

Shabbat Parshat Pinchas 5784
Rabbi Mordechai Kreuzer
Rabbi Israel Gad Seletski (Manager on Duty)

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 – New time

5:55 pm – Minchah (Lobby)

Candle Lighting NOT BEFORE Plag Haminchah **6:13 pm** and until **7:04 pm**

Do Not Forget To Say Kriat Shema after Tzet Hakoachavim 8:06 pm

6:35 pm – Kabbalat Shabbat (Lobby)

Maa'riv

Seudat Leil Shabbat (Dining Room)



Shabbat, 21st of Tammuz, 5784, July 27th, 2024

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

8:15 am – Shacharit (Lobby)

Kiddush (Dining Room)

11:00 am - "Parshat Hashavua" with Rabbi Israel Gad Seletski - English (Beit Haknesset)

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

1:00 pm – Seudat Shabbat (Dining Room)

5:00 pm - "Parshat Hashavua" with Rabbi Estrin – English (Golan)

6:00 pm – "Parshat Hashavua" with Rabbi Kreuzer – Hebrew (Golan)

7:00 pm – Mincha (Beit Haknesset)

Seudah Shlishit (Dining Room)

8:19 pm – End of Shabbat. Maa'riv (Beit Haknesset)

Havdalah after Maa'riv in the Lobby.

Shavua Tov!!!!!!!

Sunday 22nd of Tammuz, 5784, July 28th, 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" 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 Fenyes, ♦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 Haknesset)

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

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

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 – "We and the Tanach" with Rabbi Amihud Glazer – English (Golan)

5:25 pm – "We and the Tanach" with Rabbi Amihud Glazer – Hebrew (Golan)

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

6:15 pm – Music in the Lobby with Sofia

6:30 pm – "Drama and Movement " 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 , 23rd of Tammuz, 5784, July 29th , 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)

10:00 am – Leaving to Kever Rachel - Prior Registration at the Reception



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)
last session for the season

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 (Lobby 3)

4:00 pm – Coffee & Cake (Dining Room)

4:30 pm – Tehillim for Women (Lobby)

4:30 pm – "Jewish Leaders Must Learn to Focus on Cause and Community and Disregard Self-promotion" with Rabbi Hammer – English (Golan)

The inability to do so resulted in destruction in the past and can cause dire consequences to the Jewish future as well.

5:30 pm – "Jewish Leaders and The Destruction-then and now" with Rabbi Hammer – Hebrew (Golan)

6:00 pm – Music in the Lobby with Asaf

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

7:15 pm – Mincha

7:30 pm – Shiur Gemara with Rabbi Natan Shapira

8:10 pm - Maariv

8:30 pm – Movie Night: "**MISHA AND THE WOLVES**" (Golan) English with Hebrew subtitles
The dramatic tale of a woman whose holocaust memoir took the world by storm, but a fallout with her publisher - who turned detective - revealed an audacious deception created to hide a darker truth. Documentary

Tuesday, 24th of Tammuz, 5784, July 30th, 2024

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 Three Weeks" with Rabbi Shechter - English (Coffee Shop) Men & Women

10:00 am – Ulpan for Beginners with Mrs. Shoshana Maislik (Lobby 2)

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

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

10:45 am – Ulpan for Advanced Students with Mrs. Shoshana Maislik (Lobby 2)

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 - "**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 Yehuda Rabinowitz (Beit Haknesset)

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

4:00 pm – Coffee & Cake (Dining Room)

3:00-6:00 pm – Eitan's Fruit and Vegetable Sale – (Coffee Shop)

High Quality and well-priced fruits and vegetables.



4:30 pm – Tehillim for Women (Lobby)

4:30 pm – "The Prophecies of Yeshayahu Concerning Churban and Geula and Their Relevance Today" with Rabbi Tzvi Flaum (*Son in law of resident Sara Zivitz*)

– English (Golan)

5:30 pm – "Halacha & Parashat Hashavua" with Rabbi Natan Shapira – Hebrew (Golan)

6:00 pm – Music in the Lobby with Asaf

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

7:15 pm – Mincha

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

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

8:10 pm - Ma'ariv

Wednesday, 25th of Tammuz, 5784, July 31st, 2024

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

07:30 am – Shacharit

09:15 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)

10:30 – 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 Stern (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 – Yisrael and Yehuda Confront Challenges from Within and Without with Rabbi Yonatan Horowitz- English (Golan)

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

5:30 pm – "Establishing the Monarchy - Shaul, David and Shlomo" with Rabbi Yonatan Horowitz - 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" – Rabbi David Biber- Hebrew (Beit Haknesset)

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

8:10 pm - Ma'ariv

Thursday, 26th of Tammuz, 5784, August 1st, 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)

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 – "Historical Lecture" with Shmulik Langer - English (Golan)

5:30 pm – "Historical Lecture" with Shmulik Langer - Hebrew (Golan)



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

Vocal, recorded Musical accompaniment



7:15 pm – Mincha

7:30 pm – Shiur Gemara with Rabbi Natan Shapira

8:10 pm – Ma'ariv

8:30 pm – Movie Night: "**The Shoshani Riddle**" (Golan) **Hebrew without subtitles**

No one knows his real name; he is only known as Mr. Shoshani. He was an eternal nomad, a mad genius, who attracted disciples such as Nobel Prize winner Elie Wiesel. Mr. Shoshani figures among the 10 most mysterious people of all time.

Friday, 27th of Tammuz, 5784, July 1st, 2024

7:30 am – Shacharit

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

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 Chaya Geniram on the birth of a great granddaughter!

To the **Gilat Family** on the marriage of a great granddaughter!

To the **Aronson Family** on the birth of a great granddaughter!

Speedy Recovery to our dear residents who are hospitalized:

Shimon Tager (*Shimon ben Devora*)

Rivka Amitzur (*Rivka bat Chana Leah*)

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 29th, for residents living on floors 0,3,4

Stay tuned for details

Beautician at Beit Tovei Ha'ir , on Monday August 5th

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

Make your appointment at the reception

Parasha Riddle Pages near Beit Hakneset

Bring your answer sheet to the Kabala

All those who answer correctly, will join a raffle with prizes

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