



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 תַּמְמוּז 29 7:45 am Daily davening and breakfast at Chabad 11:45 am VIMS Senior Luncheon at Houlihan's	2 אָב 1 7:45 am Daily davening and breakfast at Chabad 5:30 pm First Fridays special service followed by "home-cooked" meal and a chance to visit with friends. RSVP for dinner. CANDLELIGHTING AT 7:48 PM	3 אָב 2 9:00 am Torah study at Sinai 10:00 am Shabbat services at Chabad SHABBAT ENDS AT 8:50 PM
4 אָב 3 10:00 am Sunday Summer Play Date at AMBUCS park 1:00 pm Freshman Welcome Event 2019 hosted by Chabad. RSVP on Facebook to get more info.	5 אָב 4 7:45 am Daily davening and breakfast at Chabad	6 אָב 5 7:45 am Daily davening and breakfast at Chabad 10:45 am Gentle Chair Yoga at Sinai. To join please contact Robin .	7 אָב 6 7:45 am Daily davening and breakfast at Chabad 1:00 pm Lunch n Learn at Union courtyard cafe	8 אָב 7 7:45 am Daily davening and breakfast at Chabad	9 אָב 8 7:45 am Daily davening and breakfast at Chabad 7:30 pm Erev Shabbat Service at Sinai CANDLELIGHTING AT 7:40 PM	10 אָב 9 9:00 am Torah study at Sinai 10:00 am Shabbat services at Chabad SHABBAT ENDS AT 8:41 PM
11 אָב 10	12 אָב 11 7:45 am Daily davening and breakfast at Chabad	13 אָב 12 7:45 am Daily davening and breakfast at Chabad 10:45 am Gentle Chair Yoga at Sinai	14 אָב 13 7:45 am Daily davening and breakfast at Chabad 1:00 pm Lunch n Learn at Union courtyard cafe 7:00 pm CUJF Board meeting at Hillel	15 אָב 14 7:45 am Daily davening and breakfast at Chabad	16 אָב 15 7:45 am Daily davening and breakfast at Chabad 5:30 pm Shabbat Rocks! at Sinai 7:30 pm Erev Shabbat Service at Sinai CANDLELIGHTING AT 7:31 PM	17 אָב 16 9:00 am Torah study at Sinai 10:00 am Shabbat services at Chabad 10:00 am Egalitarian Traditional minyan at Sinai SHABBAT ENDS AT 8:30 PM
18 אָב 17 9:00 am Blood Drive at Sinai 11:00 am Bagel Brunch at Hillel. RSVP to Erez Cohen. Religious School Registration and pancake breakfast at Sinai. RSVP to Rabbi Jody.	19 אָב 18 7:45 am Daily davening and breakfast at Chabad	20 אָב 19 7:45 am Daily davening and breakfast at Chabad 10:45 am Gentle Chair Yoga at Sinai	21 אָב 20 7:45 am Daily davening and breakfast at Chabad 1:00 pm Lunch n Learn at Union courtyard cafe	22 אָב 21 7:45 am Daily davening and breakfast at Chabad	23 אָב 22 7:45 am Daily davening and breakfast at Chabad 7:30 pm Erev Shabbat Service at Sinai 6:00 pm Shabbat service and dinner at Chabad CANDLELIGHTING AT 7:21 PM	24 אָב 23 9:00 am Torah study at Sinai 10:00 am Shabbat services at Chabad SHABBAT ENDS AT 8:19 PM
25 אָב 24	26 אָב 25 7:45 am Daily davening and breakfast at Chabad	27 אָב 26 7:45 am Daily davening and breakfast at Chabad 10:45 am Gentle Chair Yoga at Sinai	28 אָב 27 7:45 am Daily davening and breakfast at Chabad 1:00 pm Lunch n Learn at Union courtyard cafe	29 אָב 28 7:45 am Daily davening and breakfast at Chabad	30 אָב 29 7:45 am Daily davening and breakfast at Chabad 6:00 pm Shabbat service and dinner at Chabad CANDLELIGHTING AT 7:10 PM	31 אָב 30 9:00 am Torah study at Sinai 10:00 am Egalitarian traditional minyan at Sinai SHABBAT ENDS AT 8:08 PM