

Kleinlife: Rhawnhurst

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

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

JANUARY 2024*

TUESDAY	WEDNESDAY	THURSDAY
<p>January 2</p> <p>11:30 Yoga Dance with Elayne 12:30 Lunch 12:30 Chess Club 1:15 Insights into the Bible: Personalities of the Bible Series 2:00 Bingo</p>	<p>3</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</p>	<p>4</p> <p>11:30 Muscle Strength with Herb 12:30 Erev Shabbat Service 12:30 Chess Club 12:45 Lunch 1:15 Netflix Series: The Marvelous Mrs. Maisel 1:30 Bingo</p>
<p>9</p> <p>11:30 Yoga Dance 12:30 Lunch 12:30 Chess Club 1:30 Insights into the Bible: Personalities of the Bible Series 2:00 Bingo</p>	<p>10</p> <p>11:30 Core Strength with Herb 12:30 Lunch 12:30 Chess Club 12:40 Lunch & Learn with Eileen: The Pros & Cons of Salt 1:15 Game Day: Scrabble, Rummikub, Bingo 2:00 DJ & Karaoke with Barry</p>	<p>11</p> <p>11:30 Muscle Strength with Herb 12:30 Erev Shabbat Service 12:30 Chess Club 12:45 Lunch 1:15 Amazon Prime Series: The Marvelous Mrs. Maisel 1:30 Bingo</p>
<p>16</p> <p>11:00 Bereavement Support Group 11:30 Yoga Dance with Elayne 12:30 Lunch 12:30 Chess Club 1:10 Coping with Anxiety & Stress Workshop with Eileen 1:40 Insights into the Bible: Personalities of the Bible Series 2:10 Bingo</p>	<p>17</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>18</p> <p>11:30 Muscle Strength with Herb 12:30 Erev Shabbat Service 12:30 Chess Club 12:45 Lunch 1:15 Amazon Prime Series: The Marvelous Mrs. Maisel 1:30 Bingo</p>
<p>23</p> <p>11:30 Yoga Dance with Elayne 12:30 New Years Lunch 12:30 Chess Club 12:45 New Years Entertainment with J.T. Trinacria 2:00 Bingo</p>	<p>24</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>25</p> <p>11:30 Muscle Strength with Herb 12:30 Erev Shabbat Service 12:30 Chess Club 12:45 Lunch 1:15 Amazon Prime Series: The Marvelous Mrs. Maisel 1:30 Bingo</p>
<p>30</p> <p>11:30 Yoga Dance with Elayne 12:30 Lunch 12:30 Chess Club 1:15 Insights into the Bible: Personalities of the Bible Series 2:00 Bingo</p>	<p>31</p> <p>11:30 Core Strength with Herb 12:30 Lunch 12:30 Chess Club 1:15 Game Day: Scrabble, Rummikub, Bingo 2:15 DJ & Karaoke with Barry</p>	<p>February 1</p> <p>11:30 Muscle Strength with Herb 12:30 Erev Shabbat Service 12:30 Chess Club 12:45 Lunch 1:15 Amazon Prime Series: The Marvelous Mrs. Maisel 1:30 Bingo</p>

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*calendar subject to change



Jewish Federation
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Kleinlife: Rhawnhurst • JANUARY MENU*

TUESDAY	WEDNESDAY	THURSDAY
Chicken Marsala Garden salad with French dressing; Wide noodles; Whole wheat roll; Mandarin oranges	Tilapia with Creamy Dill Sauce Green bean almandine; Vegetable couscous; Whole wheat roll**; Unsweetened cinnamon applesauce or Choice Meal: Egg Salad Platter Lettuce; Marinated tomato & red onion salad; Marinated broccoli salad; Oatmeal cookie	Sweet & Sour Meatballs Mixed vegetables; Brown rice with bell peppers; Challah roll**; Pineapples** or Choice Meal: Asian Chicken Salad Sesame cucumber salad; Asian pasta salad
Hearty Beef & Vegetable Stew Bowtie pasta; Whole wheat bread; Applesauce	Italian Baked Fish with Tomato & Olive Sauce Caesar salad; Couscous; Whole wheat roll**; Pineapples** or Choice Meal: Seafood Salad with Hard Boiled Egg Marinated cauliflower salad, red pepper and onion; Carrot raisin salad	Breaded Chicken Strips Sweet potato cubes; Peas; Challah roll; Peaches** or Corned Beef Sandwich Potato salad; Health salad; Whole wheat hamburger roll
Honey Mustard Baked Chicken Quarter Dill cucumber and onion salad; Whipped potatoes; Whole wheat bread; Sugar cookie	Spanish Omelet with Peppers, Tomato, & Onions Home fries; Corn & red peppers; Whole wheat roll; Mandarin oranges** or Choice Meal: White Fish Salad Tomato & onion slices; Marinated green bean salad; Vegetable pasta salad; Mini bagel	Beef Brisket with Tomato Gravy Kasha & bowties; Green beans; Challah roll**; Fresh orange** or Choice Meal: Chicken Salad Over Greens Italian dressing; Macaroni salad; Marinated carrot salad
Stuffed Chicken Mushroom barley soup; Red bliss potatoes; Broccoli florets; Dinner roll; Strawberry shortcake	Panko Crusted Tilapia Green beans; Scalloped potatoes; Whole wheat bread; Fresh apple** or Choice Meal: Tuna Salad Pita Lettuce and tomato; Lemon herb couscous salad; Marinated dill cucumber salad	Baked Honey BBQ Chicken Cole slaw; Baked sweet potato cubes; Whole wheat roll; Peaches**
Chicken Marsala Garden salad with French dressing; Wide noodles; Whole wheat roll; Mandarin oranges	Tilapia with Creamy Dill Sauce Green bean almandine; Vegetable couscous; Whole wheat roll**; Unsweetened cinnamon applesauce or Choice Meal: Egg Salad Platter Lettuce; Marinated tomato & red onion salad; Marinated broccoli salad; Oatmeal cookie	Sweet & Sour Meatballs Mixed vegetables; Brown rice with bell peppers; Challah roll; Pineapples** or Choice Meal: Asian Chicken Salad Sesame cucumber salad; Asian pasta salad

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*menu subject to change

**included in choice meal



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