

Coming up soon....

A trip in the footsteps of the Maccabees

New Hasmonaean Museum in Modi'in, observation of the Maccabee
Battles area and more
Tuesday, December 2nd (12th of Kislev),
Guided by Zipporah Filtz
Details to follow....



New!

**Game Club (with Seminary Girls) on Wednesdays,
at 5:00 PM in the
Coffee Shop.**



New in Beit Tovei Ha'ir Drop Weight, Gain Health! ✨

👤 Ready for a Real Change? It's Time to Feel Lighter, More Energetic, and Healthier!

If you've tried countless diets only to return to square one – this is the group that will help you break the cycle!

What Awaits You in the "Drop Weight" Group?

- 🏆 **Professional Guidance:** An intimate weight loss group led by Genesia, House Dietician, **Certified Clinical Dietitian** providing personalized and science-based guidance.
- 🧠 **Not Just a Diet – Lifestyle Change:** We will learn the **principles of proper nutrition** together, not just for weight loss, but for **permanent** maintenance. We'll understand the connection between food, emotion, and health.
- 🤝 **Support and Inclusion:** Your safe space! A supportive, empowering, and non-judgmental group that will stand by you through every success and challenge.
- 📊 **Health Improvement:** The group is also designed for balancing health metrics (sugar, blood pressure, cholesterol) and improving overall quality of life.

When Do We Meet?



Every Tuesday, you have a choice of two groups

Group A : 8:30 - 9:20 am

Group B : 10:15-11:05 am



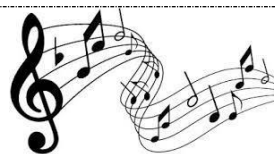
**For More Details and Registration (Spots are Limited!):
contact the clinic secretary Etty 02-531-8403**

Shabbat Parshat Toldot 5786
Rabbi Kruezer
Rabbi Israel Gad Seletski (Manager on Duty)

Friday, 1st of Kislev, 5786, November 21st, 2025 – Rosh Chodesh Kislev

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

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



9:45 am – Women sing the Hallel Together
accompanied by
Talya Kirsch (Golan)

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)



4:01 pm Candle Lighting

Lighting in the Lobby must be completed **before the beginning of Mincha**.
 Afterward, please light near the Coffee Shop or in the Golan Hall, based on your meal location.
 4:20 pm – Minchah (Lobby)

4:35 pm – Kabbalat Shabbat (Lobby)

Maa'riv

Seudat Leil Shabbat (Dining Room)

7:30 pm - "Parshat Hashavua" with Rabbi Kruezer - Hebrew (Beit Haknesset)

Shabbat, 2nd of Kislev, 5786, November 22nd, 2025

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

7:45 am – Shacharit (Lobby)

Kiddush (Dining Room)

10:45 am - "Parshat Hashavua" with Rabbi Israel Gad Seletski- English (Beit Haknesset)

11:15 am – Parsha Shiur for Women with Puah Steiner - Hebrew (Lobby 3)

12:30 pm – Seudat Shabbat (Dining Room)

3:55 pm – Mincha (Beit Haknesset)

Seudah Shlishit (Dining Room)

5:15 pm – End of Shabbat. Maa'riv (Beit Haknesset)

Havdalah after Maa'riv in the Lobby



7:30 pm – Motzai Shabbat Accordion and Clarinet Concert with
Yaakov and Valerie

Shavua Tov!!!!!!

Sunday 3rd of Kislev , 5786, November 23rd, 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 – "Gemara Shiur " with Rabbi Shechter -English (Coffee Shop)

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

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

10:45 am – "Willpower" with Rabbi Dovid Stern – Hebrew (Beit HaKnesset)

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)

12:30 pm – Mincha

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

4:00 pm – Coffee & Cake (Coffee Shop & Solarium)

4:30 pm – Tehillim for Women (Lobby)



4:30 pm – Classic Music Concert with Talman, Schubert, Vaughan Williams, and more.....

**Chana Blachman on the Cello and Devora Shrem on the Piano
(Lobby)**



5:30 pm – "Mezuza in Halacha and Hashkafa" with Rabbi Aschi Dick - Hebrew (Golan)

5:30 pm – "Kohelet" Shiur for women with Ita Schneider-English (Coffee Shop)

6:15 pm – Music in the Lobby with Sofia

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

6:30 pm – Maariv

6:45 pm – Shiur Gemara with Rabbi Natan Shapira (Beit Haknesset)

Monday, 4th of Kislev , 5786, November 24th , 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 Shiur" with Rabbi Shechter -English (Coffee Shop)

10:00 am – Lecture 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)

12:30 pm – Mincha

2:00 pm – Painting class with Nofar (Coffee Shop) Group A

♦Marilyn Leiman, ♦Shoshana Fenyess, ♦Malka Chaimson, ♦Elisheva Genizi, ♦Rose Rev,
♦Judy Cohen ♦Vivien Kleinman ♦Esther Solomon ♦Shoshana Jakobowitz ♦Noami Gerame

4:00 pm – Coffee & Cake (Coffee Shop & Solarium)

4:30 pm – Tehillim for Women (Lobby)

**4:30 pm – "Clarifying the Conflicts 1880's until the Present: A Virtual Historical Tour"
with Rabbi Baruch Felberman - English (Golan)**

