בית טובי העיר
Tovei Ha'ir Residence

Shabbat Lech-Lecha 5787

Important information For Election Day

A polling station will be set up in the Coffee Shop on Election Day, from 7:00 AM to 10:00 PM.



Please bring one of the following forms of identification:

- Israeli ID card (Teudat Zehut)
- Israeli driver's license
- Valid Israeli passport

You may vote at this polling station even if you have not updated your address to Beit Tovei Ha'Ir on your ID card.

For any questions or assistance, please contact Leah or Naomi Shapira.

Please Note!

Any lost item found in the building that is not claimed within 30 days will be considered abandoned.

Previously lost items may still be claimed at Reception.

בית טובי העיר
Tovei Ha'ir Residence

Shabbat Lech-Lecha 5787

Rabbi Mordechai Kreuzer
Rabbi Israel Gad Seletski (Manager on Duty)

Friday, 12th of Cheshvan, 5787, October 23rd, 2026

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

9:15 am – "Hadaf Hayomi" with Rabbi Israel Seletski – Hebrew (Miklat Nehora)

9:30 am – Qigong Tai Chi- with Penina Levik (Golan)

10:30 am - "Parshat Hashavua" with Rabbi Klemintinovsky – Hebrew (Miklat Nehora)
location change

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

11:30 am - "Parshat Hashavua" with Rabbi Dick – English (Miklat Nehora) location change

5:22 pm – Candle Lighting (Lobby)
5:42 pm – Mincha (Lobby)
5:57 pm – **Kabbalat** Shabbat (Lobby)
Maa'riv
Seudat Leil Shabbat (Dining Room)



Shabbat, 13th of Cheshvan, 5787, October 24th, 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 Seletzki- English (Coffee Shop)

11:45 am – Shiur with Doba Kellerman - Hebrew (Lobby 2)

1:00 pm – Seudat Shabbat (Dining Room)

4:20 pm - "Parshat Hashavua" with Rabbi Porush - Hebrew (**Golan**) ***change of location***

5:17 pm –Mincha (Golan) ***change of location***

Seudah Shlishit (Dining Room)

6:34 pm –**End of Shabbat**. Ma'ariv (Golan) ***change of location***

Havdalah after Ma'ariv in the Lobby

Shavua Tov!!!!!!!



This Motzei Shabbat
At 2:00 am, the clock will be moved back one hour to winter time!!

Sunday, 14th of Cheshvan, 5787, October 25th , 2026



Attention Residents! Daylight Saving Time has ended.
Please remember to set your clocks back one hour.

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 **Women**

10:00 am – "Gemara Shiur " with Rabbi Shechter -English (Lobby 2)

10:00 am – **Ulpan for Beginners** with Mrs. Shoshana Maislik (Golan- Library)

10:00 am – "Mishlei" with Rabbi Michael Tubiano - Hebrew (Coffee Shop)

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

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

11:30 am – "Hadaf Hayomi in Halacha" with Rabbi David Tzohar – Hebrew (Miklat Nehora)

11:45 am – "Hadaf Hayomi" with Rabbi Yehudah Rabinowitz – Hebrew (Miklat Nehora)

11:45 am – **Ulpan for Advanced Students** with Mrs. Shoshana Maislik (Golan- Library)
12:30 pm – Mincha (Miklat Nehora)

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 –"No Limit- to the Summit " with Esther Avraham - English (Golan)
Esther Avraham set a record by being the first to climb the Himalayas with one foot.

5:30 pm –"No Limit- to the Summit" with Esther Avraham - 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)

6:30 pm – Maariv (Miklat Nehora)

6:45 pm – Shiur Gemara with Rabbi Yosef Kaplan (Miklat Nehora)

6:45 pm – Music in the Lobby with Sofia

8:00 pm – Movie Night: **The Swedish Connection (2026) (Golan)**
English with Hebrew subtitles
Based on a true story, this inspiring film tells the story of Gösta Engzell, a Swedish government official who helped save thousands of Jews during World War II. Through courage, determination, and clever diplomacy, he and his colleagues found ways to protect Jewish refugees from Nazi persecution. A moving story of quiet heroism and the power of ordinary people to make an extraordinary difference.

בס"ד

Monday, 15th of Cheshvan , 5787, October 26th , 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 – "**Mesilat Yesharim**" with Rabbi Shechter -English (Coffee Shop)

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

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

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

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

11:45 am – "Hadaf Hayomi" with Rabbi Yehudah Rabinowitz (Miklat Nehora)

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

12:30 pm – Mincha (Miklat Nehora)

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 Israeli Election System Explained"** - with Miriam Bloom - English (Golan)

5:30 pm – Choir for Women with Talya Kirsch (Golan) ***change of time***

6:30 pm – "Sing Along" with Talya Kirsch - Women (Golan) *change of time*

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

6:30 pm – Maariv (Miklat Nehora)

6:45 pm – Shiur "Or Hachaim Hakadosh" with Rabbi Mordechai Kreuzer (Miklat Nehora)



Tuesday, 16th of Cheshvan , 5787, October 27th , 2026 –

Election Day for the 26th Knesset

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)

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

10:00 am – "Gemara Shiur" with Rabbi Shechter -English (Lobby 2)

