בס"ד

בית טובי העיר
Tovei Ha'ir Residence

Trip to the Israel Police Museum

On the program:

1. **A stop at Ein Hemed to enjoy nature**



2. **Visit to the Israel Police Heritage Centre**

Explore the story of the Israel Police from the late Ottoman period to today through unique historical exhibits and multimedia displays.



Thursday | 25 Cheshvan | 5 November

Departure: 9:30 | Estimated return: 13:00

Price: NIS 125

Register at the reception desk

Men residents are invited to join an
English speaking game of Rummikub or Chess,
With Eliezer
every Thursday at 5 PM , in the lobby

בית טובי העיר
Tovei Ha'ir Residence

Shabbat VaYera 5787
Rabbi Yehuda Rabinowitz
Mrs. Pessy Scharf (Manager on Duty)

Friday, 19th of Cheshvan, 5787, October 30th, 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 - Gentle movement, breathing and relaxation for balance, flexibility and well-being with Penina Levik (Golan)

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

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

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



4:16 pm – Candle Lighting (Lobby)

4:36 pm – Mincha (Lobby)

4:51 pm – **Kabbalat** Shabbat (Lobby)

Maa'riv

Seudat Leil Shabbat (Dining Room)

7:30 pm - "Parshat Hashavua" with Rabbi Yehuda Rabinowitz - Hebrew (**Lobby**)
change of day and location

Shabbat, 20th of Cheshvan, 5787, October 31st, 2026

7:00 am – 8:30 am – Coffee & Cake (Coffee Shop)

7:45 am – **Shacharit** (Lobby)

Kiddush (Dining Room)

11:15 am –"Parshat Hashavua" with Rabbi Dunner - English (Coffee Shop)

11:45 am – Parshat Hashavua with Puah Steiner – for Women - Hebrew (Lobby 2)

12:30 pm – Seudat Shabbat (Dining Room)

4:10 pm – Mincha (Golan)

Seudah Shlishit (Dining Room)

5:27 pm – **End of Shabbat**. Maa'riv (Golan)

Havdalah after Maa'riv in the Lobby



7:30 pm – Motzai Shabbat : Musical trip around the world with Yaakov on the clarinet, and Valerie on the piano and accordion (Lobby)

Sunday, 21st of Cheshvan, 5787, November 1st , 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)

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 – "Feldenkreis 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 –"Film Musicals, Soundtracks to remember, Some of your favorites" with Paul Salter - English (Golan)

5:30 pm – Lecture on Shai Agnon with Dr. Shirel-Hebrew (Golan)

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

6:30 pm – Maariv (Miklat Nehora)

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

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

7:30 pm – Performance by Ezer Mitzion Seminary Girls' Choir – for Women (Golan)

Monday, 22nd of Cheshvan , 5787, November 2nd, 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)

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

10:00 am – New! Israeli Dance Class with Tikva – for Women (Golan)

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

11:00 am – Beatube Exercise Class with Leora – Dvir

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 – How World Politics Affect the Stock Market with Resident Jack Zwick - English (Golan)

5:30 pm – Choir for Women with Talya Kirsch (Golan)

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

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)

8:00 pm – Movie Night: **"The Little Princess"** (Golan) English **with Hebrew subtitles**
change of day
The Little Princess (1939), the beloved classic starring Shirley Temple in one of her most memorable roles. Sara Crewe is a kind and imaginative young girl whose life changes when her father goes off to war and she is left at a strict boarding school. Despite hardship and injustice, Sara's courage, generosity, and vivid imagination help her hold on to hope. This heartwarming original Shirley Temple film is a timeless story of kindness, resilience, and the power of believing in a happy ending.

Tuesday, 23rd of Cheshvan , 5787, November 3rd , 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)

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

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

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

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

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 (Miklat Nehora)

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

12:30– Mincha (Miklat Nehora)

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)

5:00 pm – Virtual Tour in Israel and Abroad with Esther in 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)

Wednesday, 24th of Cheshvan , 5787, November 4th, 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)

9:00 am –1:30 pm – Tali's Clothing Sale (Coffee shop)
Elegant Clothing and undergarments for men and women

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

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

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

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

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

11:30 am – "Cognitive Skills Workshop" 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 –"Rav Soloveitchik on Bereishit" with Rabbi Aaron Adler - English (Golan)

4:30 pm – Playing, Creating and Growing Stronger – Games and Crafts workshop given by University students – Hebrew (Dvir)

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

5:30 pm – Playing, Creating and Growing Stronger – Games and Crafts workshop given by University students – English (Dvir)

5:30 pm – "Mitzvah Rationale (Sefer HaChinuch Insights)" with Rabbi Aaron Adler - 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, 25th of Cheshvan ,5787, November 5th , 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**

9:30 am – Departure for trip to the Police Museum. Advance registration at the reception required

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 Feldenkreis 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 – Tehillim for Women (Lobby)

4:30 pm – "Young Winston Churchill - The great adventures that changed his life" with Eyal Offenbach - English (Golan)

5:30 pm – "Young Winston Churchill - The great adventures that changed his life" with Eyal Offenbach - Hebrew (Golan)

6:30 pm – Maariv (Miklat Nehora)

6:45 pm – Sugyot in the Parsha - Hebrew (Miklat Nehora)

6:45 pm – Music in the Lobby with Sofia ***change of day***

8:00 pm – Movie Night: "שרתי לך ארצי" Chapter 4(Golan) **Hebrew with Hebrew subtitles.**

Friday, 26th of Cheshvan , 5787, November 6th, 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- Gentle movement, breathing and relaxation for balance, flexibility and well-being with Penina Levik (Golan)

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

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

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

MAZEL TOV!

To The **Shields family** on the marriage of their grandchildren!
To Shlomo and Bluma Freidman on the marriage of their granddaughter !

Speedy Recovery

To **Judy Schreiber** who is hospitalized

Welcome

Beit Tovei Hair residents, staff and management welcome

Dr. Reuven Rosen

Who joined us in apt. 471

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