

Kleinlife: Rhawnhurst

Located at Tabas House • 2101 Strahle Street, Philadelphia, PA 19152 • 215-745-3127

Tuesday, Wednesday, Thursday • 10:30am-3:30pm

SEPTEMBER 2023*

TUESDAY	WEDNESDAY	THURSDAY
<p style="text-align: right;">September 5</p> <p>11:00 Bereavement Support Group 11:30 Yoga Dance with Elayne 12:30 Lunch 12:30 Chess Club 1:30 Insights into the Bible: Personalities of the Bible Series 2:00 Bingo & Mah Jong</p>	<p style="text-align: right;">6</p> <p>11:30 Core Strength with Herb 12:30 Lunch 12:30 Lunch & Learn with Eileen Chopnick: Eating for 1 12:30 Chess Club 1:15 Game Day: Scrabble, Rummikub, Bingo 2:00 DJ & Karaoke with Barry</p>	<p style="text-align: right;">7</p> <p>11:30 Muscle Strength with Herb 12:30 Erev Shabbat Service 12:30 Chess Club 12:45 Lunch 1:15 Netflix Series: Designated Survivor 1:30 Bingo 2:30 Scrabble</p>
<p style="text-align: right;">12</p> <p>11:30 Yoga Dance with Elayne 12:30 Lunch 12:30 Chess Club 1:10 Coping with Anxiety & Stress Workshop with Eileen 1:45 Insights into the Bible: All About Rosh Hashanah 2:15 Bingo & Mah Jong</p>	<p style="text-align: right;">13</p> <p>11:30 Core Strength with Herb 12:30 Lunch 12:30 Lunch & Learn with Oak Street Health 12:30 Chess Club 1:15 Game Day: Scrabble, Rummikub, Bingo 2:00 DJ & Karaoke with Barry</p>	<p style="text-align: right;">14</p> <p style="text-align: center;">Program Closed Erev Rosh Hashanah</p>
<p style="text-align: right;">19</p> <p>11:30 Yoga Dance with Elayne 12:30 Chess Club 12:30 Rosh Hashanah Celebration with Rabbi Sandi 1:30 Entertainment with J.T. Trinacria 2:30 Bingo & Poetry Reading</p>	<p style="text-align: right;">20</p> <p>11:30 Core Strength with Herb 12:30 Lunch 12:30 Chess Club 1:15 Game Day: Scrabble, Rummikub, Bingo 2:00 DJ & Karaoke with Barry</p>	<p style="text-align: right;">21</p> <p>11:30 Muscle Strength with Herb 12:30 Erev Shabbat Service 12:30 Chess Club 12:45 Lunch 1:15 Netflix Series: Designated Survivor 1:30 Bingo</p>
<p style="text-align: right;">26</p> <p>11:00 Bereavement Support Group 11:30 Yoga Dance with Elayne 12:30 Lunch 12:30 Chess Club 1:30 Insights into the Bible: Personalities of the Bible Series 2:00 Bingo & Mah Jong</p>	<p style="text-align: right;">27</p> <p>11:30 Core Strength with Herb 12:30 Lunch 12:30 Chess Club 1:15 Game Day: Scrabble, Rummikub, Bingo 2:30 Arts & Crafts with Arnita</p>	<p style="text-align: right;">28</p> <p style="text-align: center;">Program Closed Erev Sukkot</p>



*calendar subject to change



Jewish Federation
of Greater Philadelphia



Kleinlife: Rhawnhurst • SEPTEMBER MENU*

TUESDAY	WEDNESDAY	THURSDAY
<p style="text-align: right;">September 5</p> <p>Grilled Chicken Sandwich Greek style roasted potatoes; Broccoli; Whole wheat roll; Sugar cookie</p>	<p style="text-align: right;">6</p> <p>Baked Fish with Tarragon Sauce Honey butter carrots; Tossed salad with Italian dressing; Whole wheat roll**; Tropical fruit salad** or Choice Meal: Egg Salad Platter Lettuce; Three bean salad; Marinated broccoli salad</p>	<p style="text-align: right;">7</p> <p>Salisbury Steak with Gravy and Frizzled Onions Peas and carrots; Whipped potatoes; Whole wheat bread; Mandarin oranges** or Choice Meal: Cranberry Almond Chicken Spinach Salad Light vinaigrette; Cold couscous sal- ad; Whole wheat roll</p>
<p style="text-align: right;">12</p> <p>Chicken and Broccoli Stir Fry Fried brown rice; Whole wheat roll; Fresh peach</p>	<p style="text-align: right;">13</p> <p>White Fish Salad Platter Lettuce, tomato, and onion; Pickled beet salad; Israeli salad; Bagel; Peaches; Milk</p>	<p style="text-align: right;">14</p> <p style="text-align: center;">Program Closed Erev Rosh Hashanah</p>
<p style="text-align: right;">19</p> <p>Stuffed Capon Potato knish; Whole green beans almandine; Sliced apples with honey; Challah roll; Honey cake; Apple juice</p>	<p style="text-align: right;">20</p> <p>Garden Omelet with Mushrooms & Cheddar Cheese Baby spinach salad with balsamic vinaigrette; Herb roasted potatoes; Whole wheat bread; Fruit cocktail** or Choice Meal: Seafood Salad & Cheese Lettuce & tomato; Corn salsa; Macaroni salad; Whole wheat pita</p>	<p style="text-align: right;">21</p> <p>Sliced Hot Turkey with Gravy Glazed sweet potatoes; Green beans; Challah roll; Applesauce</p>
<p style="text-align: right;">26</p> <p>Hamburger Mixed vegetables; Potato wedges; Whole wheat hamburger roll; Fresh orange</p>	<p style="text-align: right;">27</p> <p>Garlic Butter Ravioli with Spinach Carrots; Cauliflower; Fruit cocktail** or Choice Meal: Tuna Salad Platter Marinated cauliflower salad with red peppers and onions; Bowtie pasta salad; Whole wheat roll</p>	<p style="text-align: right;">28</p> <p style="text-align: center;">Program Closed Erev Sukkot</p>

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*menu subject to change
**included in choice meal



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