

# Shabbat Va'era 5786

## VISIT TO THE KOTEL

On **Tuesday, January 20<sup>th</sup>**

Departure from Lobby at 10:00 am

Approximate Return: 11:45 pm

## Registration at the Front Desk

Cost: 40 NIS



בשבח ובחוודאה להש"ת על כל הטוב אשר גמלנו  
ושחה"ין וק"מ'ם והגיענו לזמן זה  
לייט שמחת כלותם ביטן היקרים

תכבד בזה להזמיןכם להשתתף עמו בשמחותנו  
שתתקיים א"ה לפחות ובעשרה טوبة ומצווחת  
בימים שני ר'ח שבט תשפ"ו לפ"ק (19 בינואר למןינם)  
באולם נונטניך ר'ה בית הדפס 11 ירושלים טובב"א

החופה בשעה 18:30

**21:30 קבלת אורחים משעה**

### נשמע מאי בהשתתפותכם

## הורי הכללה ישראל גד סלצקי ומשפ' ירושלים תובב'א

חנוך העניר ברודזבקר ומשפ'  
חנן הרה"ח ר' יעקב יוסף גרש צ"ל  
ק. הר"ם לויין, תל אביב

עטירת זKENIM בני בניים ותפארת בניים אבותם  
גם אנו נשמח לראותכם מושתתפים  
בשאלהם לבלתי גבוזו בברכתם ושביעון

## מיכאל סלצקי ומשה ירושלים תובב"א

חיים שלום ברודברק  
בני ברק

הודה אריה ליב קמיוונקה ומשפ' גושלים טובב"א

מ. גירש  
בני ברק

לכבוד ולעונג תהיה לנו השתתפותכם  
בஸעודת המצויה שתערוך א"ה לאחר החופה

העליה לתורה אמרה "ב' ש' ק' וארא  
בביה"ס דגורי "דרכי איש" (מצחצת)  
קרית הר"ם לויין, תל אביב  
זמן התפילה בשעה 7:30  
קידוש וארא לאחר התפילה

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Mazal Tov to  
Rabbi Seletzki and family  
On the marriage of his daughter, Esti

## Corner of the Va'ad

We hope that everyone enjoyed the excellent presentations by the representatives of the Amuta – The Association of senior housing residents. A full summary of the lecture will be made available to interested residents.

On January 25,26 and 27 we will be hosting a membership drive for the Amuta. Hours are January 25 and January 26, 10:30-13:00, and 16:00-17:00; January 27, 10:30-14:00

Membership fees are 100 shekels per person. Payment is in cash only.

Residents who are willing and able to help this important effort by manning the collection tables are asked to contact the Va'ad

### **Israel Association of Senior Housing Residents lecture summary**

Activities of the Israel Association of Senior Housing Residents

An organization that unites majority of residents in protected housing in Israel and has been working to protect the rights of residents for over two decades. It has received the status of a consumer organization from the Ministry of Justice.

Main Activities:

Legislation of the Protected Housing Law and its regulations (Regulations for Residents' Committees, Conditions for House Operation, Administrative Competence, Disclosure Document, License Application, Apartment Specifications, Funds, Financial Stability).

Amendment to the Protected Housing Law – Section 27, providing security for residents' deposit funds.

Filing representative claims on various issues.

Synchronization of medical information.

Construction above or expansion of an occupied protected housing residence.

Supporting residents' committees that are members of the association on various issues related to residents' rights (e.g., property tax).

Renewal of the tax benefit for protected housing residents – the possibility of offsetting protected housing payments against income from renting out a residential apartment. Preparation of an annual report through a certified public accountant.

The organization's website address: <https://www.isra-senior-res.org.il/>

## Shabbat Parshat Va'era 5786

### Shabbat Mevarchin

Rabbi Yisrael Weinberger

Mrs. Pessi Sharf (Manager on Duty)

**Friday, 27<sup>th</sup> of Tevet, 5786, January 16<sup>th</sup>, 2026**

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 Dick – English (Golan)



**4:23 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.

4:40 pm – Minchah (Lobby)

**4:55 pm – Kabbalat Shabbat (Lobby)**

Maa'riv

Seudat Leil Shabbat (Dining Room)

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

**Shabbat, 28<sup>th</sup> of Tevet, 5786, January 17<sup>th</sup>, 2026**

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

7:45 am – Shacharit (Lobby)

**Kiddush (Dining Room)**

**11:00 am –"Parshat Hashavua" with Rabbi Dunner - English (Beit Haknesset)**

11:15 am – "Sefer Shmuel" Singing & Shiur for Women with Ora Ofir - Hebrew (Lobby 3)

**12:30 pm – Seudat Shabbat (Dining Room)**

4:20 pm – Mincha (Beit Haknesset)

Seudah Shlishit (Dining Room)

5:38 pm – **End of Shabbat.** Maa'riv (Beit Haknesset)

**Havdalah** after Maa'riv in the Lobby

**7:30 pm – Motzai Shabbat Concert with Viola Player- Itamar Ringel**

**(Lobby)**



**Shavua Tov!!!!!!**

## Sunday 29<sup>th</sup> of Tevet , 5786, January 18<sup>th</sup> , 2026

**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 (Beit Haknesset) **Place Change**

10:00 am – Upan for Beginners with Mrs. Shoshana Maislik (Lobby 2) **Day Change**

