphones, AI, Computers and More" with Ezra Shapira - Hebrew (Golan)

8:00 pm – Ma'ariv

היום ארבעה ועשרים יום שהם שלושה שבועות ושלושה ימים לעומר.

Wednesday, 9th of Iyar, 5785, May 7th, 2025

7:00 –9:00 am – Free Swimming for **Women**.

07:30 am – Shacharit (7:20 am – Brachot / 7:30 am – Hodu)

09:15 am – Ulpan for Advanced Students with Mrs. Rachel Strenger (Lobby 3)

09:30 –10:30 am – Exercise Gym open for **Men**

9:30 am – Choir for Women with Talya Kirsh (Golan)

10:00 am – "Gemara Masechet Shabbos" with Rabbi Shechter -English (Coffee Shop)

10:30 am – " Exercise for Women" with Leora - (Golan)

10:30 – 11:30 am – Exercise Gym open for **Women**

11:30 am – "Hadaf Hayomi in Halacha" with Rabbi David Tzohar - Hebrew (Beit Haknesset)

11:45 am – "Hadaf Hayomi" with Rabbi Yisrael Seletzki (Beit Haknesset)

**11:45 am – Advanced Exercise Class For physically fit women
with Orah the Physiotherapist (Nehora) change of day**

2:00 pm – Tehillim for Women (Lobby 3)

4:00 pm – Coffee & Cake (Dining Room)

4:00 – 4:30pm – The English Library is open

4:30 pm – Tehillim for Women (Coffee Shop)

4:30 pm – "**Tehillim: A Deeper Understanding**" with Rabbi Yonatan Horowitz - English (Golan)

5:30 pm – "More Than Diamonds"-Insights into the Parsha and Pirkei Avot with Ita Schneider- Women -English (Coffee Shop)

5:30 pm – "Yirmiyahu and Yechezkel " with Rabbi Yonatan Horowitz - Hebrew (Golan)

6:05 pm – "**In-depth Gemara Shiur in English**" with Rabbi Ullman – (Beit Haknesset)

6:30 pm – "Tanya" Class for Women – with Mrs. Devora Ebert – Hebrew (Lobby 3)

6:45 pm – Music in the Lobby with Sofia

7:05 pm – Mincha

7:20 pm – "Shiur" – Rabbi David Biber- Hebrew (Beit Haknesset)

7:30 pm – "Sing Along" with Talya Kirsch - Women (Dvir)

8:00 pm - Ma'ariv

היום חמישה ועשרים יום שהם שלושה שבועות וארבעה ימים לעומר.

Thursday, 10th of Iyar, 5785, May 8th, 2025

7:00 – 9:00 am – Free Swimming for **Women**.

7:30 am – Shacharit (7:20 am – Brachot / 7:30 am – Hodu)

8:00 am – Water Exercise for Women

9:00 – 10:00 am – Exercise Gym open for **Men**

9:55 am – "Tai Chi" with Ari Breslau (Golan)

10:00 am – "Gemara Masechet Shabbos" with Rabbi Shechter -English (Coffee Shop)

10:00 – 11:00 am – Exercise Gym open for **Women**

10:45 am – "Shiur Tanach" with Rabbi Amos Klieger -- Hebrew (Golan)

10:45 am – Bridge Club- Beginners and Advanced- with Rivka Cohen (Lobby 2)

11:00 am – Men's Feldenkreis Exercise Class" with Reuven (New Lobby)

11:30 am – "Hadaf Hayomi in Halacha" with Rabbi David Tzohar (Beit Haknesset)

11:45 am – "Hadaf Hayomi" with Rabbi Yehudah Rabinowitz (Beit Haknesset)

11:45 am – Advanced Bone Building Exercise - For physically fit women with Naomi (Nehora) time and day change

2:00 pm – Tehillim for Women (Lobby 3)

3:00 pm – 4:00 pm - Free Swimming for Men

4:00 pm – Coffee & Cake (Dining Room)

4:30 pm – Tehillim for Women (Coffee Shop)

4:30 pm – "**When a Jew and a Muslim Talk - The True Roots of the Israeli Palestinian Conflict**" with Moriel Bareli English (Golan)

5:30 pm – When a Jew and a Muslim Talk - The True Roots of the Israeli Palestinian Conflict" with Moriel Bareli Hebrew (Golan)

7:00 pm – Music and Singing for Women with Minna Shmuelevitz (Dvir)

7:05 pm – Mincha

7:20 pm – Shiur Gemara with Rabbi Natan Shapira (Beit Haknesset)

7:30 pm – Movie Night: "**Roman Holiday**" (Golan) **English with English subtitles**

8:00 pm – Ma'ariv

היום שישי ועשרים יום שהם שלושה שבועות וחמישה ימים לעומר

Friday, 11th of Iyar, 5785, May 9th, 2025

7:30 am – Shacharit (7:20 am – Brachot / 7:30 am – Hodu)

9:15 am – "Hada'at Hayomi" – Hebrew (Beit Haknesset)

10:30 am – "Parshat Hashavua" with Rabbi Natan Shapira – Hebrew (Golan)

11:30 am – "Parshat Hashavua" with Rabbi Ullman – English (Golan)

11:00 am-12:00 pm- Swimming for Men

MAZEL TOV!

To **Leah Schneider** on the birth of a great grandson and great granddaughter!
To **Lee Dorshav** on the birth of a great grandson!

Speedy Recovery to our dear residents who are hospitalized:

Dr. Devorah Ushpizai

Shulamit Devash

Yehudit Wanderman

Amalia Yonah

Welcome

Beit Tovei Hair residents, staff and management welcome

Zahava Glick

Who moved into apt. 113

Davening Hours

Shacharit –Berachot 7:20 AM,
Hodu 7:30 AM,
Minchah -7:05 PM
Maa'riv – 8:00 PM

Tehillim for women

Sunday-Thursday
Lobby 3 – 2:00 pm
Coffee Shop – 4:30 pm

Meal Hours in Dining Room

Lunch, 12:30-1:45 PM
(arrive by 1:15)
Coffee & Cake- 4:00 PM

Swimming

Women:
Sunday-Thursday 07:00-09:00
Men:
Sun and Thurs 3:00pm-4:00 pm
Friday- 11:00-12:00

Meal Distribution Hours

Room Service

Breakfast: 7:45-09:00
Lunch: 12:00-1:00
Dinner: 5:30-6:30

Take Away

Breakfast: 07:45-08:15
Lunch: 12:00-12:30

**Opening hours of Eitan's
Minimarket (on level -1)
Tel. 8104**

Weekdays 07:30-10:00 am
Sunday, Tuesday, Thursday 6:00-7:00 pm

**Opening hours of Eitan's
Coffee Stand in the Lobby**

Weekdays 10:00 AM-1:00 PM
4:00-6:00 PM
Friday 10:00 am-12:00 noon

YIFAT-

LADIES HAIRDRESSING

**Every Monday and Thursday
in Nehora Wellness Center.**

**Make your appointment
at the front desk**

Medical Accessories Gemach

Open in the clinic
Please speak with Sima or Pessi

CLINIC HOURS

Weekdays
9:00 am- 1:00pm
3:00-6:00 pm
Friday
09:00 am- 1:00pm