

Note From the Vaad

Dear Residents,

Following the feedback we received from you, and in order to ensure a well-organized, pleasant, and respectful lecture experience for all participants, we have, together with the management, formulated a few guidelines to help everyone enjoy the meetings in the best possible way:

1. Break between the lectures

There will be a 15-minute break between the two lectures.

Please wait about 7 minutes for the participants of the first lecture to leave before entering the second lecture. (That is, entry to the Hebrew lecture will not be before 17:22).

If the lecture runs longer than scheduled – please wait patiently for it to end and for the hall to be cleared before entering.

2. Entering the hall during the lecture

Once the lecture begins, the main door will be closed.

Entrance through the main (wooden) door will not be allowed until the lecture ends.

Late entry will only be possible through the side glass doors, and quietly, without disturbance – so that concentration and attentiveness of both the lecturer and the audience are maintained.

3. Sound system and punctuality

The staff will check the sound system before each lecture.

Lecturers are asked to arrive a few minutes before the lecture begins, to allow for an on-time start and finish according to the scheduled time.

4. Seating arrangements

Seating in the hall is on a first-come, first-served basis – no seat saving is allowed.

For the comfort of residents using wheelchairs, designated spaces have been set aside on the sides of the hall, providing good visibility and appropriate space.

5. Foreign workers

These guidelines have also been explained to the foreign workers. We would appreciate your encouragement of their cooperation during events.

These guidelines were formulated at your request, out of attentiveness, care, and a desire to ensure order, comfort, and maximum enjoyment for all residents.

Thank you for your understanding and cooperation,

Sincerely,
The Vaad

Dear Residents,

For your convenience, we have included in the bulletin the contact details for the **Service Desk**.

If there is no answer at the desk itself, you may contact the mobile number listed below. In case of emergency, the mobile number may also be used outside of the desk's operating hours.

Service Desk Hours:

Sunday–Thursday: 10:00–13:00 / 16:00–18:00

Contact Information:

Extension: 8475

Email: sherut@toveihair.co.il

Mobile: 054-3551067

SERVICE DESK





Shabbat Parshat Shoftim 5785
Rabbi Menachem Goldberg
Rabbi Israel Gad Seletski (Manager on Duty)

Friday, 5th of Elul , 5785, August 29th, 2025

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

9:15 am - "Hada'af 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 Dick – English (Golan)



5:35 pm – Minchah (Lobby)

Candle Lighting:

- **Lobby** – From **5:50 pm until 6:05 pm** (please do not prepare your candles during the davening)
- **Coffee Shop** – **5:50 pm until 6:30 pm**.

6:05 pm – Kabbalat Shabbat (Lobby)

Maa'riv

Do Not Forget To Say Kriat Shema after Tzet Hakochavim 7:35 pm

Seudat Leil Shabbat (Dining Room)

Shabbat, 6th of Av, 5785, August 30th, 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)

5:25 pm – "Parshat Hashavua" with Rabbi Menachem Goldberg - Hebrew (Golan)

6:25 pm – Mincha (Beit Haknesset)

Seudah Shlishit (Dining Room)

7:45 pm – End of Shabbat. Maa'riv (Beit Haknesset)

Havdalah after Maa'riv in the Lobby

Shavua Tov!!!!!!

Sunday 7th of Elul , 5785, August 31st , 2025

7:00 am – 8:00 am – Lap Swimming for Women

8:00 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 – Painting class with Nofar (Coffee Shop) Group A

♦Marilyn Leiman, ♦Shoshana Fenyes, ♦Malka Chaimson, ♦Shoshana Chadad ♦Vivien Kleinman ♦Esther Solomon ♦Shoshana Jakobowitz ♦Elisheva Genizi ♦Naomi Garame

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 – "The Jews of Spain and Portugal" with Dr. Susan Fraiman - English (Dvir) change of place

5:30 pm – "Trading with the Devil – An Israeli History of Hostage and Prisoner Releases." with Dr. Avichai Hillel Esq. - Hebrew (Golan) change of place

5:30 pm – "Kohelet" 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 (Dvir) change of place

6:45 pm – Mincha

7:00 pm – Shiur Gemara with Rabbi Natan Shapira (Beit Haknesset)

