

April 2025 Bremen Township Senior Cafe 15350 Oak Park Ave., Bldg C ~ 708-687-8220

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Funding provided in whole or in part by AgeOptions \$4.00 donation requested, but not required</p>	<p>1 Puzzles @ Café! 11am <i>Coffee Provided</i></p> <p>Salisbury Steak/Gravy! Mashed Potatoes Carrots, bread & Cookie</p>	<p>2 Chair Yoga, 11am, Bldg A</p> <p>Cold Turkey Breast & Cheddar on Wheat Kaiser Roll! (sandwich) Popular Pea Salad & more</p>	<p>3</p> <p><u>Building A:</u></p> <p>Bingo 9:30am</p> <p>Be Strong 11:30am</p>	<p>4</p> <p>Call for a reservation 1 week or more in advance (708) 687-8220 Same day spots may be available!</p>
<p>7 Chair Yoga Core, 11am</p> <p>Chicken/Citrus sauce Rice Pilaf, Northern beans Chilled Peaches, Muffin</p>	<p>8 Puzzles @ Cafe 11am <i>Coffee Provided !</i></p> <p>French Beef Dip w/ Au Jus With French Roll Oven Fries +</p>	<p>9 Chair Yoga, 11am, Bldg A</p> <p>Classic Lasagna/Meat Sauce Squash, Chilled Pears Wheat Vienna Bread</p>	<p>10</p> <p><u>Building A:</u></p> <p>Bingo 9:30am</p> <p>Be Strong 11:30am</p>	<p>11</p> <p><i>For Diners Age 60 & Better</i></p> <p><i>Please join us!</i></p>
<p>14 Chair Yoga Core, 11am</p> <p>BBQ Riblet! w/ Bun Mashed Sweet Potato Strawberry yogurt +</p>	<p>15 Puzzles @ Café 11am Be Strong! Bldg A, 11:30</p> <p>Hamburger w/ Bun Beans, Fruit Jello and more</p>	<p>16 Chair Yoga, 11am, Bldg A</p> <p>BLT Chicken Salad on Mixed Greens 3-bean salad, Corn bread Mandarin Oranges, Cookies!</p>	<p>17</p> <p><u>Building A:</u></p> <p>Bingo 9:30am</p> <p>Be Strong 11:30am</p>	<p>18</p> <p>Choice of Milk or Juice Served with your Lunch!</p> <p>Coffee or Tea Included!</p>
<p>21 Chair Yoga Core, 11am</p> <p>Baked Meatloaf/ Gravy Mashed Potatoes Stewed tomatoes Fresh Orange</p>	<p>22 Brunch for Lunch! Be Strong – Bldg A, 11:30</p> <p>Eggs w/Biscuits & Gravy! Diced Potatoes, Fruit, Juice and more</p>	<p>23 Chair Yoga, 11am, Bldg A</p> <p>Slow Roasted Beef Au gratin Potatoes Carrots, Roll, mixed fruit</p>	<p>24</p> <p><u>Building A:</u></p> <p>Bingo 9:30am</p> <p>Be Strong 11:30am</p>	<p>25</p> <p>Café opens at 11:15am</p> <p>Lunch served at Noon</p>
<p>28 Chair Yoga Core, 11am</p> <p>Prime rib of Pork Baked Potato Marble Rye, Cauliflower Mixed fruit</p>	<p>29 Puzzles @ Café 11am Be Strong! Bldg A 11:30</p> <p>Italian Sausage / Marinara Wheat Sausage Bun Brussels Sprouts, Melon +</p>	<p>30 Chair Yoga, 11am, Bldg A</p> <p>BBQ Pulled Chicken, Bun Cheddar mashed potatoes Broccoli, chilled pears!</p>	<p>Save money and buy a 10- Lunch Punch Card \$35 for 10 = \$3.50 per Lunch!</p>	<p>Find menus on our website: www.bremontownship.net <i>Menu subject to change</i></p>

Bremen Twp does not discriminate in admission to programs or activities or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the US Civil Rights; Section 504 of the Rehabilitation Act; the Age Discrimination in Employment Act; and the US and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint. Funds (in whole/part) for this publication were provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Admin on Aging, US Department of Health and Human Services under Title III of the Older Americans Act.