

Kleinlife: Rhawnhurst

Located at Tabas House

2101 Strahle Street, Philadelphia, PA 19152 • 215-745-3127

Tuesday, Wednesday, Thursday • 9:45am-2:00pm

MAY 2019*

TUESDAY	WEDNESDAY	THURSDAY
<p style="text-align: right;">April 30</p> <p>10:00 Morning Chit Chat 10:30 Yoga Dance with Elayne 12:00 Lunch 12:45 Knitting with NORC 1:15 Mah Jong</p>	<p style="text-align: right;">1</p> <p>10:00 Coffee Talk 10:30 Core Strength with Herb 11:30 Morning Music 12:00 Lunch 1:00 Bingo with Barry 1:00 Mah Jong & Rummi Cube</p>	<p style="text-align: right;">2</p> <p>10:00 Nutritious & Delicious 10:30 Muscle Strength with Herb 12:00 Erev Shabbat Service 12:15 Lunch 1:00 Karaoke with Barry & Phyliss</p>
<p style="text-align: right;">7</p> <p>10:00 Morning Chit Chat 10:30 Yoga Dance with Elayne 12:00 Lunch 12:45 Knitting with NORC 12:45 Let's Talk with Yaffa: Israel Independence Day & Yom Hazikaron</p>	<p style="text-align: right;">8</p> <p>10:00 Group Talk 10:30 Core Strength with Herb 11:30 Morning Music 12:00 Lunch 12:45 Bingo with Barry 12:45 Mah Jong & Rummi Cube</p>	<p style="text-align: right;">9</p> <p>10:00 Sunshine Club 10:30 Muscle Strength with Herb 12:00 Erev Shabbat Service 12:15 Lunch 1:00 Entertainment with DJ Jerry</p>
<p style="text-align: right;">14</p> <p>10:00 Morning Chit Chat 10:30 Yoga Dance with Elayne 12:00 Lunch 12:40 Nutrition with Eileen 1:00 Rendezvous with Rabbi Berliner 1:15 Mah Jong</p>	<p style="text-align: right;">15</p> <p>10:00 Coffee Talk 10:30 Core Strength with Herb 11:30 Morning Music 12:00 Lunch 12:45 Bingo with Barry 12:45 Mah Jong & Rummi Cube</p>	<p style="text-align: right;">16</p> <p>10:00 Advisory Board Review 10:30 Muscle Strength with Herb 11:30 Blood Pressure Screening 12:00 Erev Shabbat Service 12:15 Lunch 1:00 Karaoke with Barry & Phyliss for May Birthdays</p> <p style="text-align: center;">HAPPY MAY BIRTHDAYS!</p>
<p style="text-align: right;">21</p> <p>10:00 Morning Chit Chat 10:30 Yoga Dance with Elayne 12:00 Lunch 12:45 Insights into the Bible 1:15 Mah Jong</p>	<p style="text-align: right;">22</p> <p>10:30 Core Strength with Herb 11:30 Morning Music 12:00 Lunch 12:45 Bingo with Barry 12:45 Mah Jong & Rummi Cube</p>	<p style="text-align: right;">23</p> <p>10:30 Muscle Strength with Herb 10:30 It's About Time 12:00 Erev Shabbat Service 12:15 Lunch 12:45 Entertainment with JT for Mother's Day</p> <p style="text-align: center;">MOTHER'S DAY CELEBRATION</p>
<p style="text-align: right;">28</p> <p>10:00 Morning Chit Chat 10:30 Yoga Dance with Elayne 12:00 Lunch 12:45 Current Events with Jeanne 1:00 Mah Jong</p>	<p style="text-align: right;">29</p> <p>10:00 Coffee Talk 10:30 Core Strength with Herb 11:30 Morning Music 12:00 Lunch 12:45 Bingo with Barry 12:45 Mah Jong & Rummi Cube</p>	<p style="text-align: right;">30</p> <p>10:00 Nutritious & Delicious 10:30 Muscle Strength with Herb 12:00 Erev Shabbat Service 12:15 Lunch 1:00 Entertainment with DJ Jerry for Memorial Day</p> <p style="text-align: center;">MEMORIAL DAY FESTIVAL</p>



