

Shabbat VaYera 5785

VISIT TO THE KOTEL

On **Tuesday November 19th**

Departure from Lobby at 10:00 am

Approximate Return: 12:00 pm

Please register at the Front Desk

Cost: 40 NIS



Messages from the Torah Department

On behalf of the Administration, Torah Department, and Residents, we thank the dear Heftler family for their very generous donation to the shul of two full shelves of beautiful siddurim in loving memory of Mrs Hefter's son-in-law, her daughter Rachel Ebert's husband, R' Aharon ben Gedalyahu HaCohen z"l Ebert. May his soul be enveloped in Eternal Life!

Message from the Clinic

A tenant with signs of flu, fever, cough, cold, sore throat) is asked to stay in his apartment, contact the nurses, and order meals for the apartment

Painting Class

Residents are welcome to join the painting classes on Sundays or Tuesdays.
Please speak first with Yael, Yedida or Nofar

New!!! Gel Manicure and Waxing

Appointments available on Fridays through reception.

Manicure -NIS 130 – 1 hour

Waxing - NIS 50 - 15 minutes

Message from the Dining Room

To Residents, Caregivers, Staff, and Guests,

The rules below are necessary to maintain sanitary conditions in the dining room:

1. **Salad Bar** – use only the serving spoons. Do not take with your hands.
2. **On Shabbat** – no taking food from the wagons: no self-serving soup, no taking prepared plates of food or desserts. Only the waiters are allowed to serve food. Please remain seated. The waiters will serve you.

Shabbat Parshat VaYera 5785
Rabbi Yehuda Rabinowitz
Mrs. Sima Kliers (Manager on Duty)

Friday, 14th of Cheshvan, 5785, November 15th, 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

4:04 pm - Candle Lighting (Shkia – 4:44 pm)

Lighting in the Lobby must be completed before Mincha.

Afterward, please light only near the Coffee Shop.



4:25 pm - Minchah (Lobby)

4:40 pm - Kabbalat Shabbat (Lobby)

Maa'riv

Seudat Leil Shabbat (Dining Room)

7:30 pm – "Parshat Hashavua" with Rabbi -Yehuda Rabinowitz - Hebrew (Beit Knesset)

Shabbat, 15th of Cheshvan, 5785, November 16th, 2024

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

7:45 am – Shacharit (Lobby)

Kiddush (Dining Room)

10:45 am – "Parshat Hashavua" with Rabbi Israel Gad Seletski (Beit Haknesset)

11:15 am – "Sefer Shmuel" Singing & Shiur for Women with Ora Ofir - Hebrew (Lobby 3)

12:30 pm – Seudat Shabbat (Dining Room)

3:55 pm – Mincha (Beit Haknesset)

Seudah Shlishit (Dining Room)

5:17 pm – End of Shabbat. Maa'riv (Beit Haknesset)

Havdalah after Maa'riv in the Lobby

7:30 pm – Motzei Shabbat Concert: Songs of Eretz Yisrael with Lidor Levy (Lobby)

Shavua Tov!!!!!!



Sunday 16th of Cheshvan, 5785, November 17th, 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 Massechet Shabbos" with Rabbi Shechter -English (Coffee Shop)

10:00 am – "Rav Charlap " 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)

11:30 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)

12:30 pm – Mincha

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

2:15 pm – Painting class with Nofar (Coffee Shop) –Group A

♦Chana Tavel, ♦Marilyn Leiman, ♦Shoshana Fenykes, ♦Malka Chaimson, ♦Shoshana Chadad ♦Vivien Kleinman ♦Esther Solomon ♦Chave Heftler

Residents are welcome to join the painting classes on Sundays or Tuesdays. Please speak first with Yael, Yedida or Nofar

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 – "Florence Nightingale - Much More Than a Famous Nurse" with Historian Eyal Offenbach - English (Golan)

5:30 pm – "Florence Nightingale - Much More Than a Famous Nurse" with Historian Eyal Offenbach - Hebrew (Golan)

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

5:30 pm – "Chazanut and Songs of Prayer" – Men's Singing Group, with Paul Salter (Coffee Shop)

6:15 pm – Music in the Lobby with Sofia

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

06:30 pm – Maariv

6:45 pm – Shiur Gemara with Rabbi Natan Shapira

7:30 pm – Nature Film (Coffee Shop)

Monday, 17th of Cheshvan, 5785, November 18th, 2024

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

7:30 am – Shacharit

8:00 am – Water Exercise for Women

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

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

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

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

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)

11:45 am – "The Spice of Life" with Rabbi Shlomo Estrin – English (Golan)

12:30 pm – Mincha

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

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

6:30 – 7:15 pm – The English Library is open (New Time)

6:30 pm - Maariv

6:45 pm – Shiur Gemara with Rabbi Natan Shapira

6:45 pm- Yiddish Reading Group- led by Resident Eliyahu Tanis (Coffee Shop)

7:30 pm – Movie Night: **ARMAGEDDON TIME** (2022) (Golan) **English with English subtitles**

