

Sunday 22nd of Nisan, 5785, April 20th, 2025 – Isru Chag

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)

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 ◆Shoshana Jakobowitz

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

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

6:15 pm – Music in the Lobby with Sofia

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

7:05 pm – Mincha

7:20 pm – Shiur Gemara with Rabbi Natan Shapira (Beit Haknesset)

8:00 pm – Maariv



Monday, 23rd of Nisan, 5785, April 21st, 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)

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

4:00 pm – Coffee & Cake (Dining Room)

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

4:30pm - Yiddish Reading Group- led by Resident Eliyahu Tanis (Lobby 2)

**4:30 pm – "Art Work from the Ghettos and the Concentration Camps"
with Orit Margaliot - English (Golan)**

5:30 pm – "The Choice of Holocaust Survivors in the Land of Israel" with Nitza Meleamed - Hebrew (Golan)

6:00 pm – Music in the Lobby with Yaakov

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

7:05 pm – Mincha

7:20 pm – Shiur "Or Hachaim Hakadosh" with Rabbi Mordechai Kreuzer (Beit Hakneset)

7:45 pm – Movie Night: "My Best Friend Anne Frank" (2021) (Coffee Shop)
English with Hebrew subtitles

The film tells the story of the friendship between Hanneli Goslar and Anne Frank .
The story is told from Goslar's perspective. The film is based on *Memories of Anne Frank: Reflections of a Childhood Friend* written by American author Alison Leslie Gold. It is the first Dutch cinema film about the life of Anne Frank

8:00 pm – Maariv



Tuesday, 24th of Nisan, 5785, April 22nd , 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

9:55 am – Ulpan for Beginners with Mrs. Shoshana Maislik (Lobby 2)

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

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

10:40 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 ♦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)

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)

7:05 pm – Mincha

7:20 pm – Shiur Gemara with Rabbi Natan Shapiro (Beit Haknesset)

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

8:00 pm – Ma'ariv



Wednesday, 25th of Nisan, 5785, April 23rd, 2025

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

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

09:15 am – Ulpan for Advanced Students with Mrs. Rachel Strenger (Lobby 3)

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

9:30 am – Choir for Women with Talya Kirsh (Golan)

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

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

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

10:45 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)

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 (Coffee Shop)

4:30 pm – "Tehillim: A Deeper Understanding " 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 – "Yirmiyahu and Yechezkel " with Rabbi Yonatan Horowitz - Hebrew (Golan)

6:05 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

7:05 pm – Mincha

7:20 pm – "Pirkei Avot" - R. Yitzchak Hadari- Hebrew (Beit Haknesset)

7:30 pm – "Sing Along" with Talya Kirsch - Women (Dvir) **change of place**

8:00 pm - Ma'ariv



Thursday, 26th of Nisan, 5785, April 24th, 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**

9:45 am

Holocaust Memorial Ceremony (Lobby)

With residents, staff, family members

10:00 Memorial Siren

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

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

10:45 am – Bridge Club- Beginners and Advanced- with Rivka Cohen (Lobby 2)

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 with Orah (Nehora)

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 – "From Shoah To Tekuma" Musical lecture with Dr. Aviva Stanislawski
English (Golan)**

5:30 pm – "From Shoah To Tekuma" Musical lecture with Dr. Aviva Stanislawski
Hebrew (Golan)

7:05 pm – Mincha

7:20 pm – Shiur Gemara with Rabbi Natan Shapira (Beit Haknesset)

7:45 pm – Movie Night: "My Best Friend Anne Frank" (2021) " (Coffee Shop)
English with English subtitles

8:00 pm – Ma'ariv



Friday, 27th of Nisan, 5785, April 25th, 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 Ullman – English (Golan)

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



ANNOUNCEMENTS

**Discover the perfect way to relax.
Come in once to try it. Return for the results.**



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

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



Dear Residents!
If the elevator gets stuck and you are in it,
The alarm bell must be pressed **for 7 consecutive seconds**
without letting go



Please Note!!!
If the elevator is on Shabbat mode,
when the buzzer sounds
DO NOT TOUCH THE DOOR & DO NOT ENTER!!



You are kindly requested to sign your name in the "In/Out Sign-In Sheet" before
you leave the building and upon returning home.

Residents who leave for Shabbat, must notify the Reception

We thank you for your assistance.



Davening Hours

Shacharit –Berachot 7:20 AM,
 Hodu 7:30 AM,
 Minchah -7:05 PM
 Maa'riv – 8:00 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

Medical Accessories Gemach

Open in the clinic
 Please speak with Sima or Pessi

CLINIC HOURS

Weekdays
 9:00 am- 1:00pm
 3:00-6:00 pm
Friday
 09:00 am- 1:00pm