

# January 2024 Bremen Township Senior Cafe 15350 Oak Park Ave., Bldg. C ~ 708-687-8220

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <i>New Year's Day</i>  No Lunch Today	<b>2</b> Mahjong 9:30am-Cafe  <b>Spaghetti &amp; Meatballs*</b> Mixed Salad Greens Multi Grain Bread * <i>Welcome Back Cocoa!</i>	<b>3</b> Chair Yoga, 11am, Bldg A  <b>Tender Pork with Sauce</b> <b>Scalloped Potatoes</b> Brussels Sprouts, more	<b>4</b> Bingo 9:30am, Bldg A  <b>Baked Chicken &amp; Gravy</b> <b>Mashed Potatoes</b> Cauliflower & red peppers	<b>5</b>  <b>Funded in Partnership w/ AgeOptions</b>  Visit our website: <a href="http://www.bremontownship.net">www.bremontownship.net</a>
<b>8</b> Chair Yoga Core 11am Bldg A  <b>Hot Roast Beef</b> Mashed Potatoes, Gravy Fresh Orange	<b>9</b> Mahjong 9:30am-Cafe  <b>BBQ Riblet w/ Bun!</b> <b>Oven Fries</b> Vegetable, Fruit	<b>10</b> Chair Yoga, 11am Bldg A  <b>Roast Turkey w/ Sauce</b> Rice Pilaf Broccoli & Biscuit!	<b>11</b> Bingo 9:30am, Bldg A  Please come another day to socialize & Enjoy a hot meal!  No Lunch Today	<b>12</b>  <b>Reservations Requested</b> one week in advance <b>708-687-8220</b>  <i>Same day may be available</i>
<b>15</b>  <b>No Lunch Today</b>  <b>ML King Jr. Day</b>	<b>16</b> Mahjong 9:30am-Cafe  <b>Chicken Chardonnay</b> Broccoli, mashed potatoes Bread, fresh orange	<b>17</b> Chair Yoga, 11am, Bldg A  <b>Texas Chili</b> <i>So good</i> <b>Mac &amp; Cheese</b> <i>mixed</i> Veg, Bread & more! <i>Together!</i>	<b>18</b> Bingo 9:30am, Bldg A  <i><b>New Fresh Bar Lunch!</b></i> <b>-Stuffed Cabbage Roll</b> <b>-Wild Rice Soup</b> <i>Salad, roll &amp; more</i>	<b>19</b>  <b>LUNCH SERVED AT 12 NOON</b> <b>On dates showing a meal</b> <b>Café opens 11:15am</b>
<b>22</b> Chair Yoga Core 11am Bldg A  <b>Slow Roasted Beef+Gravy!</b> Mashed Potatoes Brussels Sprouts & more	<b>23</b> Mahjong 9:30am-Cafe  <b>Turkey Pot Roast /Gravy</b> <b>Baked Potato</b> w/sour cream	<b>24</b> Chair Yoga, 11am, Bldg A  <b>Spaghetti &amp; Meatballs*</b> Wheat Vienna Bread Chilled Peaches <b>Hot Chocolate Day!</b>	<b>25</b> Bingo 9:30am, Bldg A  <b>Chicken tenders/country</b> <b>gravy/ Bread Stuffing</b> Sweet Potato Mashed	<b>26</b> \$4 donation requested  <b>Save money</b> and buy a 10- Lunch Punch Card \$35 for 10 <b>= \$3.50 per Lunch!</b>
<b>29</b> Chair Yoga Core 11am Bldg A  <b>Baked Meatloaf w/ Gravy</b> Cauliflwr Mashed Potatoes	<b>30</b> Mahjong 9:30am-Cafe  <b>BBQ Pulled Pork /Bun</b> Oven Fries! <i>And more!</i>	<b>31</b> Chair Yoga, 11am, Bldg A  <b>Glazed Chicken Thigh</b> Scalloped Potatoes Baked Beans	<i>Hot Coffee &amp; Tea</i> <i>Always Available</i>  <i>Choice of 1% milk</i> <i>or juice with Lunch</i>	<b>Lunch is served at Noon</b> <b>to guests age 60+</b>  <b>Café Opens 11:15 am</b>

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) or 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.