

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

Monday	Tuesday	Wednesday	Thursday	Friday
Funded in Partnership w/ AgeOptions	1 Puzzles @ Café! 11am <i>Coffee Provided</i> French Dip Beef Sandwich <i>Mushrooms/onions</i> Oven Fries too!	2 Chair Yoga, 11am, Bldg A Classic Lasagna/Meat Sauce Squash, Chilled Pears Wheat Vienna Bread	3 <u>Building A:</u> Bingo 9:30am Fit & Strong 10:30am	4 Happy Independence Day!
7 Chair Yoga Core, 11am BBQ Riblet! w/ Bun Mashed Sweet Potato Strawberry yogurt +	8 Fit & Strong 10:30,BldgA Hamburger & Bun! Beans & ROOT BEER FLOAT!! <i>Reservation Required</i>	9 Chair Yoga, 11am, Bldg A BLT Chicken Salad on mixed greens, tomatoes Corn bread, mandarin oranges	10 <u>Building A:</u> Bingo 9:30am Fit & Strong 10:30am	11 (708) 687-8220 Same day spots often available! \$4.00 donation requested
14 Chair Yoga Core, 11am Baked Meatloaf/ Gravy Mashed Potatoes Stewed tomatoes Fresh Orange	15 Puzzles @ Café 11am Fit & Strong! Bldg A, 10:30 Eggs w/Biscuits & Gravy Diced Potatoes, Fruit, Juice & more	16 Chair Yoga, 11am, Bldg A Slow Roasted Beef Au gratin Potatoes Carrots, Roll, mixed fruit	17 <u>Building A:</u> Bingo 9:30am Fit & Strong 10:30am	18 Choice of Milk or Juice Served with your Lunch! Coffee or Tea Included!
21 Chair Yoga Core, 11am Prime rib of Pork Baked Potato Marble Rye, Cauliflower Mixed fruit	22 Fit & Strong 10:30,BldgA Italian Sausage / Marinara Wheat Sausage Bun Scalloped Potatoes, more	23 Chair Yoga, 11am, Bldg A BBQ Pulled Chicken, Bun Cheddar mashed potatoes Broccoli, chilled pears!	24 <u>Building A:</u> Bingo 9:30am Fit & Strong 10:30am	25 Café opens at 11:15am Lunch served at Noon
28 Chair Yoga Core, 11am Polish Kielbasa Sausage Marble Rye bread Potatoes, baked beans	29 Fit & Strong 10:30,BldgA Chicken Rotini Pasta Salad! w/Mixed Greens,CreamyParm Herbed Tomato wedges Multigrain bread +	30 Chair Yoga, 11am, Bldg A Senior Lunch <i>To Be Determined</i>	31 <i>For Diners Age 60 & Better Please join us!</i>	Find menus on our website: www.bremontownship.net <i>Menu subject to change</i>

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