

Shabbat Balak 5784

Get Ready, Get Set...

Fun Day for Children:

Due to the security situation, for the safety of the residents and the children,
the fun day will be held on two separate days

Wednesday , August 28th, for residents living on floors **G,1,2**

Thursday, August 29st , for residents living on floors **0,3,4**

Stay tuned for details...



A VISIT TO KEVER RACHEL

On **Monday** ,23rd Tamuz 5784 **29.07.2024**

Leaving at **10:00**

Approximate Return: **12:30**

Cost: **45** NIS

Please register at the Front Desk



Dear Residents,
for your convenience, an ATM Machine was placed at the entrance of the building



Please follow the arrows on the salad bar in the dining room showing the direction of walking.

Attention American Citizens!

Leah Seigel will be in the Lobby on Tuesdays from 5:30-6:30 pm to assist you in registering to vote in the upcoming US elections.

Please bring with you:

- Social Security number
- Telephone
- Last Address in America

Shabbat Parshat Balak 5784
Rabbi Yehuda Rabinowitz
Mrs. Pessy Scharf (Manager on Duty)

Friday, 13th of Tammuz, 5784, July 19th, 2024

7:30 am – Shacharit

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

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

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

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

1:00 -1:30 pm – The English Library is open



5:55 pm – Minchah (Lobby)

Candle Lighting NOT BEFORE Plag Haminchah **6:16 pm** and no later than **7:08 pm**

Do Not Forget To Say Kriat Shema after Tzet Hakoachavim 8:05 pm

6:35 pm – Kabbalat Shabbat (Lobby)

Maa'riv

Seudat Leil Shabbat (Dining Room)

Shabbat, 14th of Tammuz, 5784, July 20th, 2024

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 (Beit Haknesset)

11:30 am – "Sefer Shmuel" Singing & Shiur for Women with Ora Ofir - Hebrew (Lobby 3)

1:00 pm – Seudat Shabbat (Dining Room)



4:30 pm – "Ki Tov" Seminary girls sing for Shabbat- Women (Golan)

6:15 pm – "Parshat Hashavua" with Rabbi Yehuda Rabinowitz - Hebrew (Golan)

7:05 pm – Mincha (Beit Haknesset)

Seudah Shlishit (Dining Room)

8:24 pm – End of Shabbat. Maa'riv (Beit Haknesset)

Havdalah after Maa'riv in the Lobby.

Shavua Tov!!!!!!

Sunday 15th of Tammuz, 5784, July 21st , 2024

7:00 am – 9:00 am - Free Swimming for **Women**.

7:30 am – Shacharit

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

9:45 am – "Gemara" with Rabbi Shechter -English (Coffee Shop)

10:00 am – "The Value of Eretz Yisrael Through the Generations" with Rabbi Michael Tubiano- Hebrew (Golan)

10:30 am – Exercise for men with Shlomi (New Lobby)

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

11:15 am – Painting class with Nofar (Coffee Shop) Group A,

, ♦Chana Tavel, ♦Marilyn Leiman, ♦Shoshana Fenyas, ♦Naomi Noyak, ♦Riva Soibelman ♦ Tzippy Hadari ♦ Shulamit Dvash ♦ Vivien Kleinman ♦ Esther Solomon ♦ Leah Rosenzweig

11:30 am – 12:30 pm - Exercise Gym open **for Women**

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

11:45 am – "Hadaf Hayomi" with Rabbi Yehudah Rabinowitz – Hebrew (Beit Haknes



2:00 pm – Tehillim for Women **with Lobby Group** (Lobby 3)

3:00 pm – 4:00 pm - Free Swimming for Men

4:00 pm – Coffee & Cake (Dining Room)

4:30 pm – Afternoon Concert: Light Classical music with Rita and Stella from the Rishon L'tzion Philharmonic Orchestra (Lobby)

5:30 pm – "Tehillim" Shiur for women with Ita Schneider-English (Lobby 2)

5:30 pm – "The Meaning of Life According to the Rambam" with Shuki Ditman - Hebrew

