

Shabbat Balak 5785

Visit to IKEA – Eshtaol

**As per your request, there will be a trip to IKEA
(Eshtaol branch).**

**Cost – 70 NIS which includes transportation only.
Participants may choose to have lunch at the IKEA
restaurants and pay independently.**

Tuesday July 15th

Leaving Beit Tovei Ha'ir at 10:00 am

Approximate Return: 2:30 pm

Price: 70 NIS

Registration at the Reception Desk



Dear Residents,

Unfortunately, the Leumi Bank mobile unit will not be able to come in the near future due to a technical issue with the bank's vehicle.

Just a reminder: there is an ATM at the exit of the building on the right side, near the benches.

Shabbat Parshat Balak 5785

Rabbi Soloff

Rabbi Israel Gad Seletski (Manager on Duty)

Friday, 15th of Tammuz, 5785, July 11th, 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" with Rabbi Aschi Dik – English (Golan)

6:10 pm – Minchah (Lobby)

Candle Lighting:

- **Lobby** – From **6:25 pm until 6:40 pm** (please do not prepare your candles c the davening)
- **Coffee Shop** – **6:25pm until 7:11 pm.**



6:40 pm – Kabbalat Shabbat (Lobby)

Maa'riv

Do Not Forget To Say Kriat Shema after Tzet Hakochavim 8:10 pm

Seudat Leil Shabbat (Dining Room)

Shabbat, 16th of Tammuz, 5785, July 12th, 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)

5:05 pm – "Parshat Hashavua" with Rabbi Taylor- Hebrew (Golan)

6:05 pm – "Parshat Hashavua" with Rabbi Soloff - English (Golan)

7:05 pm – Mincha (Beit Haknesset)

Seudah Shlishit (Dining Room)

8:28 pm – End of Shabbat. Maa'riv (Beit Haknesset)

Havdalah after Maa'riv in the Lobby

Shavua Tov!!!!!!

Sunday 17th of Tammuz , 5785, July 13th , 2025 – Fast of the 17th of Tammuz

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)

11:30 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)

1:20 pm – Mincha Gedola

2:00 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 ♦Rose Rev

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

4:30 pm – Tehillim for Women (Lobby)

8:06 pm – Coffee & Cake (Coffee Shop)



8:10 pm – Maariv

8:30 pm - Screening of the Series **Shtisel** – Hebrew with Hebrew subtitles



Monday, 18th of Tammuz , 5785, July 14th , 2025

6:15 – 6:50 am – Free Swimming for **Men**

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)

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 Haknesset)

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

11:45 am – Exercise for Women with Esti (Golan)

11:45 am – "The Spice of Life" with Rabbi Shlomo Estrin – English (Lobby 2)

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 – "The Body's Amazing Self-Healing Powers; An insight into Regenerative Medicine" with Dr. Osnat Wende - English (Golan)

Dr. Wende is a Specialist in Pain Relief and Regenerative Medicine

5:30 pm – "The Body's Amazing Self-Healing Powers; An insight into Regenerative Medicine" with Dr. Osnat Wende - Hebrew (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: "Remains of the Day" (1993) (Golan)

English with English subtitles

Stevens (Anthony Hopkins) is a butler who sacrificed body and soul to service in the years leading up to World War II. He realizes too late how misguided his loyalty was to his lordly employer.

8:10 pm – Maariv

Tuesday, 19th of Tammuz , 5785, July 15th , 2025

6:15 – 6:50 am – Free Swimming for **Men**

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

9:35 am – Ulpan for Beginners with Mrs. Shoshana Maislik (Lobby 2)

10:00 am – Departure from the Lobby to IKEA for all those who are registered.

Approximate return at 2:30 pm

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

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

10:20 am – Ulpan for Advanced Students with Mrs. Shoshana Maislik (Lobby 2)

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 Garame, ♦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)

12:30-3:00 pm – Eitan's Fruit and Vegetable Sale – (Coffee Shop) new time

4:00 pm – Coffee & Cake (Coffee Shop)

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)

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

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

8:10 pm – Ma'ariv



Wednesday, 20th of Tammuz, 5785, July 16th, 2025

6:15 – 6:50 am – Free Swimming for **Men**

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

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

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 Suri (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 for Advanced Students 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)

4:30 pm – "Rav Soloveitchik on Bamidbar" with Rabbi Aaron Adler - 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 – "Mitzvah Rationale (Sefer HaChinuch Insights)" with Rabbi Aaron Adler - Hebrew (Golan)

6:15 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

7:15 pm – Mincha

7:30 pm – "Shiur" – Rabbi David Biber- Hebrew (Beit Haknesset)

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

8:10 pm - Ma'ariv

Thursday, 21st of Tammuz ,5785, July 17th, 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**

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

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

10:30 am – Bridge Club- Beginners and Advanced- with Rivka Cohen (Lobby 2)

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

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 (Coffee Shop)

5:30 pm – "We are Blessed with..." with Dr. Zohara Cohen - Hebrew (Golan)



18:30 - Thursday Afternoon on the Golan patio
Cool refreshments in the pleasant afternoon breeze.
with recorded music.



7:15 pm – Mincha

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

7:45 pm – Screening of the Series **Shtisel** – Hebrew with Hebrew subtitles

8:10 pm – Ma'ariv

Friday, 22nd of Tammuz , 5785, July 18th, 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" with Rabbi Aschi Dik – English (Golan)

MAZEL TOV!

To **Edith Weissberg** on the marriage of a great-grandson and the Bat Mitzvah of a great-granddaughter.

To **Esther Soloman** on the marriage of a grand daughter..

Speedy Recovery to our Residents who are hospitalized:

Chaya Subar- (*Chaya bat Chana*)

Yehudit Wanderman (*Yehudit bat Sara*)

Welcome

Beit Tovei Hair residents, staff and management welcome

Baruch Shterental

Who moved into apt. 148

And

Shira Ray

Who moved into apt. 355



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 Shop
Coffee & Cake- 4:00 PM

Medical Secretarial Hours:

Sunday-Thursday
9:00 am- 2:00 pm

Social Worker Hours

Sunday, Wednesday, Thursday

9:00 am – 2:00 pm

Monday and Tuesday

2:00 – 7:00 pm

Meal Distribution Hours

Room Service

Breakfast: 7:45-9:00

Lunch: 12:00-1:00

Dinner: 5:30-6:30

Take Away

Breakfast: 7:45-8:15

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

Nurse's Hours

Weekdays

9:00 am- 1:00pm

3:00-6:00 pm

Friday

09:00 am- 1:00pm