



The Va'ad Corner

The Va'ad has entered the digital age, in addition to the Suggestion Box, Suggestions and requests to the Va'ad can now be made via WhatsApp to Heidi Sugarman, secretary of the Va'ad at **050-402-5001**.

Widening Our Cultural Activities: The Va'ad has met with Yael Ben David in order to discuss ways to vary and expand the cultural program. Members of the Va'ad had many suggestions which Yael noted down. Yael welcomes input from residents. For example, ideas for guest speakers, links to suitable movies, fun activities and day trips. If you have good ideas, don't hesitate, please pass them on to the Va'ad or to Yael.

Service Desk

As part of improving our service, management would like to remind residents that requests relating to apartment or public areas maintenance should be submitted only to the Service Desk.

The Service Desk handles requests for the operational departments: housekeeping, maintenance, kitchen, dining room, and security.

Requests regarding mail delivery, registering for meals, trips and activities, handing in and collecting laundry, and office services will continue to be handled at Reception.

Ways to contact the Service Desk:

1. **In person** by a representative: Sunday–Thursday 10:00–1:00, 4:00–6:00
2. **By phone**: 8475 or 054-355-1067 (also by WhatsApp)
3. **The request box** located on the wall next to the Service Desk table
4. **Email**: sherut@toveihair.co.il

In cases that cannot be postponed, outside office hours, please contact Reception.

Looking forward to hearing from you,
The Va'ad

"Snippets of Inspiration"

Fortunate are we to have a rich treasure of wisdom from great Rabbanim to inspire and guide us.

To help connect our community with these treasures, **residents and staff are invited to submit teachings for possible inclusion in the weekly program.**

Following are guidelines for submissions:

- 1) teaching must NOT contain words which need to be placed in a genizah;
- 2) no longer than 1/3 page;
- 3) name and phone # must be included (for clarification purposes only, it will not be printed).

Please give your submission to the kabbalah, or email to ShifraGershona@yahoo.com.

May the following teachings be an inspiration for you:

1. ***Once a person complained to a Rebbe about always being crowded. The Rebbe said to him, "If you never have enough space, maybe you take up too much room!"***
2. ***Rabbi Samson Raphael Hirsch: "Every descent is for the sake of a future ascent."***


If you write Hebrew or English calligraphy, please contact Gershona, Tel. 8149."



ת"דג


HALELU Dance Company *Presents*
Women Only


"How Am I?"


Written by: Dorit Levi
Performed by: HALELU Dance Company
Artistic Director: Chaya Shlomo



**Monday,
June 22, 2026**
17 Tammuz 5786



**Venue:
Beit Tovei Ha'ir**




**Performance
Begins:
11 30 AM**


 HALELU
 School for Dance
 in the Spirit
 of Judaism


 Ministry of
 Culture and Sport


 Mifal HaPais
 (Israel National Lottery)


 Jerusalem
 Municipality


 Jerusalem Department
 for Torah Culture

**An Exciting and Magical
Performance by: HALELU
Ballet Company
Monday, June 22nd at
11:30 in The Golan Hall
*All Women invited***

Shabbat Parshat Chukat 5786

Pirkei Avot – Perek 5

Rabbi Yehuda Rabinowitz

Rabbi Israel Gad Seletski (Manager on Duty)

Friday, 4th of Tammuz, 5786, June 19th, 2026

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

9:15 am - "Hadaf Hayomi" – Hebrew (Beit Haknesset)

10:30 am - "Parshat Hashavua" with Rabbi Rabbi Klemantinovsky – Hebrew (Golan)

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

11:30 am - "Parshat Hashavua" with Rabbi Dick – English (Golan)

6:00 pm – Mincha (Beit Haknesset) – One Minyan Only!

6:25 pm- Candle Lighting

6:35 pm – Kabbalat Shabbat (Lobby)

Maa'riv



Do Not Forget To Say Kriat Shema after Tzet Hakoachvim 8:15 pm

Seudat Leil Shabbat (Dining Room)

Shabbat, 5th of Tammuz, 5786, June 20th, 2026

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 - English (Beit Haknesset)

1:00 pm – Seudat Shabbat (Dining Room)

6:05 pm - "Parshat Hashavua" with Rabbi Rabinowitz - Hebrew (Beit Haknesset)

7:05 pm – Mincha (Beit Haknesset)

Seudah Shlishit (Dining Room)

8:30 pm – End of Shabbat. Maa'riv (Beit Haknesset)

Havdalah after Maa'riv in the Lobby

Shavua Tov!!!!!!!