6:15 pm – Music in the Lobby with Sofia

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

7:00 pm – "Life and History in Israel through Virtual Tours"-Zoom lecture with Ami Braun-English (Coffee Shop)

7:15: pm – Mincha

7:30 pm – Shiur Gemara with Rabbi Natan Shapira

8:10 pm – Maariv

Monday , 16th of Tammuz, 5784, July 22nd, 2024

7:00 – 9:00 am - Free Swimming for **Women**

7:30 am – Shacharit

8:15 am – Water Exercise for Women with Larissa

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

10:15 am –Exercise for Women with Esti (Golan)

10:45 am – "Kuzari" shiur with Rabbi David Biber- Hebrew (Beit Hakneset)

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

11:15 am – Functional Art with Brachi (Coffee Shop)

11:30 am - "MINDFULNESS Workshop" with Uri Mandel Weinberger- English (Nehora)

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

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

2:00 pm – Tehillim for Women **with Lobby Group** (Lobby 3)

4:00 pm – Coffee & Cake (Dining Room)

4:30 pm – Birthday Party for Residents Born in Tamuz (Lobby)

Led by Shlomo Wallach

Music with Akiva Margalio



6:00 pm – Music in the Lobby with Asaf

6:15 pm- Yiddish Reading Group- led by Resident Eliyahu Tanis (GOLAN)

6:30 pm – Games to Challenge Your Brain- with Bracha -Hebrew and English (Coffee Shop)
Last Session for the season!

7:15 pm – Mincha

7:30 pm – Shiur Gemara with Rabbi Natan Shapira

8:10 pm - Maariv

8:15 pm – Movie Night: **THOSE CALLOWAYS** (1965)(Golan) English with English subtitles

A strong-willed family in a small New England town struggles against tremendous odds to realize their dream of establishing a sanctuary for the great flocks of wild geese that migrate overhead. Starring Crian Keith, Vera Miles

Tuesday, 17th of Tammuz, 5784, July 23rd, 2024 – Fast 17th of Tammuz

7:00 – 9:00 am -Free Swimming for Women.

7:30 am – Shacharit

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

10:00 am – "Kitzur Shulchan Aruch—Laws of the 3 Weeks" with Rabbi Shechter - English (Coffee Shop) Men & Women

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

10:30 am –Shiur with Dr. Devora Ushpizai – Hebrew (Golan)

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

♦Chaya Graus ♦Eva Lewis ♦Naomi Garame, ♦Rivka Amitzur, ♦Shoshana Weingarten, ♦Malka Chaimson, ♦Miriam Danielchik, ♦Miriam Jaffe, ♦Hensha Gansbourg, ♦Mina Felder ♦Varda Butcher ♦Chave Heftler ♦Shoshana Chadad

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

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

1:20 pm – Mincha Gedola

2:00 pm – Tehillim for Women (Lobby 3)

3:00-5:15 pm – Eitan's Fruit and Vegetable Sale – (Coffee Shop)

4:30 pm – Tehillim for Women (Lobby)

4:30 pm – "Shiur for 17th Tamuz " with Binyamin Margo – English (Golan)

5:30 pm – "Shiur for 17th Tamuz" - Hebrew (Golan)

5:30 pm – "Smartphones, AI, Computers " with Ezra Shapira - English (Coffee Shop)

6:15 pm – "Smartphones, AI, Computers " with Ezra Shapira - Hebrew (Coffee Shop)

8:01 pm – Breaking of the fast – Coffee & Cake (Dining Room)

8:04 pm – Maa'riv



Wednesday, 18th of Tammuz, 5784, July 24th, 2024

7:00 – 09:00 am – Free Swimming for **Women**.

