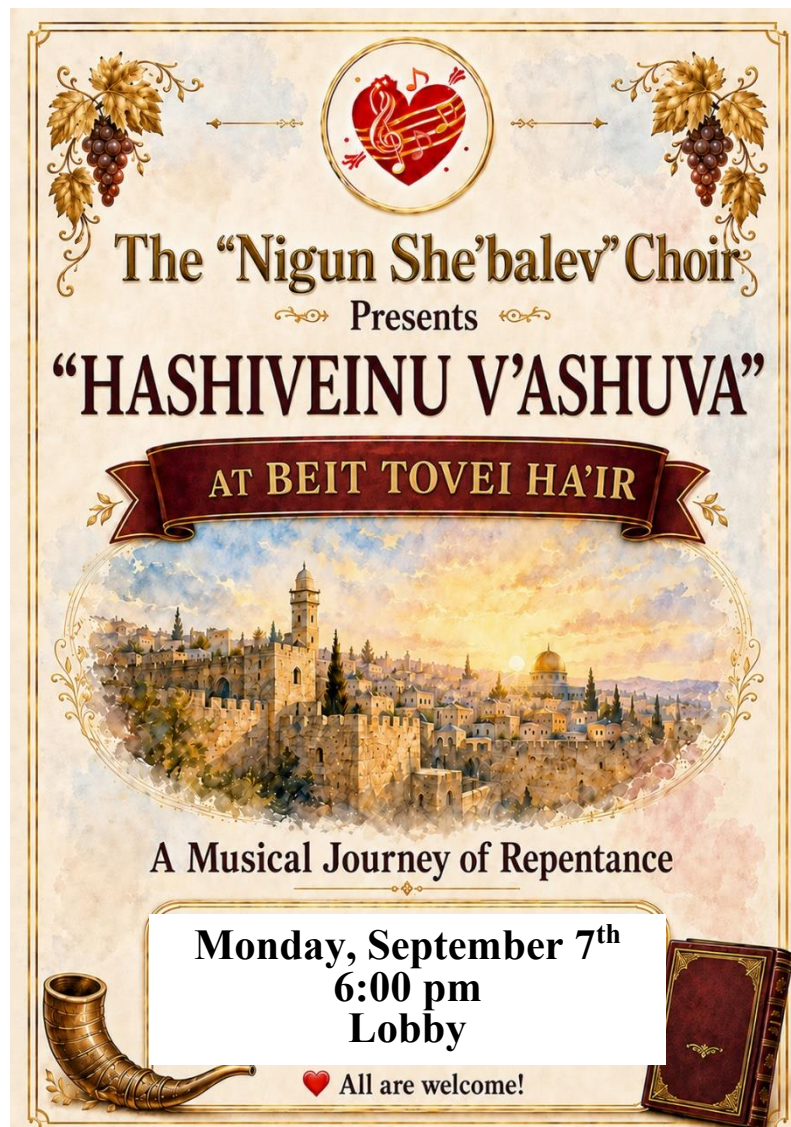




Clinic Hours & Reception Update

Nurse's Clinic

Hours:

Sunday–Friday: 8:30–13:00

Sunday–Thursday: 15:00–18:00

Phone during clinic hours: 531-8142

Medical Secretary — Reception Hours

Hours:

Sunday, Monday, Tuesday, Wednesday: 9:00–11:45

Thursday: 10:00–11:45

Phone during reception hours: 531-8403

Outside reception hours, the medical secretary is dedicated to following up on your requests and processing paperwork — so that every inquiry gets the attention it deserves

Returning to Our Regular Shabbat Schedule

With the end of the summer period, beginning this Shabbat we will, B'ezrat Hashem, return to our regular schedule for **Candle Lighting, Mincha and Kabbalat Shabbat**. The Torah & Religious Services Department would like to thank all our residents for their cooperation and patience throughout the summer **Early Shabbat** period.

This year we tried a slightly different format, and we would very much appreciate hearing your feedback. Was the schedule convenient? Did you enjoy the format? Would you like us to use it again next summer?

