

**Toranut Today:** 9,39,40,41,43 **Toranut Tomorrow:** 13,30,16 **Ropes:** Tzofim 22(AM) Tzofim 23(PM) Who's got the Mo?: Chalutzim (Menucha) & Chaverim (Breira) Teva: Ofarim 16 Chalutzim 44 Bonim 13 Sports Tourneys: Ofarim/Chaverim Girls Softball @ CLC Tofilah Drep: Chalutzim (AM) Chaverim (PM)

## Olim leaves for **Montreal!**

What did the mouse say to the other mouse when he tried to steal his cheese? A:That's nacho cheese

WEATHER REPORT

Scattered T-Storms

High of 88 F/31 C Low of 72 F/22 C

**Humidity 66%** Sunset at 8:28 pm



## TONIGHT'S EVENING ACTIVITIES:

K'tanim- Israel Night

**Bonim-Pool Party** 

Chalutzim- Jumanji

Ofarim- Jew-manji

Chaverim- Karaoke

Tzofim- Cape Code Night

Olim- On the way to Montreal!

Machon- TBD on the Soccer Field



## **Birthday SHOUT OUTS!**

Miriam Lipson

Weekly Workouts & Wellness (before breakfast): Pool-Lap swim (Sun thru Thurs) 7 am Running-(Between the gaga pits- Sun & Wed) 7am Fitness- (Fitness room Mon, Wed, Thurs) 7 am Basketball-(Merkaz HaSport Sun thru Thurs) 7am Yoga & Mindfulness(Aerobics rm Tues 7am & Fri 8am)









TODAY'S MENU:

**ARUCHAT BOKER:** Cinnamon rolls, yogurt, fruit

ARUCHAT TZOHORAYIM: Grilled cheese, tomato soup

ARUCHAT EREV: Spaghetti and meat sauce, salad bar

DAILY BLESSING By: Anonymous-K'tanim

I am thankful for vegetables.