07:30 am – Shacharit

09:30 am – Ulpan for Advanced Students with Mrs. Rachel Strenger (Lobby 2)

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

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

10:00 am – Advanced Bone Building Exercise Class - For physically fit women (Nehora Studio)

10:15 am – Ulpan for Intermediate students - with Mrs. Rachel Strenger (Lobby 2)

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

10:45 am – Choir for Women with Talya Kirsh (Golan)

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

11:45 am – "Hadaf Hayomi" with Rabbi Yisrael Seletzki (Beit Haknesset)

11:45 am – "Exercise for Women" with Suri Ordman- (Golan)

2:00 pm – Tehillim for Women (Lobby 3)

4:00 pm – Coffee & Cake (Dining Room)

4:00 – 4:30pm – The English Library is open

4:30 pm – Tehillim for Women (Lobby)

4:30 pm – "Rav Soloveitchik on Bamidbar" with Rabbi Aaron Adler - English (Golan)

5:30 pm – "Insights into the Parsha " with Ita Schneider- Women -English (Coffee Shop)

5:30 pm – "Mitzvah Rationale (Sefer HaChinuch Insights)" with Rabbi Aaron Adler - Hebrew (Golan)

6:15 pm – "In-depth Gemara Shiur in English" with Rabbi Ullman – (Beit Haknesset)

6:30 pm – "Tanya" Class for Women – with Mrs. Devora Ebert – Hebrew (Lobby 3)

6:45 pm – Music in the Lobby with Sofia

7:15 pm – Mincha

7:30 pm – Shiur "Or Hachaim Hakadosh" with Rabbi Mordechai Kreuzer (Beit Haknesset)

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

8:10 pm - Ma'ariv

Thursday, 19th of Tammuz, 5784, July 25th, 2024

7:00 – 9:00 am – Free Swimming for **Women**.

7:30 am – Shacharit

8:15 am – Water Exercise for Women

9:00 – 10:00 am – Exercise Gym open for **Men**

9:55 am – "Tai Chi" with Ari Breslau (Golan)

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

10:00 – 11:00 am – Exercise Gym open for **Women**

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

11:00 am – Exercise for Men with Tomer (Studio Nehora)

11:00 am – Bridge Club- Beginners and Advanced- with Rivka Cohen (Coffee Shop)

11:30 am – Israeli Folk Dancing with Batsheva -Women (Golan)

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

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

2:00 pm – Tehillim for Women (Lobby 3) *Additional Tehillim For Time of War*

3:00 pm – 4:00 pm - Free Swimming for Men

4:00 pm – Coffee & Cake (Dining Room)

4:30 pm – Tehillim for Women (Lobby)

4:30 pm – "Parshat Hashavua" with Rabbi Davidowitz – English (Golan)

5:30 pm – "Parshat Hashavua" with Rabbi Davidowitz – Hebrew (Golan)

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

with recorded music



7:15 pm – Mincha

7:30 pm – Shiur Gemara with Rabbi Natan Shapira

8:10 pm – Ma'ariv

8:15 pm – Movie Night: **THOSE CALLOWAYS** (1965)(Golan) English with Hebrew subtitles
A strong-willed family in a small New England town struggles against tremendous odds to realize their dream of establishing a sanctuary for the great flocks of wild geese that migrate overhead. Starring Crian Keith, Vera Miles

Friday, 20th of Tammuz, 5784, July 26th, 2024

7:30 am – Shacharit

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

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

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

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

1:00 -1:30 pm – The English Library is open

MAZEL TOV!

To **Joanne Weiss** on the birth of a great-granddaughter!

To the **Kaufman Family** on the marriage of a grandson

Speedy Recovery to our dear residents who are hospitalized:

Lucy Schreiber (Shulamit bat Baila Hinda)

Yitzchak Rabinowitz (Yitzchak Yoel ben Esther Rivka)

Shimon Tager (Shimon ben Devora)

Rivka Amitzur (Rivka bat Chana Leah)

