# The Daily Bubble



Friday, July 13, 2018 Unique Holiday: Embrace Your Geekness Day

**Toranut Today:** 8,15,25,23 **Toranut Tomorrow:** 16,17,3 Who's got the Mo?: Chaverim

**T'filah** Prep: Bonim (AM) Tzofim (PM)

WEATHER Mostly REPORT Sunny

High of 83 F/28 C Low of 61 F/16 C

**Humidity 49%** Sunset at 8:30 pm



## L'hitrayot K'tanim 1st Session!

### ALAN GOODIS IS HERE ALL WEEK!



TONIGHT'S EVENING ACTIVITY:

## Shabbat shalom!

How good it is that we can be happily together

#### Weekly Workouts & Wellness (before breakfast):

Pool-Lap swim (Sun through Thurs) 7 am Running-(Between the gaga pits- Sun & Wed) 7am Fitness- (Fitness room Mon, Wed, Thurs) 7 am Yoga & Mindfulness-(Aerobics rm Tues 7am & Fri 8am)



TODAY'S MENU:

ARUCHAT BOKER: Scrambled eggs, hashbrowns, toast

ARUCHAT TZOHORAYIM: Mac & cheese, fish, salad

**ARUCHAT EREV:** Shabbat dinner & Shabbat sh-brownies



#### **Birthday** SHOUT OUTS!

Talia Goldmith Ben Harner Moriah Pardo

