

Shabbat Naso 5785

Dear Residents,

Please return the Machzorim of the Residence (with a Beit Tovei Ha'ir stamp inside) to Reception or to the Beit HaKneset.

Your Opinion Matters!

Did you like it? 👍 Didn't like it? 👎

Let us know!

Please write in the "Your Opinion Matters" book located across from the reception.

Thank you so much!

Dafna & Yedida

Tehillim Booklets (from the Lobby 3 group) can be found now in the Lobby on a table. All are invited to come and say Tehillim throughout the day, and return them to the table.

In order to maintain a complete Sefer Tehillim, please do not remove the booklets from the table where they are placed.

The Vaad would like to hear from you!

If you have any compliments, suggestions or requests, please notify us by writing and putting your notification in the suggestion box just outside the Beit Hakneset.

Don't forget to write your name and apartment number.

Thank you, and looking forward to hearing from you.

The Vaad



Please Note: Coffee and Cake at 4:00 pm will be taking place in the Coffee Shop



Shabbat Parshat Naso 5785

Rabbi Rabinowitz

Mrs. Pessy Scharf (Manager on Duty)

Friday, 10th of Sivan , 5785, June 6th, 2025

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

9:15 am - "Hadaf Hayomi" – Hebrew (Beit Haknesset)

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

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

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



6:05 pm – Minchah (Lobby)

Candle Lighting:

- **Lobby** – From **6:20 pm** until **6:35 pm** (please do not prepare your candles during the davening)
- **Coffee Shop** – **6:20 pm** until **7:05 pm**.

6:35 pm – Kabbalat Shabbat (Lobby)

Maa'riv

Do Not Forget To Say Kriat Shema after Tzet Hakochavim 8:05 pm

Seudat Leil Shabbat (Dining Room)

Shabbat, 29th of Adar, 5785, June 29th, 2025

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

8:15 am – Shacharit (Lobby)

Kiddush (Dining Room)

11:00 am - "Parshat Hashavua" with Rabbi Israel Gad Seletzki- English (Beit Haknesset)

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

1:00 pm – Seudat Shabbat (Dining Room)

6:10 pm – "Parshat Hashavua" with Rabbi Rabinowitz - Hebrew (Golan)

7:00 pm – Mincha (Beit Haknesset)

Seudah Shlishit (Dining Room)

8:24 pm – End of Shabbat. Maa'riv (Beit Haknesset)

Havdalah after Maa'riv in the Lobby

Shavua Tov!!!!!!

Sunday 12th of Sivan , 5785, June 8th, 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)

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

♦Chana Tavel, ♦Marilyn Leiman, ♦Shoshana Fenyes, ♦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 (Coffee Shop)

4:15 pm –4:50 pm - "Kohelet" New Topic! Shiur for women with Ita Schneider- English (Lobby 2) change of time

4:30 pm – Tehillim for Women (Lobby)

**5:00 pm - Light Classical Music
with Rita and Stella from
the Rishon L'Zion Philharmonic Orchestra (Golan)**



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

7:15 pm – Mincha

7:30 pm – Shiur Gemara with Rabbi Natan Shapira (Beit Haknesset)

8:10 pm – Maariv

Monday, 13th of Sivan , 5785, June 9th , 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

9:30 am – Hebrew Literature Series – "Shai Agnon" – with Michal Shir-El – Hebrew (Golan)

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

10:20 am – Exercise for Women with Esti (Golan) – New time

11:10 am – "Parashat Hashavua" with Rabbi Yehuda Rabinowitz-Hebrew (Golan) New time

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

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

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

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

4:00 pm – Coffee & Cake (Coffee Shop)

4:30 pm – Tehillim for Women (Lobby)

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

4:30 pm – Musical Lecture with Yisrael Lutnick - English (Golan)

6:00 pm – Music in the Lobby with Yaakov

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

7:15 pm – Mincha

7:30 pm – Shiur "Or Hachaim Hakadosh" with Rabbi Mordechai Kreuzer (Beit Haknesset)

7:30 pm – Movie Night: "My Father's Violin" (2022) (Golan) **Turkish with English subtitles**
A Turkish-language drama. Mourning, and a shared love of music connects an orphaned girl with her uncle — a successful but emotionally distant violinist.

