

## Shabbat Chayei Sarah 5785

### VISIT TO THE KOTEL

On Tuesday, November 26<sup>th</sup>

Departure from Lobby at 10:00 am

Approximate Return: 12:00 pm

There are a few places remaining.

Cost: 40 NIS



### From The Library

Several books are missing from the library.

Please check your apartment for any library books that need to be returned.

We are specifically looking for the following books:

- a) Incredible 1
- b) Incredible 2
- c) Still Alice

Thank you for your cooperation!

The English Library

### **MAZEL TOV!**

To **Michael Goldblatt** on the birth of a great grandson

To **Rina Caduri** on the birth of a great grandson and great-granddaughter

To **Rosalin Zelig** on the birth of twin great-grandsons

**Speedy Recovery to our dear residents who are hospitalized:**

**Shimon Tager** (*Gedalya ben Jannett*)

**Rabbi Meir Fendel** (*Meir ben Chaya Raizel*)



**Shabbat Parshat Chayei Sarah 5785**  
**Rabbi Yehuda Rabinowitz**  
**Rabbi Israel Gad Seletski (Manager on Duty)**

**Friday, 21<sup>st</sup> of Cheshvan, 5785, November 22<sup>nd</sup>, 2024**

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

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**



**4:01 pm – Candle Lighting (Shkia – 4:41 pm)**

**Lighting in the Lobby must be completed before Mincha.  
 Afterward, please light only near the Coffee Shop.**



**4:20 pm – Minchah (Lobby)**

**4:35 pm – Kabbalat Shabbat (Lobby)**

Maa'riv

Seudat Leil Shabbat (Dining Room)

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

**Shabbat, 22<sup>nd</sup> of Cheshvan, 5785, November 23<sup>rd</sup>, 2024**

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

7:45 am – Shacharit (Lobby)

**Kiddush (Dining Room)**

**11:00 am – "Parshat Hashavua" with Rabbi Dunner (Beit Haknesset)**

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

**12:30 pm – Seudat Shabbat (Dining Room)**

4:00 pm – Mincha (Beit Haknesset)

Seudah Shlishit (Dining Room)

**5:15 pm – End of Shabbat. Maa'riv (Beit Haknesset)**

Havdalah after Maa'riv in the Lobby.

**7:30 pm – Motzei Shabbat Concert: With Erez Shmueli (Lobby)**



**Shavua Tov!!!!!!**

**Sunday 23<sup>rd</sup> of Cheshvan, 5785, November 24<sup>th</sup> 2024**

7:00 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 **Men**

9:45 am – "Gemara Masechet 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 to 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 – "Theodor (Binyamin Ze'ev) Herzl – Visionary of the Jewish State"  
with Shmulik Langer – English (Golan)**

5:30 pm – "Theodor (Binyamin Ze'ev" Herzl – Visionary of the Jewish State"  
with Shmulik Langer – 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)

6:30 pm – Maariv

6:45 pm – Shiur Gemara with Rabbi Natan Shapira

7:30 pm – Nature Film (Coffee Shop)

**Monday, 24<sup>th</sup> of Cheshvan, 5785, November 25<sup>th</sup>, 2024**

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

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

8:00 am – Water Exercise for Women

10:00 am – "Gemara Masechet 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 Devory (Coffee Shop) – ***New Teacher, a chance to join***

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

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

**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 – "A Tour of Jordan"-with Gilad Danon - English (Golan)**

*Jordan - the neighbor to the east. So similar, yet so different. We will visit the flowing streams, with the colorful sandstone, the hot springs and the hanging gardens. We will jump to Petra, and tell about unconventional trips there and its history.*

5:30 pm – "A Tour of Jordan" with Gilad Danon - Hebrew (Golan)

6:30 pm – Maariv

**6:30 - 7:15 pm** - The English Library is open

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

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

7:30 pm – Movie Night: **Seven Years in Tibet** (Golan) **English with English subtitles**  
*An Austrian climber, breaks out of prison and travels to the holy city of Lhasa. He is employed as an instructor to the 14th Dalai Lama and soon becomes his close confidante. Starring Brad Pitt*

**Tuesday, 25<sup>th</sup> of Cheshvan, 5785, November 26<sup>th</sup>, 2024**

7:00 – 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**

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

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

10:00 am – "Halacha Shiur" with Rabbi Shechter - English (Coffee Shop) Men & Women

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 to 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 Haknesset)

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

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)

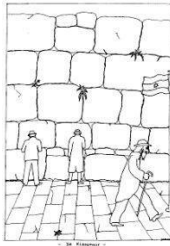
6:00 pm – Music in the Lobby with Asaf

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

6:30 pm - Ma'ariv

6:45 pm – Shiur Gemara with Rabbi Natan Shapira

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



**Wednesday, 26<sup>th</sup> of Cheshvan, 5785, November 27<sup>th</sup>, 2024**

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

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

**09:00 am –1:00 pm – Aviva's Sale: Clothing, Undergarments, Cosmetics and gifts (Coffee shop)**

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

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

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

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 **Men Time Change**

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 – "Rav Soloveitchik on Bereishit" with Rabbi Aaron Adler - 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 – "Mitzvah Rationale (Sefer HaChinuch Insights)" with Rabbi Aaron Adler - 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, 27<sup>th</sup> of Cheshvan, 5785, November 28<sup>th</sup>, 2024**

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

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

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 Masechet 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

3:45 pm – Coffee & Cake (Dining Room)

4:30 pm – Tehillim for Women (Lobby)

4:15 pm – "Rosh Chodesh Kislev and Parshat Toldot" with Rabbi Baker – English (Golan)

5:30 pm – In Honor of the Sigd Holiday of the Ethiopian Community: A Personal Story of the Journey from Ethiopia to Israel with Efrat Yekunan - Hebrew (Golan)

6:30 pm – Ma'ariv

6:30 pm – Israeli Folk Dancing with Batsheva -Women (Golan)

6:45 pm – Shiur Gemara with Rabbi Natan Shapira

7:30 pm – Movie Night: **Seven Years In Tibet** (Golan) **English with Hebrew subtitles**  
*An Austrian climber, breaks out of prison and travels to the city Lhasa. He is employed as an instructor to the 14<sup>th</sup> Dalai Lama and soon becomes his close confidante. Starring Brad Pitt*

**Friday, 28<sup>th</sup> of Cheshvan, 5785, November 29<sup>th</sup>, 2024**

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

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**

**Davening Hours**

Shacharit –Berachot 7:20 AM,  
 Hodu 7:30 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