

Kleinlife: Rhawnhurst

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

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

JULY 2024*

TUESDAY	WEDNESDAY	THURSDAY
<u>July 2</u>	3	4
Program Closed	10:45 Chess & Puzzles Club 11:30 Special Exercise with Missy 12:30 Lunch 12:45 Lunch & Learn with Primary Home Care 1:15 Game Day: Scrabble, Rummikub, Bingo 2:00 DJ & Karaoke with Barry	Program Closed Independence Day
9	10	11
10:45 Chess Club 11:30 Yoga Dance with Elayne 12:30 Lunch 1:30 Insights into the Bible: Personalities of the Bible Series 2:00 Bingo	10:45 Chess & Puzzles Club 11:30 Core Strength with Herb 12:30 Lunch 1:15 Game Day: Scrabble, Rummikub, Bingo 2:00 DJ & Karaoke with Barry	10:45 Chess Club 11:30 Muscle Strength with Herb 12:30 Erev Shabbat Service 12:45 Lunch 1:30 Netflix Series: The Crown 1:30 Bingo
16	17	18
10:45 Chess Club 11:30 Yoga Dance with Elayne 12:30 Lunch 12:45 Entertainment with J.T. Trinacria 2:00 Bingo	10:45 Chess & Puzzles Club 11:30 Core Strength with Herb 12:30 Lunch 1:15 Game Day: Scrabble, Rummikub, Bingo 2:00 DJ & Karaoke with Barry	10:45 Chess Club 11:30 Muscle Strength with Herb 12:30 Erev Shabbat Service 12:45 Lunch 1:30 Netflix Series: The Crown 1:30 Bingo
23	24	25
10:45 Chess Club 11:30 Yoga Dance with Elayne 12:30 Lunch 1:15 Coping with Anxiety & Stress Workshop with Eileen 1:30 Insights into the Bible: Personalities of the Bible Series 2:00 Bingo	10:45 Chess & Puzzles Club 11:30 Core Strength with Herb 12:00 Senior Farmers Market Voucher Distribution Only for Rhawnhurst Participants 12:30 Lunch 1:15 Game Day: Scrabble, Rummikub, Bingo 2:00 DJ & Karaoke with Barry	10:45 Chess Club 11:30 Muscle Strength with Herb 12:30 Erev Shabbat Service 12:45 Lunch 1:30 Netflix Series: The Crown 1:30 Bingo
30	31	<u>August 1</u>
10:45 Chess Club 11:00 Bereavement Support Group 11:30 Yoga Dance with Elayne 12:30 Lunch 1:45 Insights into the Bible: Personalities of the Bible Series 2:15 Bingo	10:45 Chess & Puzzles Club 11:30 Core Strength with Herb 12:30 Lunch 12:45 Lunch & Learn: The Good and The Bad About Eggs 1:15 Game Day: Scrabble, Rummikub, Bingo 2:00 DJ & Karaoke with Barry	10:45 Chess Club 11:30 Muscle Strength with Herb 12:30 Erev Shabbat Service 12:45 Lunch 1:30 Netflix Series: The Crown 1:30 Bingo



*calendar subject to change



Kleinlife: Rhawnhurst • JULY MENU*

TUESDAY	WEDNESDAY	THURSDAY
July 2	3	4
Program Closed	Lemon & Capers Baked Fish Green beans; Buttered wide noodles; Whole wheat roll**; Fresh orange** or Choice Meal: Egg Salad Platter Lettuce & tomato; Dill cucumber salad; Marinated green bean salad	Program Closed Independence Day
9	10	11
Oven Baked Chicken Quarter Sugar snap peas, carrots, and red peppers; Couscous; Whole wheat bread; Fruit cocktail	Mushroom & Cheddar Omelet Rosemary red bliss potatoes; Marinated green bean salad; Whole wheat bread**; Pineapples** or Choice Meal: Greek Tuna Salad Chickpea salad	Sliced BBQ Beef Brisket Cabbage & carrots; Kasha & bowties; Challah roll; Fresh peach** or Choice Meal: Spinach Salad with Sliced Chicken & Raspberry Vinaigrette Cold brown rice salad; Picked beet salad; Whole wheat bread
16	17	18
Classic Meatloaf with Tomato Glaze Mashed potatoes; Mixed vegetables; Whole wheat roll; Sugar cookie	Stuffed Shells Green beans; Tossed salad with Italian dressing; Mandarin oranges** or Choice Meal: White Fish Salad Platter Lettuce, tomato, & onion; Israeli salad; Three bean salad; Mini bagel	Sliced Turkey with Roasted Garlic Gravy & French Onions Honey whipped sweet potatoes; Sugar snap peas; Whole wheat roll; Pineapples
23	24	25
Sweet & Sour Chicken Broccoli & carrots; Brown rice; Whole wheat roll; Mandarin oranges	Swiss & Spinach Omelet Marinated tomato & onion salad; Hashbrowns; Whole wheat roll**; Applesauce or Choice Meal: Garden Salad Topped with Seafood Salad Three bean salad; Carrot raisin salad; Fresh plum	Hamburger with Caramelized Onions Broccoli & corn; Rosemary red bliss potatoes; Whole wheat hamburger roll; Peaches** or Choice Meal: Chicken Caesar Salad Marinated tomato salad; Vegetable pasta salad; Whole wheat bread
30	31	August 1
Meatballs with Onion Gravy Mashed potatoes; Mixed vegetables; Whole wheat bread; Oatmeal cookie	Lemon & Capers Baked Fish Green beans; Buttered wide noodles; Whole wheat roll**; Fresh orange** or Choice Meal: Egg Salad Platter Lettuce & tomato; Dill cucumber salad; Marinated green bean salad	Fajita Chicken with Peppers & Onions Fiesta corn; Spanish rice; Whole wheat tortilla; Pineapples** or Choice Meal: Turkey on Whole Wheat Pita Lettuce & tomato; Potato salad; Health salad



*menu subject to change
 **included in choice meal



Jewish Federation
of Greater Philadelphia

