

The Daily Bubble

Wednesday, July 18, 2018

Toranut Today: TRIP DAY **Toranut Tomorrow:** 15,22,25

TRIP DAY FOR K'Tanim, Bonim, Chalutzim, & Ofarim!

WEATHER REPORT	Sunny	High of 80 F/27 C Low of 53 F/12 C	Humidity 52% Sunset at 8:26 pm	Tomorrow: 82 F/55 F Sunny
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TONIGHT'S EVENING ACTIVITIES:

K'tanim- Returning from Trip

Bonim- Returning from Trip

Chalutzim- Returning from Trip

Ofarim- Returning from Trip

Chaverim- Returning from Trip

Tzofim- Returning from Trip

Olim- In Montreal

Machon- TBD



Birthday SHOUT OUTS!

Brynnen Bernstein
Eleanor Haber
Samuel Hamroff
Shenav Boker



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
Basketball-(Merkaz HaSport Sun through Thurs) 7am
Yoga & Mindfulness-(Aerobics rm Tues 7am & Fri



TODAY'S MENU:

ARUCHAT BOKER: Bagels, eggs, lox, fruit

ARUCHAT TZOHORAYIM: Chix nuggets, sweet potato fries

ARUCHAT EREV: Cookout!

TOMORROW'S ARUCHAT BOKER: Chocolate chip & plain pancakes

Sports Scores

from July 16th



Ireland	15
Italy	7
Denmark	11
Peru	4



ALL-STAR GAME

American League	8
National League	6

DAILY BLESSING

By: Megan—

K'tanim

Thank you for this place.