



Yom Dor L'Dor- Children's Fun Day

Wednesday August 5th (For Residents from floors G, 1,2)

Thursday August 6th (For Residents from floors 0,3, 4)

*Still didn't sign your grandchildren to the fun day?
Hurry to the reception,
or sign them through by the link sent by Whatsapp*

Boxed Lunch for children (Hamburger in a bun, chips and a drink)
40 shekel if ordered by Monday, August 3rd at the Reception.
60 shekel per meal for those who haven't registered in advance

We can not guarantee lunch to those who have not registered in advance.

The packed meal will be available in the Golan Hall after the Show.

Register in advance at the Reception

Donation Booth for Yedid L'Boded

(Friends of Lone Soldiers and National Service Volunteers) 

During our **Dor L'Dor Days** event, there will be a donation booth supporting **Yedid L'Boded**, an organization dedicated to the emotional, social, and spiritual well-being of Israel's Lone Soldiers and Lone National Service volunteers.

Minimum donation: ₪20

 **At the end of each day of the event, a raffle will be held among that day's donors. The winner will receive a prize equal to 25% of the total amount donated that day!**

Please bring cash with you.

Every contribution, big or small, makes a meaningful difference!

Shabbat Eikev 5786 Pirkei Avot – Perek 5

Rabbi Kruezer
Mrs. Pessy Scharf (Manager on Duty)

Friday, 17th of Av, 5786, July 31st, 2026

7:30 am – Shacharit (7:20 am – Brachot / 7:30 am – Hodu) (Beit Haknesset)
9:15 am - "Hada'at Hayomi" – Hebrew (Beit Haknesset)
10:30 am - "Parshat Hashavua" with Rabbi Klemantinsky – Hebrew (Golan)
11:00 am -12:00 pm - Swimming for Men
11:30 am - "Parshat Hashavua" with Rabbi Dick – English (Golan)
L'Ily Nishmat Myra Selesny – Menny bat Chaim HaCohen

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

6:20 pm- Candle Lighting

6:35 pm – Kabbalat Shabbat (Lobby)

Maa'riv

Do Not Forget To Say Kriat Shema after Tzet Hakoachavim 8:01 pm

Seudat Leil Shabbat (Dining Room)



Shabbat, 18th of Av, 5786, August 1st, 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)

11:45 am – "Sefer Shmuel" Singing & Shiur for Women with Ora Ofir - Hebrew (Lobby 2)

1:00 pm – Seudat Shabbat (Dining Room)

5:55 pm – "Parshat Hashavua" with Rabbi Kruezer - Hebrew (Beit Haknesset)

6:55 pm – Mincha (Beit Haknesset)

Seudah Shlishit (Dining Room)

8:15 pm –End of Shabbat. Maa'riv (Beit Haknesset)

Havdalah after Maa'riv in the Lobby

Shavua Tov!!!!!!

Sunday, 19th of Av, 5786, August 2nd, 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 (Coffee Shop)

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

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

11:45 am – **"Hadaif Hayomi"** with Rabbi Yehudah Rabinowitz – Hebrew (Beit Haknesset)

11:45 am – **Ulpan for Advanced Students** with Mrs. Shoshana Maislik (Coffee Shop)

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 – "The Names of Jerusalem: Stories Behind the City's Neighborhoods, Streets, and Landmarks" with Shmulik Langer - English (Golan)

5:30 pm – "The Names of Jerusalem: Stories Behind the City's Neighborhoods, Streets, and Landmarks" with Shmulik Langer - Hebrew (Golan)

5:30 pm – "Pirkei Avot" 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: To Be Announced

8:15 pm – Maariv (Beit Haknesset)

Monday, 20th of Av , 5786, August 3rd , 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 – Lecture on Shai Agnon with Dr. Shirel - Hebrew (Golan)

10:30 am – "**Mesilat Yesharim**" with Rabbi Shechter - English (Coffee Shop)

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

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

11:00 am – "Parashat Hashavua" with Rabbi Yehuda Rabinowitz-Hebrew (Golan)

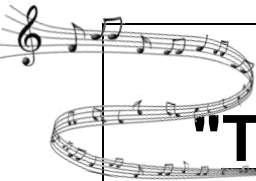
11:30 am – "Hadaf Hayomi in Halacha" – with Rabbi David Tzohar - Hebrew (Beit Haknesset)

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

11:45 am – Exercise for women with Shikma, the physiotherapist (Golan)

4:00 pm – Coffee & Cake (Coffee Shop)

4:30 pm – Tehillim for Women (Lobby)



**5:00 pm –Afternoon Concert :
"The Songs We Love" with Erez Shmueli
(Lobby)**

6:30 - 7:00 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)

7:00 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

8:15 pm – Maariv (Beit Haknesset)



Tuesday, 21st of Av , 5786, August 4th , 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)

9:45 am – **Creative Writing workshop with Sarina Furer- English (Dvir)**
Please bring pen and notebook.