5:30 pm – "The Halachot of Interest Common Situations with Grandchildren"
with Rabbi Pinchas Vind - Hebrew (Golan)

Rabbi Vind is the Head of the Halachic Authority and Beit Din for Interest (Ribbit) Matters

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

6:30 pm – Maariv

6:45 pm – Shiur "Or Hachaim Hakadosh" with Rabbi Mordechai Kreuzer (Beit Haknesset)

7:30 pm – Movie Night: "Sense and Sensibility" (1995) (Golan) English with English subtitles

Based on Jane Austen's classic, "*Sense and Sensibility*" follows the Dashwood sisters, Elinor and Marianne, as they face love, loss, and financial hardship after their father's death. Elinor quietly grapples with her feelings for Edward Ferrars, while Marianne is drawn into a dramatic romance with the charming but unreliable Willoughby. Through their experiences, both sisters learn to balance feeling with judgment and ultimately find lasting love.

Tuesday, 5th of Kislev , 5786, November 25th, 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

9:45 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**

10:45 am - "**Feldenkreis Exercise** " with Tamar Levin-Women (Golan)

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

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)

11:45 am – Ulpan for Advanced Students with Mrs. Shoshana Maislik (Lobby 2)

12:30 pm – Mincha

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

4:00 pm – Coffee & Cake (Coffee Shop & Solarium)

4:30 pm – Tehillim for Women (Lobby)

4:30 pm – "Medical Ethics in Halacha and Hashkafa" with Rabbi Aschi Dick – English (Dvir) change of location

5:30 pm - Halacha and Parshat Hashavua with Rav Natan Shapiro – Hebrew (**Dvir**) change of location

6:00 pm – Music in the Lobby with Asaf

6:30 pm – Ma'ariv

6:30 pm – "Smartphones, AI, Computers and More" with Ezra Shapira - English (**Dvir**) change of location

6:45 pm – Shiur Gemara with Rabbi Natan Shapira (Beit Haknesset)

7:25 pm – "Smartphones, AI, Computers and More " with Ezra Shapira - Hebrew (**Dvir**) change of location



Wednesday, 6th of Kislev , 5786, November 26th, 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 – Jewelry and Purse Sale with Zahava
(Coffee Shop)**

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

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

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

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

11:30 am – Choir for Women with Talya Kirsh (Golan)

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

11:45 am – "Hadaf Hayomi" with Rabbi Dovid Stern (Beit Haknesset)

12:30 pm – Mincha

4:00 pm – Coffee & Cake (Coffee Shop & Solarium)

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

4:30 pm – Tehillim for Women (Lobby)

4:30 pm – "Biblical Personalities " with Rabbi Yonatan Horowitz- English (Golan)

5:00 pm – New! Game Room hosted by Seminary Girls (Coffee Shop)

5:30 pm – "More Than Diamonds"-Insights into the Parsha and Pirkei Avot with Ita Schneider- Women -English (Lobby 2) **change of place**

5:30 pm – "Topics in the Prophets" with Rabbi Yonatan Horowitz - Hebrew (Golan)

5:30 pm – "In-depth Gemara Shiur in English" with Rabbi Dick– (Beit Haknesset)

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

6:30 pm - Ma'ariv

6:45 pm – Music in the Lobby with Sofia

6:45 pm – "Shiur" – Rabbi David Biber- Hebrew (Beit Haknesset)

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



Thursday, 7th of Kislev ,5786, November 27th, 2025

*Please Note – There is a wedding scheduled in the Gerrer Beit Medrash. Please expect **crowds and increased traffic** in the area.*

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)**

12:30 pm – Mincha

4:00 pm – Coffee & Cake (Coffee Shop & Solarium)

4:30 pm – 6:30 pm - Free Swimming for Men

4:30 pm – Tehillim for Women (Lobby)

4:30 pm – "Chanukah in Jewish Art" with Dr.Susan Fraiman - English (Golan)

5:30 pm – " Chanukah in Jewish Art" with – Dr. Susan Fraiman - Hebrew (Golan)

6:30 pm – Ma'ariv

6:45 pm – Shiur Gemara with Rabbi Natan Shapira (Beit Haknesset)

7:30 pm – "Sense and Sensibility" (1995) (Golan) English with **Hebrew subtitles**

Based on Jane Austen's classic, "*Sense and Sensibility*" follows the Dashwood sisters, Elinor and Marianne, as they face love, loss, and financial hardship after their father's death. Elinor quietly grapples with her feelings for Edward Ferrars, while Marianne is drawn into a dramatic romance with the charming but unreliable Willoughby. Through their experiences, both sisters learn to balance feeling with judgment and ultimately find lasting love.

Friday, 8th of Kislev , 5786, November 28th, 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 our residents who are hospitalized

To **Binyamin Weinberg** (Binyamin ben Sarah)
To **Yitzchak Hadari** (Yitzchak Asher ben Kreindel Atara)



MAZEL TOV!

To **Yona Shapiro** on the Bat mitzva of a great granddaughter
and on the birth of a great granddaughter

To **Chaya Geniram** on the birth of a great grandson

To **Tamar Kubayof** (the previous Social Worker) on the engagement of her
daughter

Condolences

Beit Tovei Hai'r and its residents share in the grief of Stella Horowitz תבדל"א
upon the passing
of her sister

Eva Blatt A"H

May you be comforted among the mourners of Zion and Jerusalem