8:10 pm – Maariv

Tuesday, 14th of Sivan , 5785, June 10th , 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

9:30 am – Ulpan for Beginners with Mrs. Shoshana Maislik (Lobby 2)

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

10:25 am – Ulpan for Advanced Students with Mrs. Shoshana Maislik (Lobby 2)

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

11:15 am - "**Feldenkreis Exercise**" with Tamar Levin-Women (Golan)

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 Soibelmanr

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)

4:00 pm – Coffee & Cake (Coffee Shop)



3:00-6:00 pm – Eitan's Fruit and Vegetable Sale – (Solarium) – Change of Place

4:30 pm – Tehillim for Women (Lobby)

4:30 pm – Shiur with Binyamin Margo– English (Golan)

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

6:00 pm – Music in the Lobby with Asaf

7:15 pm – Mincha

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

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

7:30 pm – Shiur Gemara with Rabbi Natan Shapiro (Beit Haknesset)

8:10 pm – Ma'ariv

Wednesday, 15th of Sivan, 5785, June 11th, 2025

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

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

9:00 am – 1:00 pm – Ylgal's Jewelry Sale (Coffee shop)

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 (Beit Haknesset)

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

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

10:35 am – Advanced Bone Building Exercise - For physically fit women with Naomi (Nehora)

11:30 am – Ulpan with Mrs. Rachel Strenger (Lobby 3)

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)))

4:00 pm – Coffee & Cake (Coffee Shop)

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

4:30 pm – Tehillim for Women (Lobby)

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

6:15 pm – "In-depth Gemara Shiur in English" – (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

7:15 pm – Mincha

7:30 pm – "Pirkei Avot" - R. Yitzchak Hadari- Hebrew (Beit Haknesset)
Women's Section Open

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

8:10 pm - Ma'ariv

Thursday, 16th of Sivan ,5785, June 12th, 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 Exercise Class For physically fit women
with Orah the Physiotherapist (Nehora)**

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

4:00 pm – Coffee & Cake (Coffee Shop)

4:30 pm – Tehillim for Women (Lobby)

4:30 pm – Builders of Jerusalem: From Ramban, Students of the Gra and Onwards - a Virtual Tour Plus Torah sources" with Rabbi Felberman - English (Golan)

5:30 pm – "Builders of Jerusalem: From Ramban, Students of the Gra and Onwards- A Virtual Tour Plus Torah sources -" with Rabbi Felberman Hebrew (Golan)



18:30 - Thursday Afternoon on the Golan patio
Cool refreshments in the pleasant afternoon breeze.
Musical accompaniment by Doriav Menashe



7:15 pm – Mincha

7:30 pm – Shiur Gemara with Rabbi Natan Shapira (Beit Haknesset)

7:30 pm – Movie Night: "My Father's Violin" (Golan) **Turkish with Hebrew subtitles**

8:10 pm – Ma'ariv

Friday, 28th of Sivan , 5785, June 1st, 2025

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

9:15 am – "Hadafr Hayomi" – Hebrew (Beit Haknesset)

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

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

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

MAZEL TOV!

To **Esther Soloman**- on the engagement of a grand son-!

Speedy Recovery

To **-Yehudit Wanderman**-(Yehudit bat Sarah) who is hospitalized.

Therapeutic & Relaxation
**MASSAGE AND
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Special offer- Five treatments and the sixth is free

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Davening Hours

Shacharit –Berachot 7:20 AM,
Hodu 7:30 AM,
Minchah -7:15 PM
Maa'riv – 8:10 PM

Tehillim for women

Sunday-Thursday

Coffee Shop – 4:30 pm

Meal Hours in Dining Room

Lunch, 12:30-1:45 PM
(arrive by 1:15)

Coffee & Cake (Coffee Shop)-
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

CLINIC HOURS

Weekdays

9:00 am- 1:00pm

3:00-6:00 pm

Friday

09:00 am- 1:00pm

Medical Accessories Gemach

Open in the clinic

Please speak with Sima or Pessi