*calendar subject to change



Jewish Federation of Greater Philadelphia



Kleinlife: Rhawnhurst

LUNCH MENU FOR MAY 2019*

TUESDAY	WEDNESDAY	THURSDAY
April 30	1	2
Tomato Soup Panko Crusted Chicken Tenderloins Broccoli Potato Latkes Whole Wheat Bread Applesauce	Baked Fish Tossed Salad Italian Dressing Creamed Spinach Lemon Herb Couscous Whole Wheat Roll Pineapples Milk	Garden Vegetable Soup Sliced Beef Merlot Whipped Sweet Potatoes Roasted Beets 7 Grain Bread Fresh Orange
7	8	9
Navy Bean & Escarole Soup Rotini w/ Meatballs Spinach & Carrots Caesar Salad Whole Wheat Bread Tropical Fruit	Cheese Omelette Marinated Green Bean & Red Pepper Salad Sweet Kugel Rye Bread Fresh Apple Milk	Italian Wedding Soup Baked Chicken w/ Poulet Sauce Traditional Stuffing Carrots, Snap Peas, Broccoli, & Craisins Fruit Cocktail
14	15	16
Onion Soup Chicken Marsala Red Skinned Potatoes Broccoli Florets Whole Grain Bread Pears	Baked Tilapia w/ Lemon Wine Sauce Broccoli & Carrots Parsley Potatoes Rye Bread Pineapples Milk	Cabbage Borscht Soup Beef Brisket Kasha & Bowties w/ Mushrooms Cauliflower & Carrots Challah Roll Birthday Cupcakes
HAPPY MAY BIRTHDAYS!		
21	22	23
Vegetable Soup Hungarian Goulash Broccoli & Red Peppers Potato Latkes Matzah Fresh Orange	Omelette w/ Broccoli, Swiss, & Onion Marinated Tomato Salad Hashbrowns Matazah Applesauce Milk	Chicken w/ Rice Stuffing & Gravy Spinach Salad Potato Knish Honey Glazed Carrots Dinner Roll Apple Strudel Juice
MOTHER'S DAY CELEBRATION		
28	29	30
Tomato Soup Panko Crusted Chicken Tenderloins Broccoli Potato Latkes Whole Wheat Bread Applesauce	Baked Fish Tossed Salad Italian Dressing Creamed Spinach Lemon Herb Couscous Whole Wheat Roll Pineapples Milk	Garden Vegetable Soup Roast Beef Sandwich w/ Mustard Tossed Garden Salad Coleslaw Chocolate Cake Challah Roll
MEMORIAL DAY FESTIVAL		

*menu subject to change

Choice Meals

**please order the week before

Wed., May 1
Cottage Cheese & Fruit Platter
Crudité & Hummus
3 Bean Salad

Wed., May 8
Lox & Hard Boiled Eggs
Lettuce, Tomato, Onion, & Cucumber
Cream Cheese/Mini Bagel/Health Salad

Wed., May 15
Spinach Salad w/ Egg Salad
Onion & Vinaigrette Dressing
Marinated Green Bean & Red Peppers

Wed., May 22
White Fish Salad
Homemade Macaroni Salad
Marinated Cucumber Salad

Wed., May 29
Cottage Cheese & Fruit Platter
Crudité & Hummus
3 Bean Salad

Thurs., May 2
Chicken Salad Over Greens
Lettuce, Tomato, & Cucumber
Carrot Raisin Salad

Thurs., May 9
Turkey Salad w/ Craisins
Lettuce & Tomato
Marinated Broccoli Salad

Thurs., May 16
Turkey on Rye Bread
Lettuce, Tomato, & Mayo
Homemade Potato Salad

Thurs., May 23
No Choice Meal

Thurs., May 30
No Choice Meal