

# Kleinlife: Rhawnhurst

Located at Tabas House

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

Tuesday, Wednesday, Thursday • 11:30am-3:30pm

## JULY 2022\*

| TUESDAY   | WEDNESDAY  | THURSDAY  |
|---|--|---|
| 5   | 6  | 7   |
| 10:45 Mah Jong<br>11:30 Yoga Dance with Elayne<br>12:30 Lunch<br>12:30 Chess Club<br>1:15 Bingo<br>2:15 Karaoke with Barry      | 11:30 Core Strength with Herb<br>12:30 Lunch<br>12:30 Chess Club<br>1:15 Game Day: Scrabble,<br>Rummikub, Bingo                            | 11:30 Muscle Strength with Herb<br>12:30 Erev Shabbat Service<br>12:30 Chess Club<br>12:45 Independence Day Lunch<br>1:30 Insights into the Bible:<br>Women of the Bible Series<br>2:00 Scrabble & Rummikub |
| 12  | 13   | 14  |
| 11:30 Yoga Dance with Elayne<br>12:30 Lunch<br>12:30 Chess Club<br>1:15 Live Entertainment<br>with J.T. Trinacria<br>2:15 Bingo | 11:30 Core Strength with Herb<br>12:30 Lunch<br>12:30 Chess Club<br>1:15 Game Day: Scrabble,<br>Rummikub, Bingo<br>2:15 Karaoke with Barry | 11:30 Muscle Strength with Herb<br>12:30 Erev Shabbat Service<br>12:30 Chess Club<br>12:45 Lunch<br>1:30 Insights into the Bible:<br>Women of the Bible Series<br>2:00 Scrabble & Rummikub                  |
| 19  | 20   | 21  |
| 11:30 Yoga Dance with Elayne<br>12:30 Lunch<br>12:45 Chess Club<br>1:15 Bingo<br>2:15 Karaoke with Barry                        | 11:30 Core Strength with Herb<br>12:30 Lunch<br>12:45 Chess Club<br>1:30 Game Day: Scrabble,<br>Rummikub, Bingo                            | 11:30 Muscle Strength with Herb<br>12:30 Erev Shabbat Service<br>12:30 Chess Club<br>12:45 Lunch<br>1:30 Insights into the Bible:<br>Women of the Bible Series<br>2:00 Scrabble & Rummikub                  |
| 26  | 27   | 28  |
| 10:45 Mah Jong<br>11:30 Yoga Dance with Elayne<br>12:30 Lunch<br>12:45 Chess Club<br>1:15 Bingo<br>2:15 Karaoke with Barry      | 11:30 Core Strength with Herb<br>12:30 Lunch<br>12:45 Chess Club<br>1:30 Game Day: Scrabble,<br>Rummikub, Bingo                            | 11:30 Muscle Strength with Herb<br>12:30 Erev Shabbat Service<br>12:30 Chess Club<br>12:45 July Birthday Lunch<br>1:30 Insights into the Bible:<br>Women of the Bible Series<br>2:00 Scrabble & Rummikub    |
| August 2  | 3  | 4   |
| 10:45 Mah Jong<br>11:30 Yoga Dance with Elayne<br>12:30 Lunch<br>12:30 Chess Club<br>1:15 Bingo<br>2:15 Karaoke with Barry      | 11:30 Core Strength with Herb<br>12:30 Lunch<br>12:30 Chess Club<br>1:30 Game Day: Scrabble,<br>Rummikub, Bingo                            | 11:30 Muscle Strength with Herb<br>12:30 Erev Shabbat Service<br>12:30 Chess Club<br>12:45 Lunch<br>1:30 Insights into the Bible:<br>Women of the Bible Series<br>2:00 Scrabble & Rummikub                  |



