

# The Daily Bubble

Wednesday, August 1, 2018

Unique Holiday: National Mountain Climbing Day

**Toranut Today:** 7,15,40,41,42 **Toranut Tomorrow:** 5,20,43 **Teva:** Ofarim 6 Bonim 10  
**Who's got the Mo?:** K'tanim & Machon (Menucha) Olim (Breira) **T'filah prep:** Chalutzim (AM)  
**Dopes:** Bonim 13 Ofarim 17 (AM) Ofarim 19 (PM) **Tourney:** Tzofim Girls Soccer at CLC

## WEATHER REPORT

T-Storms

High of 81 F/27 C  
Low of 72 F/22 C

Humidity 82%  
Sunset at 8:15 pm

Tomorrow: 85 F/70 F  
T-Storms



TONIGHT'S EVENING ACTIVITY:

## EREV YISRAEL!

### TODAY'S MENU:

**ARUCHAT BOKER:** Bagels, eggs, lox

**ARUCHAT TZOHORAYIM:** Chicken nuggets, fries, salad

**ARUCHAT EREV:** Unit BBQ

**TOMORROW'S ARUCHAT BOKER:** Cinnamon rolls

**10 DAYS UNTIL  
the Eisner 5K & 10K  
(More details in the days to come!)**

### 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 8am)



### Birthday SHOUT OUTS!

Brooke Arend  
Joshua Pearlson



**DON'T WORRY,  
BE HAPPY!**

International  
Showcase  
Saturday  
night!

DAILY BLESSING  
By: Shayna-Chaverim

Thank you God for putting us in this amazing place.