

Toranut Today: 17, 41, 42, 44, 47 Toranut Tomorrow: 13, 26, 27, 28, 29, 31, 32

Teva: Bunk 12 Adventure: Bunks 14, 15 (AM), Bunks 6, 45 (PM)

Who's Got the Mo?: Bonim (Lunch), Chaverim (Breira)



Plentiful sunshine! No rain.

High of 77 F/25 C Low of 54 F/12 C Humidity 56% Sunset at 8:14 pm WEATHER REPORT

SPORTS SCORES * MORE

from July 29



Yankees 5, Rays 4 Red Sox 8, Royals 9 Mets 2, Mariners 3

Motivational Quote of the Day:

"We can not change the cards we are dealt, just how we play the game." - Randy Pausch

Weekly Workouts & Wellness

Tomorrow (Monday):



6:35 am fitness workout for staff & upper campers with Divina in the Fitness Room

6:45 am Lower Camp laps at the pool





7:00 am yoga/meditation for all with Karen in the Aerobics Room



Happy Birthday!

Ezra Goldstein Benji Timoner

TONIGHT:



All Gamps DANCE

you don't need a cape to be a hew. You just need to call.

KENSIEKATE.CO

National Avocado

Day!



MENU OF THE DAY



Aruchat Boker French Toast Aruchat Tzohorayim Pizza Aruchat Erev Italian sausage Pasta pomodoro

Thank you for the food we eat. Bless you Adonai for the food you give us. Thank you for our shelter. Thank for helping us stay healthy.





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