Sunday, 6th of Tammuz , 5786, June 21st , 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)

10:00 am – "**Gemara Shiur** " with Rabbi Shechter -English (Dvir)

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

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

11:00 am – "Feldenkreis Exercise " with Tamar Levin-Women (Golan)

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 – **Ulpan for Advanced Students** with Mrs. Shoshana Maislik (New Lobby)

2:00 pm – Functional Art with Devori (Coffee Shop)

1:30 pm – 3:00 pm - Free Swimming for Men

4:00 pm – Coffee & Cake (Coffee Shop)

4:30 pm – Tehillim for Women (Lobby)

4:30 pm – "**Schmiel and the Banana - The poor Jewish immigrant in America who built an Empire from Bananas**" with Eyal Offenbach - English (Golan)

5:30 pm – "Schmiel and the Banana - The poor Jewish immigrant in America who built an Empire from Bananas" with Eyal Offenbach - 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)

7:15 pm – Mincha (Beit Haknesset)

7:30 pm – Shiur Gemara with Rabbi Yosef Kaplan (Beit Haknesset)

8:00 pm – Movie Night: "**Wuthering Heights**" (Coffee Shop) English **with Hebrew subtitles**

8:15 pm – Maariv (Beit Haknesset)

Monday, 7th of Tammuz , 5786, June 22nd , 2026**7:00 am – 8:00 am – Lap Swimming for Women****8:00 am – 9:00 am – Free Swimming for Women****8:00 am – Water Exercise for Women**

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

9:30-10:30 am – Exercise Gym open for **Women**10:00 am – "**Gemara Shiur**" with Rabbi Shechter -English (Dvir)**10:00 am – Exercise for women with Shikma, the physiotherapist (Golan) Time Change**10:30 – 11:30 – Exercise Gym open for **Men**11:00 am – "Parashat Hashavua" with Rabbi Yehuda Rabinowitz-Hebrew (Coffee Shop)**11:00 am – Men's Feldenkreis Exercise Class" with Reuven (New Lobby)****11:30 am – "How Am I" by: Hallelu Dance Company****An Exciting and Magical Performance****Women (Golan)**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)**2:00 pm – Painting class with Nofar (Coffee Shop) Group A**, ♦Marilyn Leiman, ♦Shoshana Fenyas, ♦Malka Chaimson , ♦Elisheva Gnizi, ♦Vivien Kleinman ♦
♦Shoshana Jakobowitz , ♦Rose Rev , ♦Judy Schreiber , ♦Naomi Garami

4:00 pm – Coffee & Cake (Coffee Shop)

4:30 pm – Tehillim for Women (Lobby)

5:00 pm – A Nostalgic Musical Afternoon with the Beloved Songs of Yigal Calek*Featuring the timeless classics of the Pirchei London Boy's Choir,
such as "Ko Amar Hashem" , "Chamol" and more***Performed by Akiva Margaliot, alumnus of the Yad BeZemer Boys Choir****(Lobby)****6:30 - 7:15 pm - The English Library is open****7:15 pm – Mincha (Beit Haknesset)**

7:30 pm – Shiur "Or Hachaim Hakadosh" with Rabbi Mordechai Kreuzer (Beit Haknesset)

7:30 pm – Game Night with Naomi Mauer- (Coffee Shop)**8:15 pm – Maariv (Beit Haknesset)**

Tuesday, 8th of Tammuz , 5786, June 23rd , 2026

6:10-6:50 am- 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) (Beit Haknesset)

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

10:00 am – "**Gemara Shiur**" with Rabbi Shechter -English (Dvir)

10:00 am – "Parasha Shiur" with Rabbi Stern -Hebrew (Golan)

10:00 am-"Brain Booster" with Sara Nappe-English (Coffee Shop) *High level thinking Challenges. Come try it out*

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

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

♦Shoshana Chadad ♦Yaffa Silverberg ♦Leah Rosenzweig ♦Barbara Bachrach ♦Yocheved Fleishman, ♦Miriam Danielchik, ♦Rivka Amizur ♦Esther Solomon ♦Yocheved Fisher

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)

12:45-3:00 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 – "Historic Figures in the Far & Near Past" with Rabbi Aschi Dick – English (Golan)

5:30 pm – "Brain Booster" with Sari Cohen – Hebrew (Golan)

6:15 pm – Music in the Lobby with Asaf

7:15 pm – Mincha (Beit Haknesset)

