



Shabbat Parshat Chukat- 5785
Rabbi Yehuda Rabinowitz
Rabbi Israel Gad Seletski (Manager on Duty)



Friday, 8th of Tammuz , 5785, July 4th, 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 during the davening)
- **Coffee Shop** – **6:25 pm** 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, 9th of Tammuz, 5785, July 5th, 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 Seletski- 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)

6:05 pm – "Parshat Hashavua" with Rabbi Rabinowitz - Hebrew (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 10th of Tammuz, 5785, July 6th, 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) Men and Women are welcome

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)

1:30 pm – Painting class with Nofar (Coffee Shop) Group A - New Time

♦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 (Coffee Shop)

4:15 pm – Israeli Dance Class with Mazi (Golan) New Time

4:30 pm – Tehillim for Women (Lobby)

5:00 pm - Lecture with Golda Warhaftig - English (Golan) change of time

5:50 pm – "Kohelet" Shiur for women with Ita Schneider - English (Lobby 2) change of time

5:50 pm – -Lecture with Golda Warhaftig - Hebrew (Golan)) change of time

6:15 pm – Music in the Lobby with Sofia

7:00 pm – "Drama and Movement" with Paulina - Women - Hebrew and English (Golan) change of time

7:15 pm – Mincha

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

7:45 pm – Screening of the Series Shtisel (Golan)

8:10 pm – Maariv

Monday, 11th of Tammuz , 5785, July 7th, 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)

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 – "Tefilla Is Heart Work" with Raizi Steinberg, daughter of former Resident Rabbi Meir Fendel z"l – English (Lobby 2)

4:00 pm – Coffee & Cake (Coffee Shop)

4:30 pm – Tehillim for Women (Lobby)

4:15 pm - **One of the Greatest Stories Ever Told – film by Rabbi Yoel Gold – English (Golan) *The story of a Pastor who discovers his Jewish roots.***

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

5:30 pm – "Charlie Chaplin: The Man and the Legend" with Roni Sherman - Hebrew (Golan)
The lecture will be in Hebrew; all are invited to watch scenes with the master of pantomime

6:00 pm – Music in the Lobby with Yaakov

6:30 pm – "Sing Along" with Talya Kirsch - Women (Golan)
change of day, time, and place



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: "Barbara" (Golan) English with English subtitles

8:10 pm – Maariv

Tuesday, 12th of Tammuz , 5785, July 8th , 2025

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

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

Haircuts for men with Yaakov the Barber-make your appointment at Reception

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 – "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 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)

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

7:30 pm – Evening Concert with the "Kiryat Hayered" band (Lobby)

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

8:10 pm – Ma'ariv



Wednesday, 13th of Tammuz, 5785, July 9th, 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 – Gali's Clothing 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 Solarium

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

Welcome Back!

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 – 4:30 pm – The English Library is open

4:30 pm – Tehillim for Women (Lobby)



4:30 pm – "Health, Wisdom, and Nature in One Hive " with Nerya Levi - English (Golan)

*You are invited to join a fascinating journey into the magical world of the honeybee.
A session that will enrich your knowledge, connect you to nature, and reveal how this tiny creature can make a big impact on your health and quality of life.*

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

5:45 pm – Health, Wisdom, and Nature in One Hive " with Yehoram Levy - Hebrew (Golan)

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 – "Shiur" – Rabbi David Biber- Hebrew (Beit Haknesset)

8:10 pm - Ma'ariv

Thursday, 14th of Tammuz ,5785, July 10th, 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 am –2:00 pm – Natis Sale of Gifts, Cosmetics and Jewelry (Coffee shop)
Change of Day

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

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

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

10:30 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)

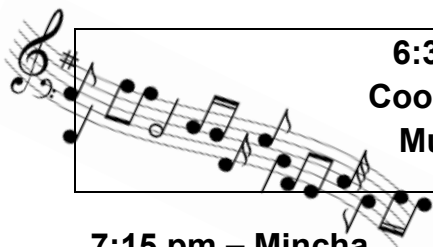
4:30 pm – Tehillim for Women (Coffee Shop)

4:30 pm – "Chaim Gouri's Poetry" with Omri Lior - English (Golan)

5:30 pm – "Chaim Gouri's Poetry" with - Omri Lior - Hebrew (Golan)



6:30 pm - Thursday Afternoon on the Golan patio
Cool refreshments in the pleasant afternoon breeze.
Musical accompaniment by Yiftach and Yonatan



7:15 pm – Mincha

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

7:45 pm – Screening of the Series **Shtisel** (Golan)

8:10 pm – Ma'ariv

Friday, 15th of Tammuz , 5785, July 11th, 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)

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

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

MAZEL TOV!

To **Helen Friedman** on the birth of a great-granddaughter !

To **Vicki Klipper** on the birth of a great-granddaughter!

To **Elisheva Genizi** on the birth of a great-granddaughter!

To **Riva Soibelman** on the birth of a great-grandson!

To **Necha Rosner** on the birth of a great-grandson!

To **Chaim Cohen** on the marriage of grandson, and the Bat Mitzva of a granddaughter (who is an Olah Chadasha)!

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

Rabbi Emanuel and Estelle Feldman

Who moved into apt. G 10

ANNOUNCEMENTS

Weight loss support with, Genesia, the Nutritionist on Tuesday mornings (additional charge).

For more details and registration contact Ruchie the secretary, at 02-531-8403.

Dear Residents!

If the elevator gets stuck and you are in it,
The alarm bell must be pressed **for 7 consecutive seconds**
without letting go

Please Note!!!

If the elevator is on Shabbat mode,
when the buzzer sounds
DO NOT TOUCH THE DOOR & DO NOT ENTER!!

**Please turn off cell phones
in programs and lectures
Because we all want to enjoy
and we all agree it annoys 😊**



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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 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