It is important for us to hear **not only what did not work, but also what did work well** - Because if we only hear the complaints, those who enjoyed the format may not get the chance to enjoy it again next year...

We would be very happy to hear your thoughts and comments.

Wishing everyone a Shabbat Shalom,

The Torah Department

Dear Residents

In your mailbox, together with the weekly program, you will find a registration form for the Rosh Hashana meals

Please fill out the form and return it to the reception by
Sunday, Sep 6.

Thank you for your cooperation

Torah Department Preparations for Rosh Hashanah

Preparations for the upcoming Rosh Hashanah are in full swing. Please note the following important updates:

1. **Sunday Morning Selichot**
Selichot will begin at **7:00 AM**. -- The Ezras Nashim will be open, **including the Golan Hall**.
2. **Rosh Hashanah Tefillah Preparation Shiur – Rav Dick**
This coming Tuesday, **Rav Dick will give a shiur in English** on preparing for the Rosh Hashanah tefillos and understanding their flow and structure.
An excellent primer to help make the upcoming Tefillot more meaningful and familiar.
3. **Rosh Hashanah Machzor Page Guides**
As in previous years, we have prepared convenient page-by-page guides for the Tefillot according to the following Machzorim: **Machzor Raba, Rinat Yisrael and ArtScroll**, each for both **Ashkenaz and Sefard**.
These guides will be available at Reception beginning **Sunday, 24 Elul 5786 – September 6, 2026**.
4. **Machzorim Available to Borrow**
Beginning **Sunday, 24 Elul 5786 – September 6, 2026**, Machzorim will also be available to borrow from the Torah Department. They will be placed on the table opposite Reception.
5. **Seating Requests**
Anyone who is still experiencing a seating issue, or has a special seating request for the Tefillot, is asked to speak with Reception and request that the matter be forwarded to the **Torah & Religious Services Department**.

Further Rosh Hashanah updates will be published next week!

המחלקה התורנית ושירותי דת - Torah & Religious Dept
torah@toveihair.co.il



Shabbat Nitzavim - VaYelech 5786

Pirkei Avot – Perek 5–6

Rabbi Kruezer

Mrs. Sima Kliers (Manager on Duty)

Friday, 22nd of Elul, 5786, September 4th, 2026

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

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

9:30 am – Qigong Tai Chi- Gentle movement, breathing and relaxation for balance, flexibility and well-being" with Penina Levik (Golan)

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

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

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



6:23 pm- Candle Lighting (Shkia – 7:03 pm)

6:45 pm – Mincha (Beit Haknesset)

7:00 pm – Kabbalat Shabbat (Lobby)

Maa'riv

Seudat Leil Shabbat (Dining Room)



Shabbat, 23rd of Elul, 5786, September 5th, 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 B" Singing & Shiur for Women with Ora Ofir - Hebrew (Lobby 2)

1:00 pm – Seudat Shabbat (Dining Room)

4:30 pm – Singing Shabbat Songs with "Ki-Tov" Seminary girls- Women (Golan)



5:20 pm - "Parshat Hashavua" with Rabbi Porush - Hebrew (**Beit Haknesset**)

6:20 pm – Mincha (Beit Haknesset)

Seudah Shlishit (Dining Room)

7:34 pm –End of Shabbat. Maa'riv (Beit Haknesset)

Havdalah after Maa'riv in the Lobby

Shavua Tov!!!!!!

Sunday, 24th of Elul, 5786, September 6th, 2026

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

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

7:00 am – *Selichot*

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 – "**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 – "Finding the Forefathers and Mothers in Prayer and Piyut" with Chanan Gafni - English (Golan)

5:30 pm – "Malchuyot, Zichronot, and Shofrot: Origin, Structure, and Meaning".
with Chanan Gafni - 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)

6:45 pm – Music in the Lobby with Sofia

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

7:45 pm – Maariv (Beit Haknesset)

8:00 pm – Screening of a Musical Selichot Evening (2025) with Chazzan Yitzchak Meir (Golan)

