

Toranut Today:5, 13, 23 Toranut Tomorrow:7, 15, 24 Teva: Bunks 2, 3

Adventure: Bunks 11 (AM), 46 (PM) Mo @ Breira: Ofarim Mo @ Lunch: Machon Tomorrow: Letter Writing and Laundry Day!



Partly cloudy, clearing later. Hot!

High of 88 F/31 C Low of 65 F/18 C Humidity 67% Sunset at 8:24 pm WEATHER
REPORT

## Weekly Workouts & Wellness

Tomorrow (Thursday):

6:40 am martial arts clinic for staff on demand with Omri at the Krav Maga Cage





6:45 am Upper Camp laps at the pool

4:15 pm mindful hike to Lookout Point with Karen from Greenhouse Lawn



# Happy Galentine's Day!

Today in 1848, the first US women's rights convention was held in Seneca Falls NY. Organised by Elizabeth Cady Stanton & Lucretia Mott, this meeting paved the way for equal voting rights for women and men in the US!



Pictured: everyone's favorite suffragette Elizabeth Cady Stanton



### Happy Birthday!

lan Donahue Mia Medney Sarah Diaz Jacob Duncan





Yankees 2, Twins 4 Red Sox 3, Blue Jays 4 Mets 6, Cardinals 3

SPORTS SCORES from July 17

MENU OF THE DAY



Aruchat Boker Bagels Eggs Aruchat Tzohorayim Shaved steak sandwiches Aruchat Erev BBQ

Thank you God for the blessings we have today and every day!





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