

The Daily Bubble



Friday, August 3, 2018

Unique Holiday: National Watermelon Day!

Toranut Today: 1,7,19,21 **Toranut Tomorrow:** 4,14,18 **Who's got the Mo?:** Bonim

T'filah prep: Chalutzim (AM) Tzofim (AM)

WEATHER REPORT

T-Storms

High of 81 F/27 C

Humidity 80%

Tomorrow: 80 F/65 F

Low of 69 F/21 C

Sunset at 8:11 pm

T-Storms

TONIGHT'S EVENING ACTIVITY:

Shabbat shalom!

How good it is that we can be happily together

TODAY'S MENU:

ARUCHAT BOKER: Scrambled eggs, hashbrowns, toast

ARUCHAT TZOHORAYIM: Pasta & Pizza bites, salad

ARUCHAT EREV: Shabbat dinner

TOMORROW'S ARUCHAT BOKER: Breakfast buffet

8 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!

Naomi Damelin

Emi Tischler



International
Showcase
Saturday night!

ALL
CAMP
DANCE
SUNDAY



Sports Stuff

Nationals 5

Mets 3

Orioles 7

Yankees 5

Red Sox & Yankees start 4 game series Thurs

MLS All-Stars 1

Juventus 1

(Juventus 3-5 in penalty kicks)

