



אגף הרווחה
עבודה קהילתית והתנדבות

Seniors Month 2015

Mon, 12.10.15
Day trip to Ashdod

The Museum of Philistine culture, a tour of an ancient olive press and a unique winery. Tour in English, Hebrew and Russian.
Departure at 8:30 at pickup points, estimated arrival back at 17:30. Cost NIS 20.
Advance registration required*

Wed, 14.10.15
Seniors and students meet

Meet students at Levi Eshkol School (Hagolan st.)
learning and teaching about "childhood games."
Hours: 10:00 - 12:00.

Free!

Tue, 20.10.15
Daytrip to the South

Ben Gurion's home, Mitzpe Ramon Visitor's Center, the zoological garden
"Chai Ramon."
Tour in English and Hebrew.
Departure at 8:30 at pickup points, estimated return 19:00.
Cost NIS 20. Advance registration required*.

Tue, 27.10.15
Morning lectures

How to protect yourself + Drum workshop.
Lecture from the community policeman about self-defense. In Hebrew & Russian.
Drum circle with audience participation. At Matnas Meyerhoff 9:00 - 12:00.
Breakfast included.

Free!

Mon, 2.11.15
Morning lectures from
the Bituach Leumi
(Social Security Office).

Rights of retiree and economic advice. Given at the Social Security
Building, HaNasi St.
9:00 - 12:00. In Hebrew only.
Light refreshments.

Free!

Tue, 3.11.15
Seniors and students
meet.

Please join the students on this occasion at Jabotinsky School
(Hanurit St.), 10:00 - 12:00.

Free!

Mon, 9.11.15
Morning lectures: How
to protect yourself +
Nutrition

Lecture from the community policeman about self-defense. Lecture about
nutrition for maintaining health and vitality. In Hebrew and English.
At Matnas RBS-A, 9:00 - 12:00.
Breakfast included.

Free!

Tue, 10.11.15
Workshop for writing
life stories

12 weekly meetings, Tuesday mornings 10:00 - 11:30.
Hebrew only. Cost – NIS 50 for workshop.
Advance registration required*.

Wed, 11.11.15
Day trip to the Israel
Museum in Jerusalem

Program: Performance, coffee and cake. Tour in English, Hebrew and Russian.
Departure at 8:30 at pickup points, estimated return at 15:00. Cost NIS 20.
Advance registration required*.

Wed, 18.11
Song show

A stunning lively musical. A combination of different musical images that
make up the cultural mosaic of Israel. Eshkol Payis, 6 Aliyat Hano'ar St, at
7:30 pm. Light refreshments.

Free!

*Registration by payment at Revaha (welfare). Dena Oster 9909911
Limited places!!!