

## Shabbat Bo 5785

Dearest Residents,

I would like to share with you my decision to conclude my role at Beit Tovei Ha'ir.

It has been my honor and privilege to accompany you, dear residents, and to be part of the unique journey of your lives. I have learned so much from the wealth of your experiences, your wisdom, and your incredible resilience – and for that, I am deeply grateful.

You will always remain in my heart and will hold a place of honor and love in my life.

With hope and faith for salvation and Geula Shlema,  
May Hashem lead us from darkness to great light, from distress to relief, and may we soon see the return of the exiled to their homeland.

Yours with deep respect and love,  
Tamar Kobayof  
Social Worker

### VISIT TO THE KOTEL

On Tuesday, February 11<sup>th</sup>

Departure from Lobby at 10:00 am

Approximate Return: 11:45 am

Cost: 40 NIS

Pre-Registration at Reception



לאומי  
leumi

לאומי איתך.

Bank Leumi is coming

On Wednesday, February 5<sup>th</sup>, 2025

12:30-1:30 PM

At the main entrance of Beit Tovei Ha'ir

### Music and Singing in The Moadon

Every afternoon, Sunday thru Thursday

At 5 pm in the Moadon, Floor G

Everyone invited

**Shabbat Parshat Bo 5785**  
**Rabbi Sruli Weinberger**  
**Mrs. Ruthie Weinberger (Manager on Duty)**

**Friday, 2<sup>nd</sup> of Shevat, 5785, January 31<sup>st</sup>, 2025**

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 Ilan Adler – English (Golan)

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

**4:37 pm – Candle Lighting (Shekia – 5:17 pm)**

**Lighting in the Lobby must be completed before Mincha.**

**Afterward, please light only near the Coffee Shop.**



**4:55 pm – Minchah (Lobby)**

**5:10 pm – Kabbalat Shabbat (Lobby)**

Maa'riv

Seudat Leil Shabbat (Dining Room)

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

**Shabbat, 3<sup>rd</sup> of Shevat, 5785, February 1<sup>st</sup>, 2025**

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)**

4:35 pm – Mincha (Beit Haknesset)

Seudah Shlishit (Dining Room)

**5:51 pm – End of Shabbat.** Maa'riv (Beit Haknesset)

Havdalah after Maa'riv in the Lobby.

**7:30 pm – Motzai Shabbat Concert with The Kartin Trio (Lobby)**

**Special for Rosh Chodesh  
Shevat**



## **Sunday 4<sup>th</sup> of Shevat, 5785, February 2<sup>nd</sup>, 2025**

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**

**9:30 am – Ulpan for Beginners with Mrs. Shoshana Maislik (Lobby 2)**  
**Change of day and time**

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

10:00 am – "Rav Charlap " with Rabbi Michael Tubiano - Hebrew (Golan)

**10:15 am – Ulpan for Advanced Students with Mrs. Shoshana Maislik (Lobby 2)**  
**Change of day and time**

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 Fenyes, ♦Malka Chaimson, ♦Shoshana Chadad ♦Vivien Kleinman ♦Esther Solomon ♦Chave Heftler

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

4:00 pm – Coffee & Cake (Dining Room)

4:30 pm – Tehillim for Women (Coffee Shop)

**4:30 pm – "Popular Classics": Well-Loved Melodies for Everyone's Enjoyment! "**  
**Musical Lecture with Paul Salter - English (Golan)**

5:30 pm – "My Journey to Self-Discovery" with Dorit Medina - Hebrew (Golan)  
*Dorit shares her personal journey of looking into her adoption files at the age of 40. With insights and eye-opening revelations about life, personal relationships, family dynamics, and much more*

**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)

06:30 pm – Maariv

6:45 pm – Shiur Gemara with Rabbi Natan Shapira (Beit Haknesset)

**Monday, 5<sup>th</sup> of Shevat, 5785, February 3<sup>rd</sup>, 2025**

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 Devori (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 – "Tefilla is Heart Work" workshop on Tefilla with Raizy Steinberg, daughter of Resident Rabbi Meir Fendel z"l – 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 - **Yiddish Reading Group**- led by Resident Eliyahu Tanis (Coffee Shop) **Time Change**