Welcome

Beit Tovei Hair residents, staff and management welcome

Heidi and Catriel Sugarman

Who moved into apt. 329

Tammuz Birthday Celebrants

Pnina Aronson

Elisheva Genizi

Shimon Greenberg

Shulamit Devash

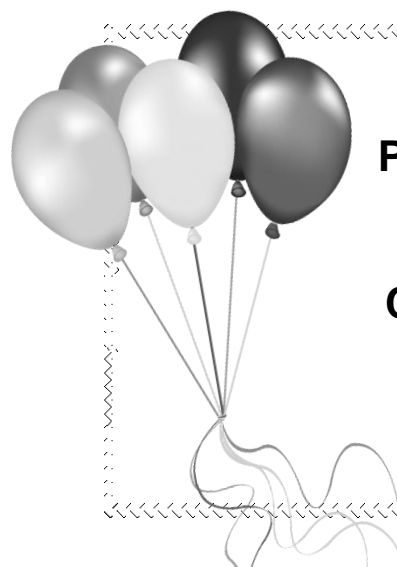
Chedva Zeibart

Sarah Fishman

Mina Felder

David Tzohar

Vicky Klipper



ANNOUNCEMENTS

Dear Residents, Families, and Guests:

Beit Tovei Ha'lr expends great effort to ensure that the residents have a pleasant and safe environment.

We encourage and are happy with visits from family and guests, which contribute to the positive atmosphere of the Residence.

That being said, we kindly request that you please endeavor to preserve our standard of cleanliness and order, while also encouraging children to respect the environment and the residents, ensuring that **they don't roam around without supervision, run in public places, eat in the lobby, or enter the elevators alone. Residents and guests who wish to eat in public areas can do so in the indoor Solarium and the outdoor Golan Patio.** But, as above, please maintain our standard of cleanliness and order, for the pleasure and safety of all our residents and guests.

Accordingly, it is incumbent upon us to clarify that **Beit Tovei Ha'lr is not responsible for accidents that may happen as a result of disregarding the aforementioned requests and regulations.**

Lastly, for the wellbeing of all the residents, **we kindly ask that all residents and guests maintain quiet in the public areas between 2-4 pm.**

Respectfully,

The Management

Professional massage, Deep or gentle, to loosen tight muscles, relief for headaches, back aches, leg pain.

Treat yourself to a massage!

To book a massage call Naomi in advance 053-3103955.

חייגי עכשיו: 053.3103955

Muscles tight? Make an appointment now for a professional and liberating massage!



נעמי כומרץ

מעטפת בריאות בעוצמת הרכות

053.3103955
עיסויים
כשר
הידרוטיפיד

Beautician at Beit Tovei Ha'ir ,

Eyebrow shaping, Eyebrow coloring, Facial treatment Beauty treatment, Waxing

Make your appointment at the reception

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

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

Davening Hours

Shacharit –Berachot 07:20 AM,
 Hodu 07:30 AM,
 Minchah -7:15 PM
 Maa'riv – 8:10 PM

Tehillim for Women

Sunday-Thursday
 Lobby 3 – 2:00 pm
 Lobby – 4:30 pm

Meal Hours in Dining Room

Lunch, 12:30-1:45 PM
 (arrive by 1:15)
 Coffee & Cake- 4:00 PM

Swimming

Women:
 Sunday-Thursday 07:00-09:00
Men:
Sun and Thurs 3:00pm-4:00 pm
Friday- 11:00-12:00

Meal Distribution Hours

Room Service

Breakfast: 07:45-09:00
 Lunch: 12:00-1:00
 Dinner :5:30-6:30

Take Away

Breakfast: 07:45-08:15
 Lunch: 12:00-12:30

**Opening hours of Eitan's
 Minimarket (on level -1)**

Tel. 8104

Week days 07:30-10:00 am
 Sunday, Tuesday, Thursday 6:00-7:00 pm

**Opening hours of Eitan's
 Coffee Stand in the Lobby**

Week days 10:00 AM-1:00 PM
 4:00-6:00 PM
 Friday 10:00 am-12:00 noon

YIFAT-

LADIES HAIRDRESSING

**Every Thursday , every other
 Monday**

in Nehora Wellness Center.

**Make your appointment
 at the front desk**

Medical Accessories Gemach

open in the clinic
 please speak with Sima or Pessi

CLINIC HOURS

Weekdays

09:00 am- 1:00pm
 3:00-6:00 pm

Friday

09:00 am- 1:00pm