10:00 am – "**Gemara Shiur**" with Rabbi Shechter -English (Coffee Shop)
change of place

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

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

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

11:35 am - **Creative Writing workshop** with Sarina Furer – Hebrew (Dvir)

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 – "Historic Figures in the Far & Near Past" with Rabbi Aschi Dick – Hebrew (Golan)

6:15 pm – Music in the Lobby with Asaf

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

7:15 pm – Mincha (Beit Haknesset)

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

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

8:15 pm – Maariv (Beit Haknesset)

Wednesday, 22nd of Av , 5786, August 5th , 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)

9:30 am-1:00 pm - Fun Day for Children



09:30 –10:30 am – Exercise Gym open for Women

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

10:30 am – "Exercise for Women" with Suri (Nehora Miklat) change of place

**10:45 am – Classic TV Comedy: I Love Lucy – English with Hebrew subtitles (Dvir)
Come enjoy some of the funniest moments from I Love Lucy!**

11:30 am – "Sing Along" with Talya Kirsch - Women (Dvir) change of time and place

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)



**12:15 pm - Balloon Show at
Beit Tovei Ha'ir (LOBBY)**

**Lunch for the residents will be served in the Dining room as usual at
12:30,**

Entrance to the dining room until 1:00 pm

1:00 pm- Pre-ordered children's boxed lunches will be distributed in the Golan Hall.

4:00 pm – Coffee & Cake (Coffee Shop)

4:30 pm – "Mozambique, The Heart of Southern Africa" with Eitan Simanor - English (Golan)

5:30 pm – "More Than Diamonds" - Parasha Shiur with Ita- Women -English (Coffee Shop)

5:30 pm – "Mozambique: The Heart of Southern Africa" with Eitan Simanor - 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 – "Shiur" – Rabbi David Biber- Hebrew (Beit Haknesset)

7:30 pm – Choir for Women with Talya Kirsch (Dvir) change of time and place

8:15 pm – Maariv (Beit Haknesset)

Thursday, 23rd of Av ,5786, August 6th , 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 Hakneset)



9:30 am-1:00 pm - Fun Day for Children

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

10:00 am – Bridge Club- Beginners and Advanced- with Rivka Cohen (Lobby 2)

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

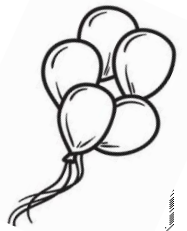
10:30 am – Bingo game with prizes (Dvir)

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

11:30 am – Exercise for Women with Esti (Nehora Miklat) change of place

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

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



12:15 pm - Balloon Show at Beit Tovei Ha'ir (LOBBY)

Lunch for the residents will be served in the dining room as usual at 12:30,

Entrance to the dining room until 1:00 pm

1:00 pm- Pre-ordered children's boxed lunches will be distributed in the Golan Hall.

4:00 pm – Coffee & Cake (Coffee Shop)

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

4:30 pm – "The Faces of Israel as Reflected in her Songs" with Aviva Stanislawsky - English (Golan)

5:30 pm – "The Faces of Israel as Reflected in her Songs" with Aviva Stanislawsky - Hebrew (Golan)

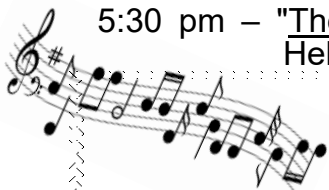
**6:30 pm - Thursday Afternoon on the Golan patio
Cool refreshments in the pleasant afternoon breeze.
Musical accompaniment by Asaf**

7:15 pm – Mincha (Beit Hakneset)

7:30 pm – Shiur Gemara (Beit Hakneset)

8:00 pm – Movie Night: "חיים שכאלה" (Such Life)" (Coffee Shop) **Hebrew.**

8:15 pm – Maariv (Beit Hakneset)



Friday, 24th of Av , 5786, August 7th, 2026

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 Klemantinsky – Hebrew (Golan)

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

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



Speedy Recovery to our dear residents who are hospitalized:

Binyamin Weinberg

Margaret Cohen



Condolences

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

Dr. Verner Friedman 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

SERVICE DESK

Sunday–Thursday
10:00 AM – 1:00 PM
4:00 PM – 6:00 PM

 **Extension: 8475**

 **Email: sherut@toveihair.co.il**

 **Mobile / WhatsApp: 054-355-1067**

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

09:00 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