4:30 pm – "**Keep Your Brain Stimulated**" with David Goldman - English (Golan)

5:30 pm – "Keep Your Brain Stimulated" with David Goldman - Hebrew (Golan)

6:00 pm – Music in the Lobby with Yaakov

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 Hakneset)

7:30 pm – Movie Night: **A Thousand Words** (2012) (Golan) English with Hebrew subtitles  
*After stretching the truth on a deal with a spiritual guru, literary agent Jack McCall finds a Bodhi tree on his property. Its appearance holds a valuable lesson on the consequences of every word he speaks. **Comedy Starring Eddie Murphy***

**Tuesday, 6<sup>th</sup> of Shevat, 5785, February 4<sup>th</sup>, 2025**

7:00 – 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

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

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

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*

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 – "Treasure Hunt: Finding Meaning in our Daily Prayers" with Rabbi Estrin –  
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

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

6:45 pm – Shiur Gemara with Rabbi Natan Shapira (Beit Haknesset)

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

**Wednesday, 7<sup>th</sup> of Shevat, 5785, February 5<sup>th</sup>, 2025**

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

07:30 am – Shacharit (7:20 am – Brachot / 7:30 am – Hodu)

**9:00 am –1:00 pm – Aviva's Sale: Clothing, Undergarments, Cosmetics and gifts  
(Coffee shop)**

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 Masechet Shabbos" with Rabbi Shechter -English (Beit Haknesset)

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

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

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

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

**12:30-1:30 pm – Bank Leumi car at front entrance**

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 (Coffee Shop)

**4:30 pm – "The Pursuit of Happiness as per Tolstoy " with Dr. Asher  
Jospe, Prof. of Philosophy in The Tel Aviv University – 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 – "The Pursuit of Happiness as per Tolstoy " with Dr. Asher  
Jospe, Prof. of Philosophy in The Tel Aviv University - Hebrew (Golan)

5:30 pm – "In-depth Gemara Shiur in English" – (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, 8<sup>th</sup> of Shevat, 5785, February 6<sup>th</sup> , 2025**

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 (New Lobby)**

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 the Physiotherapist (Nehora)**

12:30 pm – Mincha

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 (Coffee Shop)

4:30 pm – "Fruit and Tree" with Golda Warhaftig – English (Golan)

5:30 pm - "Fruit and Tree" with Golda Warhaftig – 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 (Beit Haknesset)

7:00 pm – Music and Singing for Women with Minna Shmuelevitz (Coffee Shop)

Movie Night: **A Thousand Words** (2012) (Golan) English with English subtitles  
*After stretching the truth on a deal with a spiritual guru, literary agent Jack McCall finds a Bodhi tree on his property. Its appearance holds a valuable lesson on the consequences of every word he speaks.*  
**Comedy Starring Eddie Murphy**

**Friday, 9<sup>th</sup> of Shevat, 5785, February 7<sup>th</sup>, 2025**

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

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 Ilan Adler – English (Golan)

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

**MAZEL TOV!**

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

**Speedy Recovery to:**

**Chaya Subar** (*Chaya Bat Channa*)

**Welcome**

Beit Tovei Hair residents, staff and management welcome

**Mrs. Shoshana Jacobovits**

Who moved into apt. 348

**Condolences**

Beit Tovei Hai'r and its residents share in the grief upon the passing of

**Seraya Berman A"H**

May you be comforted among the mourners of Zion and Jerusalem





**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  
 Coffee Shop – 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: 7:45-09:00  
 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**

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

**YIFAT-**

**LADIES HAIRDRESSING**

Every Monday and Thursday  
 in Nehora Wellness Center.

Make your appointment  
 at the front desk

**CLINIC HOURS**

**Weekdays**

9:00 am- 1:00pm  
 3:00-6:00 pm

**Friday**

09:00 am- 1:00pm

**Medical Accessories Gemach**

open in the clinic  
 please speak with Sima or Pessi