10:00 am – "Parasha Shiur" with Rabbi Stern - Hebrew (Dvir) **change of location**

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

11:15 am – **Painting class** with Nofar (Solarium) **Group B *change of location***
♦*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 (Miklat Nehora)

11:45 am – "Hadaf Hayomi" with Rabbi Dovid Stern (Miklat Nehora)

12:30 pm – Mincha (Miklat Nehora)

12:45-3:00 pm – Eitan's Fruit and Vegetable Sale – (Solarium) *change of location*

4:00 pm – Coffee & Cake (Solarium) ***change of location***

4:30 pm – Tehillim for Women (Lobby)

4:30 pm – "Historic Figures in the Far & Near Past" with Rabbi Aschi Dick – English (Golan)

5:00 pm – Virtual Tour in Israel and Abroad with Esther in English and Hebrew (Moadon)

5:30 PM – Musical Performance with Asaf (Moadon)

6:15 pm – Music in the Lobby with Asaf

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

6:30 pm – Maariv (Miklat Nehora)

6:45 pm – Shiur Gemara with Rabbi Yosef Kaplan (Miklat Nehora)

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

8:15 pm – Live election Broadcast (Golan)

Wednesday,17th of Cheshvan , 5787, October 28th , 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) (Miklat Nehora)

9:00 am –1:30 pm – Aviva's Clothing Sale (Coffee shop)

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

10:00 am – "Gemara Shiur" with Rabbi Shechter -English (Lobby 2)

10:30 am – Ulpan for Advanced Students with Mrs. Rachel Strenger (Gallery)

10:30 am – " Exercise for Women" with Suri (Golan)

11:15 am – Functional Art with Devori (Dvir)

11:30 am – "Cognitive Skills Workshop using Professor Feuerstein's Tools" with Tova – English (Golan - Library)

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

11:45 am – "Hadaf Hayomi" with Rabbi David Stern (Miklat Nehora)

12:30 pm – Mincha (Miklat Nehora)

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 –"Pshat and Drash in the Akeida Story" with Rabbi Yonatan Horowitz - English (Golan)

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

5:30 pm – "Elisha and the Shunamite Woman" with Rabbi Yonatan Horowitz - Hebrew (Golan)

6:30 pm – "Tanya" Class for Women – with Mrs. Devora Ebert – Hebrew (Lobby 2)

6:30 pm – Maariv (Miklat Nehora)

6:45 pm –"Pirkei Avot" - R. Yitzchak Hadari- Hebrew (Miklat Nehora) Women's section open

6:45 pm – Music in the Lobby with Sofia

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



Thursday, 18th of Cheshvan ,5787, October 29th , 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) (Miklat Nehora)

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

10:15 am – Bridge Club- Beginners and Advanced- with Rivka Cohen (Lobby 2)

10:00 am – "Mesilat Yesharim" with Rabbi Shechter -English (Coffee Shop)

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

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

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

11:30 am – "Hadaf Hayomi in Halacha" with Rabbi David Tzohar (**Miklat Nehora**)

11:45 am – "Hadaf Hayomi" with Rabbi Yehudah Rabinowitz (**Miklat Nehora**)

11:45 am – Exercise for Women with Esti (Golan)

12:30 pm – Mincha (Miklat Nehora)

4:00 pm – Coffee & Cake (Coffee Shop)

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



4:30 pm - Birthday Party

For Residents Born in Cheshvan

(Lobby)



All residents are invited to join and bring happiness to those celebrating.

6:30 pm – Maariv (Miklat Nehora)

6:45 pm – Sugyot in the Parasha - Hebrew (Miklat Nehora) Women's Section open

8:00 pm – Movie Night: "שרתי לך ארצי" Chapter 3(Golan) **Hebrew with Hebrew subtitles.**
The history of Eliezer ben Yehuda, and the Hebrew language through song.

Friday, 19th of Cheshvan , 5787, October 30th, 2026

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

9:15 am – "Hadaf Hayomi" with Rabbi Seletski – Hebrew (Miklat Nehora)

9:30 am – Qigong Tai Chi Exercise - with Penina Levik (Golan)

10:30 am – "Parshat Hashavua" with Rabbi Klemintinovsky – Hebrew (Miklat Nehora)
change of location

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

11:30 am – "Parshat Hashavua" with Rabbi Dick – English (Miklat Nehora)
change of location

Speedy Recovery

To **Judy Schrieber** who is hospitalized



Thursday, November 5th: Trip to the Police Heritage Center and a Visit to Nature
– stay tuned for details!



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

בס"ד

Davening Hours

Shacharit –Berachot 7:20 AM,
Hodu 7:30 AM,
Minchah -12:30 PM
Maa'riv – 6:30 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

Medical Accessories Gemach

Open in the clinic

Please speak with Sima or Pessi

Nurse's Hours + Phone Service
Tel. 8142

Weekdays
8:30 am- 1:00pm
3:00-6:00 pm
Friday
09:00 am- 1:00pm

Social Worker Hours
Tel. 8128

Sunday, Monday and Wednesday
9:00 am – 2:00 pm
Tuesday and Thursday
2:00 – 7:00 pm

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