

September 23rd and beyond

Thursday, September 29th, 7:30pm- Shaarei Orah, The Sephardic Congregation of Teaneck located at 1425 Essex Road in Teaneck, welcomes guest speaker, Rabbi Yaakov Rahimi. Minha/Arvit at 6:30pm, Rabbi Rahimi will speak at 7:30pm. Topic: "Time To Grow." For more information please contact Shalom Shushan (914) 334-8127.

Rabbi Yaakov Rahimi is a graduate of Deal Yeshiva, and went on to learn for several years in the prominent Lakewood Yeshiva, Bet Midrash Gavoha. He had the zchut of taking part in the Halachic project Mishna Berura Tiferet, which is a collection of all the Sephardic poskim on the Mishna Berura. The rabbi is currently involved in the Chazaq and Torah Anytime organizations, among others including NCSY, BJX, and Partners in Torah.

Sunday, October 2nd, 9:30am– 12:30pm- Annual Kapparos to support Tomchei Shabbos of Bergen County to be held at two locations: 1. Teaneck - parking lot of Maayanot, 1650 Palisade Avenue. 2. Englewood - Ahavat Torah, 240 Broad Street.

Sunday, November 6th, 9am– 12pm- Join YAD LEAH: Clothing for Israel **Dash for Dignity** at Overpeck Park, Ridgefield Park, NJ. 5K Run, 1 Mile Family Walk and Kids' Dashes for ages 3-8, plus breakfast, inflatables, music, face painting and more!

Rinat's team for Dash for Dignity, benefitting Yad Leah, is looking for participants. To join, go to <https://runsignup.com/teamrinat>. For more information, contact Eliana Wolf, ambassador for Yad Leah, at elianawolf123@gmail.com.

Sunday, November 6th, 7pm- RYNJ welcomes your family to join our family at our Open House. Experience the warm environment created by our dynamic administration, dedicated faculty and involved parent body. Please register at rynj.org. For more information, contact Morah Ronit Wenger or Mrs. Debra Popowitz, Directors of Admissions, at welcome@rynj.org or (201) 986-1414 ext. 338.

The deliberately slow paced Beis Medrash Style Minyan at Congregation Bnai Yeshurun meets at 7:15am Monday to Friday mornings in the Beis Medrash and 8:00am on Sunday mornings in the Moroccan Shul. The month of Elul is a great opportunity for those seeking to make a change in their Tefilla experience. Contact Ketoret11@gmail.com or DWeinstein@lincolnequities.com for more information.

The Project Ezra Young Leadership Council is made up of men and women who are under 35, from different communities and Shuls in Bergen County. We hope that engaging community members from a young age will help with continued engagement and help build our donor base in the future. Our Council focuses on outreach, education, fundraising and programing. For more information about the YLC, please email YLC@Ezrah.org.

The Chesed organization that two young Yeshiva high school students from Teaneck, Eitan and Elad Shushan, started a few months ago, is in need of more volunteers who can drive people who receive dialysis. This is not a commitment but simply something you can do when you have the time or opportunity once a week, once in a while, anything! Please consider signing up and/or spreading the word for those that can assist. Unfortunately, we have another patient who is need of this Chesed. If you have any questions, please private message me. Thank you so much, and Tizku l'mitzvot! Click on this link to sign up and for more information: <http://freedialysisrides.com>.

"My Extended Family" provides programs and support to children (1st-8th grade) from single-parent homes including: Weekly Club Meetings with Big Brother/Big Sisters, Delicious Dinners, Homework Help, Hands-On Activities/Special Programs, Seasonal Trips, Family Events, Yom Tov Assistance, Parenting Workshops. This New Teaneck Branch is led by Rabbi Ephraim and Nechamy Simon. Enroll at: <https://myef.civcore.com/index.php?section=familyApplications&action=newApplication>.

Yomim Noraaim Mikvah Hours for Men– 5783/2022- The Teaneck Mikvah, Florence & Joseph Appleman Building, located at 1726 Windsor Road, will be open for men's use on Erev Rosh Hashanah and Erev Yom Kippur. Men will have access to 12 preparation rooms, 2 express changing areas, and 3 mikvaot. One of the three mikvaot will close at 1:00 on Erev Rosh Hashanah and Yom Kippur in order to prepare it for immediate post yom tov use. For express usage, kindly shower at home and bring your own towels. Mikvah hours are as follows: Erev Rosh Hashanah, Sunday, September 25th 5:30am– 4:00pm. Erev Yom Kippur, Tuesday, October 4th, 4:30am - 3:00pm. Please be considerate of our staff and adhere to the closing times. Fees are payable by check, cash or Zelle/Quickpay: \$25 per person, \$54 per family. Please call the Mikvah at 201-837-8220 or email us at office@teaneckmikvah.org with any questions.

Femme, a Women's Only Fitness Studio provides women with the privacy other gyms lack so you can use our equipment, participate in classes, or work with a personal trainer, in a supportive environment. Visit our website at www.femmenj.com to learn more. You can follow on Instagram @femme.nj.