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

7:40 pm – Maariv

Monday, 8th of Elul , 5785, September 1st , 2025

6:15-6:50 – Free Swimming for Men

7:00 am – 8:00 am – Lap Swimming for Women

8:00 am – 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)

10:00 am – Lecture Series on Shai Agnon with Dr. Michal Shir-El – Hebrew (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 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)

4:30 pm – "The War Against the Bible" with Rabbi Eliezer Mischel - English (Golan)

5:30 pm – "Lebanon" - with Dr. Mordechai Nisan - Hebrew (Golan)

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

6:45 pm – Mincha

7:00 pm – Shiur "Or Hachaim Hakadosh" with Rabbi Mordechai Kreuzer (Beit Haknesset)

7:30 pm – Movie Night: "Fill the Void" (Golan) Hebrew with English subtitles

Fill the Void is an Israeli drama about Shira, an 18-year-old from an ultra-Orthodox family in Tel Aviv who is preparing for an arranged marriage. When her older sister dies in childbirth, Shira faces the unexpected pressure of marrying her widowed brother-in-law to keep the baby close to the family.

7:40 pm – Maariv

Tuesday, 9th of Elul , 5785, September 2nd , 2025

6:15-6:50 – Free Swimming for Men

7:00 am – 8:00 am – Lap Swimming for Women

8:00 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

9:35 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)

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

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

6:45 pm – Mincha

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

7:00 pm – Shiur Gemara with Rabbi Natan Shapira (Beit Haknesset)

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

7:40 pm – Ma'ariv



Wednesday, 10th of Elul , 5785, September 3rd, 2025

6:15-6:50 – Free Swimming for Men

7:00 am – 8:00 am – Lap Swimming for Women

8:00 am – 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 – Aviva's Sale (Coffee shop)

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

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

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

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

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 Devarim" 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 -

5:45 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

6:45 pm – Mincha

7:00 pm – "Shiur" – Rabbi David Biber- Hebrew (Beit Haknesset)

7:30 pm – Movie Night: "Fill the Void" (Golan) Hebrew with Hebrew subtitles

Fill the Void is an Israeli drama about Shira, an 18-year-old from an ultra-Orthodox family in Tel Aviv who is preparing for an arranged marriage. When her older sister dies in childbirth, Shira faces the unexpected pressure of marrying her widowed brother-in-law to keep the baby close to the family.

7:40 pm - Ma'ariv

Thursday, 11th of Elul ,5785, September 4th, 2025

7:00 am – 8:00 am – Lap Swimming for Women

8:00 am – 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 (Lobby)

**4:20 pm – "Israel in the Era of Austerity" with Eyal Offenbach – English (Golan)
change of time**

5:30 pm – "Israel in the Era of Austerity" with Eyal Offenbach –Hebrew (Golan)

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



6:45 pm – Mincha

7:00 pm – Shiur Gemara with Rabbi Natan Shapira (Beit Haknesset)

7:40 pm – Ma'ariv

Friday, 12th of Elul , 5785, September 5th, 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 Dick – English (Golan)

Speedy Recovery

To **-Dora Elmaliach** (Dora bat Esther) who is hospitalized



Welcome

Beit Tovei Hair residents, staff and management welcome



Jack and Shifra Zwick

Who moved into apt. 60

Condolences

Beit Tovei Hai'r and its residents share in the grief of Avraham Froilich upon the passing
of his wife

Miriam Froilich A"H

May you be comforted among the mourners of Zion and Jerusalem



Davening Hours

Shacharit –Berachot 7:20 AM,
Hodu 7:30 AM,
Minchah -6:45 PM
Maa'riv – 7:40 PM

Tehillim for Women

Sunday-Thursday
Lobby– 4:30 pm

Medical Secretarial

Hours:

Sunday-Thursday

9:00 am- 2:00 pm

Meal Hours in Dining Room

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

Coffee Shop

Coffee & Cake- 4:00 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

Nurse's Hours + Phone Service

Weekdays

8:30 am- 1:00pm

3:00-6:00 pm

Friday

09:00 am- 1:00pm

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

Service Desk Hours

Sunday- Thursday

10:00 am – 1:00 pm /4:00-6:00 pm

Extension – 8475

Email - sherut@toveihair.co.il

Whatsapp/Cell phone 054-3551067