10:00 am – "Rav Kook " 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)

11:45 am – Upan for Advanced Students with Mrs. Shoshana Maislik (Golan) **Day Change**

**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)

**4:25 pm " Topics of faith and Judaism " with Rabbi Amihud Glazer – English (Golan)**

5:25 pm - Topics of faith and Judaism " with Rabbi Amihud Glazer – 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)

**7:30 pm – Game Night with Naomi Mauer- (Coffee Shop)**

*All residents are welcome to play and enjoy! Feel free to bring your own games as well*



## Monday, 1<sup>st</sup> of Shevat 5786, January 19, 2026 Rosh Chodesh Shvat

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



### **09:30 am- Women sing The Hallel -with Talya Kirsch (Golan)**

10:00 am – "Gemara Shiur" with Rabbi Shechter -English (Beit Haknesset)



10:00 am – Lecture on Shai Agnon with Dr. Shirel-Hebrew (Golan)

**10:30 am – Shiur for Rosh Chodesh with Rivki Karp, granddaughter of Liba Gottesman- English (Dvir)**

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 - Health Exercise using mats – for Physically able Women** with Ora (Nehora)

**12:30 pm – Mincha**

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

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

4:30 pm – Tehillim for Women (Lobby)



**4:30 pm – “Getting to Know You – From A to Z” (Golan)**

This month, we'll get to know residents whose last names begin with the letter

**בָּ.**

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)

**19:00 – Jerusalem Winter Performance – “The Melody of the Heart” Choir,**

**Children of Kiryat HaYeled (Lobby)**

***Light refreshments in honor of Rosh Chodesh***

**Tuesday, 2<sup>rd</sup> of Shevat, 5786, January 20<sup>th</sup> , 2026**

**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

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

10:00 am – "Shiur Parashat Shavua" with Rabbi Stern (Hebrew (Golan)

**10:00 am – "Brain Booster" with Sara Nappe- English (Coffee Shop) New!!**

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 Tzohar - Hebrew (Beit Haknesset)

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

**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 – Bridge Club- Beginners and Advanced- with Rivka Cohen (Lobby 2)**

4:30 pm – Tehillim for Women (Lobby)

4:30 pm- "Lab-grown meat: Parve or Fleisching -Joint Torah Study" (for Women and Men) with Rabbi Dick- Hebrew (Golan) New!!

**5:30 pm – "Ask the Rabbi: Live Q&A with Rabbi Aschi Dick– English (Coffee Shop)**

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

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 (Golan)

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

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

**Wednesday, 3<sup>rd</sup> of Shevat, 5786, January 21<sup>st</sup> , 2026**

**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 – Nili"s Shoe Sale: (Coffee shop)**

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



**9:45 am – Ulpan for Advanced Students with Mrs. Rachel Strenger (Lobby 3)**

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 David 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)**

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

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

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, 4<sup>th</sup> of Shevat, 5786, January 22<sup>th</sup> , 2026

**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 (Beit Haknesset))

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

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

**11:00 am- Tanya Class for Women and Chanukat Habayis of Rosenthals with  
Rebbetzin Malki – English (apt. 335) (*Pay attention to adds, there  
might be changes*)**

11:00 am – Men's Feldenkrais 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 – "The Sanhedrin's Wandering and the Shaping of the Post-Temple Era:  
A Virtual Historical Tour" with Rabbi Felberman- English (Golan)**

5:30 pm – "The Sanhedrin's Wandering and the Shaping of the Post-Temple Era:  
A Virtual Historical Tour" with Rabbi Felberman - Hebrew (Golan)

6:30 pm – Ma'ariv

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

7:30 pm – Movie Night: "**Katmandu**" Last Chapters 9-10 (Golan) **Hebrew with Hebrew subtitles**

**Friday, 5<sup>th</sup> of Shevat, 5786, January 23<sup>th</sup> , 2026**

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 Dick – English (Golan)

### **Speedy Recovery**

To **Yitzchak Levivi** who is hospitalized

To **Sarah Tanis** who is hospitalized

## **ANNOUNCEMENTS**

### **REMINDER:** **Nurse's Hours + Phone Service**

#### Weekdays

8:30 am- 1:00pm

3:00-6:00 pm

#### Friday

09:00 am- 1:00pm

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

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



**Discover the perfect way to relax.  
Come in once to try it. Return for the results.**

**To Book a Massage call :  
Tali – 054-671-5300**

**Davening Hours**

Shacharit –Berachot 7:20 AM,  
Hodu 7:30 AM,  
Minchah -12:30PM  
Maa'riv – 6:30 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, Monday and Wednesday**  
9:00 am – 2:00 pm  
**Tuesday and Thursday**  
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

**YIFAT-**  
**LADIES HAIRDRESSING**

Every Monday and Thursday  
in Nehora Wellness Center.

Make your appointment  
at the front desk

**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

**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](mailto:sherut@toveihair.co.il)  
Whatsapp/Cell phone 054-3551067