7:30 pm – Shiur Gemara with Rabbi Yosef Kaplan (Beit Haknesset)

8:15 pm – Maariv (Beit Haknesset)

Wednesday, 9th of Tammuz , 5786, June 24th , 2026**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) (Beit Haknesset)

9:00 am-1:00 pm – Michal Fashion Sale (Coffee Shop)***Women's clothing, jewelry, and bags******All at the incredible price of 45 NIS***09:30 –10:30 am – Exercise Gym open for **Women****9:45 am – Ulpan for Advanced Students with Mrs. Rachel Strenger (Lobby 2)**10:00 am – "**Gemara Shiur**" with Rabbi Shechter -English (Dvir)10:30 am – "Exercise for Women" with Suri (Golan)10:30 – 11:30 am – Exercise Gym open for **Men**11:30 am – Choir for Women with Talya KirsCh (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)

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 "**Middle Eastern Insights**" with **Dr. Motty Keidar - English (Golan)**5:30 pm – "More Than Diamonds- Parsha & Pirkei Avot" with Ita- Women -English (Coffee Shop)5:30 pm – "Middle Eastern Insights" with Dr. Motty Keidar - Hebrew (Golan)6:30 pm – "Tanya" Class for Women – with Mrs. Devora Ebert – Hebrew (Lobby 2)

6:45 pm – Music in the Lobby with Sofia

7:15 pm – Mincha (Beit Haknesset)7:30 pm – "Pirkei Avot" - R. Yitzchak Hadari- Hebrew (Beit Haknesset)7:30 pm – "Sing Along" with Talya Kirsch - Women (Dvir)**8:15 pm – Maariv (Beit Haknesset)**

Thursday, 10th of Tammuz ,5786, June 25th , 2026

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

8:00 am – 9:00 am – Free Swimming for Women

8:00 am – Water Exercise for Women

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

9:30 –10:30 am – Exercise Gym open for **Women**

10:00 am – "**Gemara Shiur**" with Rabbi Shechter -English (Dvir)

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

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

11:00 am – Men's Feldenkreis Exercise Class" with Reuven (New Lobby)

11:15 am – Bridge Club- Beginners and Advanced- with Rivka Cohen (Lobby 2)

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

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

4:00 pm – Coffee & Cake (Coffee Shop)

4:30 pm – 5:30 pm - Free Swimming for Men

4:30 pm – Tehillim for Women (Lobby)

4:30 pm – "The History of Jerusalem's Coffee Houses in the 20th Century" with Shmulik Langer - English (Golan)

5:30 pm – "The History of Jerusalem's Coffee Houses in the 20th Century " with Shmulik Langer - Hebrew (Golan)

**6:30 pm - Thursday Afternoon on the Golan patio
Cool refreshments in the pleasant afternoon breeze.
Musical accompaniment by Tanya on the piano**



7:15 pm – Mincha (Beit Haknesset)

7:30 pm – Shiur Gemara (Beit Haknesset)

8:00 pm – Movie Night: "Hitnatkut" Series about the Disengagement from Gush Katif (Coffee Shop) **Hebrew with Hebrew Subtitles**

8:15 pm – Maariv (Beit Haknesset)

Friday, 11th of Tammuz , 5786, June 26th, 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 Klemantinovsky – Hebrew (Golan)

11:00 am-12:30 pm- Swimming for Men


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





MAZEL TOV!

To **Dina Cohen** on the marriage of a grandson !
 To **Orah Ziontz** on the birth of a great-grandson !



Speedy Recovery

To **-Sara Tannis-** who is hospitalized



Welcome

Beit Tovei Hair residents, staff and management welcome

Chana Kaminker

Who joined us in apt. 459




Condolences

Beit Tovei Hai'r and its residents share in the grief upon the passing of

Dr. Donald Cohen 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 -7:15 PM
 Maa'riv – 8:15 PM

Tehillim for Women

Sunday-Thursday
 Lobby– 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

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**Tel. 8142****Weekdays**

8:30 am- 1:00pm

3:00-6:00 pm

Friday

9:00 am- 1:00pm

Medical Secretary Hours:**Tel: 8403****Sunday-Thursday**

9:00 am- 2:00 pm

Social Worker Hours**Tel. 8128****Sunday, Monday and Wednesday**

9:00 am – 2:00 pm

Tuesday and Thursday

2:00 – 7:00 pm

Medical Accessories Gemach

Open in the clinic

Please speak with Sima or Pessi

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