\*calendar subject to change



# Kleinlife: Rhawnhurst

## JULY 2022 MENU\*

| TUESDAY  | WEDNESDAY  | THURSDAY   |
|--|--|--|
| <p style="text-align: right;">5</p> <p><b>Chicken with Challah Stuffing &amp; Onion Gravy</b><br/>                     Potato latkes<br/>                     Broccoli florets<br/>                     Whole wheat bread<br/>                     Applesauce</p>                      | <p style="text-align: right;">6</p> <p><b>Blintzes with Strawberry Glaze</b><br/>                     Carrot tzimmes<br/>                     Snap peas<br/>                     Whole wheat bread<br/>                     Pears**<br/> <b>or Choice Meal: Seafood Salad &amp; Hard Boiled Egg Platter</b><br/>                     Lettuce &amp; tomato<br/>                     Carrot salad<br/>                     Broccoli, onion &amp; craisin salad<br/>                     Whole wheat roll</p> | <p style="text-align: right;">Independence Day • 7</p> <p><b>Knockwurst with Sauerkraut</b><br/>                     Coleslaw<br/>                     Vegetarian baked beans<br/>                     Hot dog roll<br/>                     Watermelon<br/>                     Juice</p>   |
| <p style="text-align: right;">12</p> <p><b>Orange Rosemary Glazed Chicken</b><br/>                     Brown rice with peas &amp; carrots<br/>                     Tossed salad<br/>                     Whole wheat roll<br/>                     Berry applesauce</p>                | <p style="text-align: right;">13</p> <p><b>Baked Tilapia with Lemon &amp; Capers</b><br/>                     Buttered parley potatoes<br/>                     Mixed vegetables<br/>                     Whole wheat roll**<br/>                     Mandarin oranges**<br/> <b>or Choice Meal: Egg Salad Platter</b><br/>                     Lettuce &amp; tomato<br/>                     Beet salad<br/>                     Carrot raisin salad</p>  | <p style="text-align: right;">14</p> <p><b>Herb Roasted Turkey with Gravy</b><br/>                     Sweet corn<br/>                     Maple glazed sweet potatoes<br/>                     Challah roll<br/>                     Fresh plum<br/> <b>or Choice Meal: Salad with Chicken Salad &amp; Italian Dressing</b><br/>                     3 bean salad<br/>                     Marinated carrot salad<br/>                     Whole wheat roll<br/>                     Fruit cocktail</p> |
| <p style="text-align: right;">19</p> <p><b>Chicken with Honey Mustard Sauce</b><br/>                     Balsamic brussel sprouts with craisins<br/>                     Roasted red potatoes<br/>                     Whole wheat bread<br/>                     Blueberry muffin</p> | <p style="text-align: right;">20</p> <p><b>Spinach &amp; Cheese Omelet</b><br/>                     O'Brien potatoes<br/>                     Marinated tomato &amp; onion salad<br/>                     Whole wheat roll<br/>                     Cinnamon applesauce**<br/> <b>or Choice Meal: Green Salad with Tuna Salad</b><br/>                     Italian dressing<br/>                     Vegetable pasta salad<br/>                     Whole wheat bread</p>                                  | <p style="text-align: right;">21</p> <p><b>Sliced Brisket</b><br/>                     Kasha &amp; bowties<br/>                     Cauliflower &amp; carrots<br/>                     Mandarin oranges<br/>                     Challah roll<br/> <b>or Choice Meal: Turkey Sandwich</b><br/>                     Lettuce, tomato, onion<br/>                     Coleslaw<br/>                     Cold rice salad<br/>                     Whole wheat bread</p>                                      |
| <p style="text-align: right;">26</p> <p><b>Hamburger with hamburger roll</b><br/>                     Mashed potatoes<br/>                     Marinated green bean salad<br/>                     Mandarin oranges</p>  | <p style="text-align: right;">27</p> <p><b>Baked Tilapia with Hearty Tomato Sauce</b><br/>                     Broccoli &amp; cauliflower<br/>                     Penne pasta<br/>                     Whole wheat bread<br/>                     Fruit cocktail**<br/> <b>or Choice Meal: Whitefish Salad Platter</b><br/>                     Lettuce, tomato &amp; onion<br/>                     Dill carrot salad<br/>                     Health salad<br/>                     Mini bagel</p>      | <p style="text-align: right;">July Birthdays • 28</p> <p><b>Sliced Turkey with Apple Glaze</b><br/>                     Traditional stuffing<br/>                     Cranberry glazed carrots<br/>                     Challah roll<br/>                     Applesauce**<br/>                     Birthday cupcakes**<br/> <b>or Choice Meal: Asian Chicken Salad</b><br/>                     Sesame pasta salad with peppers<br/>                     Whole wheat roll</p>                           |



\*menu subject to change  
 \*\*included in choice meal



Jewish Federation  
 of Greater Philadelphia



**IT'S SIMPLE, REALLY.**

**VAX.  
MASK.  
TEST.**

**GET BOOSTED AND VAXED. WEAR YOUR MASK.**

**FEELING SICK, TAKE A TEST.**

**SIMPLEST WAY TO PUT COVID TO REST.**

**PA.GOV/COVID**

PAID FOR WITH PENNSYLVANIA TAXPAYER DOLLARS

**PA UNITES  
AGAINST  
COVID**