

Shabbat Shoftim 5786



Elul Trip

Visit to the Jerusalem Heichal Shlomo Museum

.Monday ,11th of Elul, 5786, August 24th , 2026

Guided tour to the museum holding one of the most significant Judaica collections in the world, including items from the Second Temple period and up to the present day, from various Jewish communities all around the world.

We will see items from the Ramchal Synagogue, including the Holy Ark and an 18th century podium from Italy.

The gallery in the foyer features contemporary

Leaving Beit Tovei Ha'ir at 10:00 am

Approximate Return: 12:30 pm

Price: 80 NIS

**Registration at the Front
Desk**



Shabbat Shoftim 5786 Pirkei Avot – Perek 1

Rabbi Kruezer
Rabbi Israel Gad Seletski (Manager on Duty)

Friday, 1st of Elul , 5786, August 14th, 2026 – 2nd Day of Rosh Chodesh Elul

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 Hallel with Yael, Musical Accompaniment by Shani – (Golan)

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

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

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



5:50 pm – Mincha (Beit Haknesset) – One Minyan Only!

6:20 pm- Candle Lighting

6:30 pm – Kabbalat Shabbat (Lobby)
 Maa'riv

Do Not Forget To Say Kriat Shema after Tzet Hakochavim - 7:48 pm
 Seudat Leil Shabbat (Dining Room)



Shabbat, 2nd of Elul, 5786, August 15th, 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 Israel Gad Seletski- English (Beit Haknesset)

11:45 am – "Sefer Shmuel" Siyum in honor of completion of Shmuel Aleph for Women
 with Ora Ofir - Hebrew (Lobby 2)

1:00 pm – Seudat Shabbat (Dining Room)

5:45 pm – "Parshat Hashavua" with Rabbi Kruezer - Hebrew (Beit Haknesset)

6:45 pm – Mincha (Beit Haknesset)

Seudah Shlishit (Dining Room)

8:01 pm –End of Shabbat. Maariv (Beit Haknesset)

Havdalah after Maariv in the Lobby

Shavua Tov!!!!!!

Sunday, 3rd of Elul, 5786, August 16th, 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)

10:00 am – "**The Days of Teshuva**" 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 (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 Great American Songbook: Favorite 20th Century American Classics" with Paul Salter - English (Golan)

5:30 pm – "The Magic of Money – Stories of the Land of Israel Reflected in Banknotes Part 2" with Chezy Poznansky - Hebrew (Golan)

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

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

6:45 pm – Mincha (Beit Haknesset)

7:00 pm – Shiur Gemara with Rabbi Yosef Kaplan (Beit Haknesset)

7:45 pm – Maariv (Beit Haknesset)

8:00 pm – Movie Night: "The Bridges of Madison County" (1995) (Golan) English with Hebrew subtitles

The Bridges of Madison County is a touching romantic drama about a brief, unexpected love that changes two lives forever. Starring Meryl Streep and Clint Eastwood, the film explores love, choice, and the roads not taken.

Monday, 4th of Elul, 5786, August 17th , 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)

2:00 pm – Painting class with Nofar (Coffee Shop) Group A
 , ♦Marilyn Leiman, ♦Malka Chaimson, ♦Elisheva Gnizi, ♦Vivien Kleinman, ♦Shoshana Jakobowitz , ♦Rose Rev , ♦Judy Cohen , ♦Naomi Garami , ♦Judy Schreiber

4:00 pm – Coffee & Cake (Coffee Shop)

4:30 pm – Tehillim for Women (Lobby)

4:30 pm – "Herzl - His Greatness and His Rivals" with Eyal Offenbach - English (Golan)

5:30 pm – "Herzl - His Greatness and His Rivals" with Eyal Offenbach - Hebrew (Golan)

6:30 - 7:00 pm - The English Library is open

6:45 pm – Music in the Lobby with Sofia

6:45 pm – Mincha (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.

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

7:45 pm – Maariv (Beit Haknesset)

Tuesday, 5th of Elul , 5786, August 18th , 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 (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)

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

♦*Shoshana Chadad* ♦*Yaffa Silverberg* ♦*Leah Rosenzweig* ♦*Barbara Bachrach*
♦*Yocheved Fleishman*, ♦*Miriam Danielchik*, ♦*Rivka Amitzur* ♦*Esther Solomon* ♦*Yocheved Fisher* ♦*Judy Schrieber* ♦*Shoshana Fenyes*

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 – A Refreshing Summer Musical Performance with Asaf (Golan)

6:15 pm – Music in the Lobby with Asaf

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

6:45 pm – Mincha (Beit Haknesset)

7:00 pm – Shiur Gemara with Rabbi Yosef Kaplan (Beit Haknesset)

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

7:45 pm – Maariv (Beit Haknesset)

Wednesday, 6th of Elul , 5786, August 19th, 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 – Aviva's Clothing Sale (Coffee shop)

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

9:30 am - Advanced Exercise – Standing and Floor Exercises with Shikma (Miklat)

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

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 a.m. – Cognitive Skills Workshop using Professor Feuerstein's Tools
with Tova – English (Nehora)**

Advance registration at the reception desk is required.

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 – "The Month of Elul, and the Personal Life Story of Gilat Yitzchaki" with
Gilat Yitzchaki - English (Golan)**

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

5:30 pm – The Month of Elul, and the Personal Life Story of Gilat Yitzchaki
with Gilat Yitzchaki - 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

6:45 pm – Mincha (Beit Haknesset)

7:00 pm – "Pirkei Avot" - R. Yitzchak Hadari- Hebrew (Beit Haknesset)

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

7:45 pm – Maariv (Beit Haknesset)

Thursday, 7th of Elul ,5786, August 20th , 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**

10:05 am – Bridge Club- Beginners and Advanced- with Rivka Cohen (Lobby 2)

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

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

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 – Exercise for Women with Esti (Golan)

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 – "Iran and the U.S.: The Arab Perspective" with Avi Tzfadia English (Golan)

5:30 pm – "Iran and the U.S.: The Arab Perspective" with Avi Tzfadia - Hebrew (Golan)

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



6:45 pm – Mincha (Beit Haknesset)

7:00 pm – Shiur Gemara (Beit Haknesset)

7:45 pm – Maariv (Beit Haknesset)

8:00 pm – Movie Night: "חיים שכאלה" (Such Life)" (Coffee Shop) **Hebrew with Hebrew subtitles.** *the stories of the figures who shaped the country. Broadcast between 1972 and 2000.*

Friday, 8th of Elul , 5786, August 21st, 2026

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

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

9:30 am - "**Qigong Tai Chi**- Gentle movement, breathing and relaxation for balance, flexibility and well-being" with Penina Levik *Graduate of the Niflaot School Instructor Training Course (Golan)* – New! Come try it out!

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)



ANNOUNCEMENTS

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

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

 **Dear Residents,**

Would you like to receive updates about program changes, important announcements, and more — in a convenient and quiet way?

You are welcome to join the residents' quiet WhatsApp group.

To join, please send a WhatsApp message with your name to:

 **054-506-4819**



WhatsApp

**You are kindly requested to sign your name in the "In/Out Sign-In Sheet" before
you leave the building and upon returning home.**

Residents who leave for Shabbat, must notify the Reception

We thank you for your assistance.

**Please turn off cell phones
in programs and lectures
Because we all want to enjoy
and we all agree it annoys 😊**



**Kindly refrain from entering the Golan hall during lectures.
Please wait until the lecture has concluded.
Thank you for your understanding.**

Davening Hours

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