Selichot melodies and piyutim in an uplifting and moving Elul atmosphere

Monday, 25th of Elul , 5786, September 7th , 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

7:00 am - Selichot

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

10:00 am – "Mesilat Yesharim" with Rabbi Shechter -English (Dvir) change of place

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

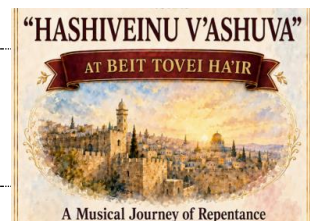
, ♦Marilyn Leiman, , ♦Malka Chaimson , ♦Elisheva Gnizi, ♦Vivien Kleinman ♦Shoshana Jakobowitz , ♦Rose Rev , ♦Judy Cohen , ♦Naomi Garami , ♦Judy Schreiber

4:00 pm – Coffee & Cake (Coffee Shop)

4:30 pm – Tehillim for Women (Lobby)

4:30 pm – "The Stirring Music of Rosh Hashana and Yom Kippur" with Paul Salter - English (Golan)

**6:00 pm – Evening Concert with the
"Kiryat Haya'eled" Band (Lobby)**



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

6:45 pm – Mincha (Beit Haknesset)

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

7:45 pm – Maariv (Beit Haknesset)

Tuesday, 26th of Elul , 5786, September 8th , 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

7:00 am - *Selichot*

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)

9:50 am – "Parasha Shiur" with Rabbi Stern - Hebrew (Golan) change of time

10:40 am – "Feldenkreis Exercise" with Tamar Levin-Women (Golan)

10:35 am – "Hadaf Hayomi in Halacha" – with Rabbi David Tzohar - Hebrew (Beit Haknesset) change of time

11:00 am – "Hadaf Hayomi" with Rabbi Yehuda Rabinowitz (Beit Haknesset) change of time

**11:15 am - Looking Back, Looking Ahead –
A Review of the Year 5786
(Lobby)**



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

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 – "Navigating the Machzor – A Practical Guide to the Yamim Noraim Tefillot" 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, 27th of Elul , 5786, September 9th , 2026

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

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

7:00 am - Selichot

07:30 am – Shacharit (7:20 am – Brachot / 7:30 am – Hodu) (Beit Haknesset)

**9:00 am –2:00 pm – Aviva's Sale: Men & Women's clothing, Cosmetics & gifts
(Coffee shop)**

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

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)

**11:30 a.m. – "Cognitive Skills Workshop using Professor Feuerstein's Tools"
with Tova – English (Dvir)**

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 – "Selichot as Preparation for Rosh Hashana" with Rabbi Aaron Adler -
English (Golan)**

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

5:30 pm – "The Three Additional Musaf Berachot for Rosh Hashanah" with Rabbi Aaron Adler - 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 – "Or Hachaim Hakadosh" with Rabbi Mordechai Kreuzer (Beit Haknesset)
change of day

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

7:45 pm – Maariv (Beit Haknesset)

Thursday, 28th of Elul ,5786, September 10th , 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

7:00 am - Selichot

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

10:00 am – "Mesilat Yesharim" with Rabbi Shechter -English (Dvir) – change of location

10:15 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 – 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 – "Proposal: A New National Anthem" with Hillel Van-Leeuwen-
English (Golan)**

5:30 pm – "Proposal: A New National Anthem" with Hillel Van-Leeuwen - Hebrew (Golan)

6:45 pm – Mincha (Beit Haknesset)

7:00 pm – Shiur Gemara (Beit Haknesset)

7:45 pm – Maariv (Beit Haknesset)

8:00 pm – Movie Night: *Details will be posted in the Reception and in the residents' Whatsapp Group*

Friday, 29th of Elul , 5786, September 11th, 2026

7:00 am - Selichot

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

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

9:30 am – Qigong Tai Chi- Gentle movement, breathing and relaxation for balance, flexibility and well-being" with Penina Levik (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)

Welcome

Beit Tovei Hair residents, staff and management welcome

Esther Arnhem

Who joined us in apt. 310



📢 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

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**

T"וּב

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:
See Notice on first Page

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