A Jewish boy's friendship with his black classmate reveals sobering truths about race and privilege in this coming-of-age tale set in 1980 in New York. Starring Anne Hathaway

Tuesday, 18th of Cheshvan, 5785, November 19th, 2024

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

7:30 am – Shacharit

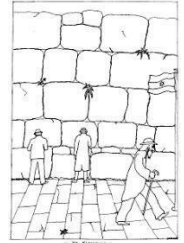
9:30-10:30 am – Exercise Gym open for Men

10:00 am – "Chafetz Chaim—Laws of Forbidden Speech" with Rabbi Shechter - English (Coffee Shop) Men & Women

10:00 am – **Visit to the Kotel- Pre-registration required.**

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

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 Garamé, ♦Miriam Danielchik, ♦Miriam Jaffe, ♦Hensha Gansbourg, ♦Mina Felder ♦Varda Butcher ♦Chave Heftler ♦Rivka Amitzur

Residents are welcome to join the painting classes on Sundays or Tuesdays. Please speak first with Yael, Yedida or Nofar

11:30 am - "Feldenkreis Exercise" with Tamar Levin-Women (Golan)

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)

12:30 pm – Mincha

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)



4:30 pm – Tehillim for Women (Lobby)

4:30 pm – "Pirkei Avot" with Rabbi Ullman – English (Golan)

5:30 pm – Halacha and Parshat Hashavua with Rav Natan Shapiro – Hebrew (Golan)

6:00 pm – Music in the Lobby with Asaf

6:30 pm - Ma'ariv

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

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

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

Wednesday, 19th of Cheshvan, 5785, November 20th, 2024

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

7:30 am – Shacharit

9:15 am – Ulpan for Advanced Students with Mrs. Rachel Strenger (Lobby 2)

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

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

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

10:35 am – Advanced Bone Building Exercise - For physically fit women with Naomi (Nehora)

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

11:15) 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)

12:30 pm – Mincha

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

4:00 pm – Coffee & Cake (Dining Room)

4:00 – 4:30 pm – 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"-Insights into the Parsha and Pirkei Avot with Ita Schneider- Women -English (Coffee Shop)

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

5:30 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)

6:30 pm - Ma'ariv

6:45 pm – Music in the Lobby with Sofia

6:45 pm – "Pirkei Avot" - R. Yitzchak Hadari- Hebrew (Beit Haknesset)

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

Thursday, 20th of Cheshvan, 5785, November 21st, 2024

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

7:30 am – Shacharit

8:00 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 Massechet Shabbos" 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 – Bridge Club- Beginners and Advanced- with Rivka Cohen (Coffee Shop)

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

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 – Advanced Exercise Class For physically fit women with Orah (Nehora)

12:30 pm – Mincha

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 – "**Best-loved Piano Concertos: some of the finest music ever written for the piano**" with **Paul Salter – English (Golan)**

5:30 pm – "Chayei Sara" with Resident Doba Kellerman - Hebrew (Golan)

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

6:30 pm – Ma'ariv

6:45 pm – Shiur Gemara with Rabbi Natan Shapira

7:30 pm – Movie Night: **ARMAGEDDON TIME** (2022) (Golan) **English with Hebrew subtitles**

A Jewish boy's friendship with his black classmate reveals sobering truths about race and privilege in this coming-of-age tale set in 1980 in New York. Starring Anne Hathaway

Friday, 21st of Cheshvan, 5785, November 22nd, 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

MAZEL TOV!

To **Chaim and Rivka Shoshani** on the birth of a great granddaughter!

To **Leah Seigal** on the birth of a granddaughter !

רייזי ניצקי

Raisie Nitzky

מאיר קלינהנדלר

Meir Kleinhandler

מאורסים

בס"ד, ט' מרחשוון תשפ"ד

Speedy Recovery

To **Shimon Tager** who is hospitalized (*Shimon Aryeh ben Devorah*)

Yiddle Riddles

By Rabbi Shlomo Estrin

1. I don't come from Yehuda yet Moshiach comes from me,
 And my grandpa and my uncle they would always disagree,
 My grandsons are my own sons,
 And my father left me lonesome,
 My wife's become a season,
 Can you guess who I might be?

2. You have one and I have one, but ours were made to speak,
 In our Parsha, Rashi tells us, one was given as a treat,
 It never, ever spoke, it went to special folk,
 Who never really had the need to eat.
 What is this?

3. -I'm there for your soup,
 I'm almost a king,
 Mix me I'm 'bread',
 Switch me I'm 'dream',
 I'm the end of S'dom,
 I swim through the sea,
 Atlantic, Pacific,
 But not Galilee
 What am I?

4. The Moabites that led to Ruth
 It was **here** they all began,
 The matriarch, which led to us,
 It was **here** she was put in the end,
 Our second king, to save his life,
 Hid **here** from our king number one,
 And the mystic of mystics fled to,
 Learning Torah with his son.
 Where?

Answers: 1- Lot 2- a tongue 3- melach/ salt 4- a cave

Davening Hours

Shacharit –Berachot 07:20 AM,
 Hodu 07:30 AM,
 Minchah -12:30 PM
 Maa'riv – 6:30 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