

November 2025 Bremen Twp. Senior Lunch Café 15350 Oak Park Ave., Bldg. C 708-687-8220

Funding provided by Bremen Township & your Donations, Thank You!

Monday	Tuesday	Wednesday	Thursday	Friday
Chair Yoga Core 11am Building A	Be Strong, Building A, 11:30-12:00pm	Chair Yoga, 11am, Bldg A	Be Strong, Building A, 11:30-12:00 pm Bingo 9:30am, Bldg A	Bremen Township Senior Café Welcomes Chef Nickey
3 Chair Yoga Core 11am Building A Baked meatloaf with Country gravy Cauliflower mashed Potatoes Mixed vegetables Multi grain bread Pineapple tidbits	4 Be Strong, Building A, 11:30-12:00 pm Potato leek & Sausage chowder Peas & carrots Mixed salad greens Corn bread Warm apple crumble	5 Chair Yoga, 11am, Building A Miso glazed chicken thigh Scalloped potatoes Baked bean casserole Multi grain bread Fruit Jello	6 Be Strong, Building A, 11:30-12:00 pm Bingo 9:30am, Bldg A	7 LUNCH SERVED AT 12 NOON On dates showing a meal Café opens 11:15am
10 Chair Yoga Core 11am Building A Roast Pork & gravy Au gratin potatoes Peas & carrots Multi grain bread Whole apple	11 Be Strong, Building A, 11:30-12:00 pm Closed for Veteran's Day No Lunch	12 Chair Yoga, 11am & Senior Craft, 11am Building A Salisbury steak/gravy Mashed potatoes Corn Whole wheat roll Pineapple tidbits	13 Be Strong, Building A, 11:30-12:00 pm Bingo 9:30am, Bldg A Choice of 1% milk or juice with Lunch	14 Friendly people Dine here... Please join us!
17 Chair Yoga Core 11am Building A Hot Roast Beef Mashed potatoes/gravy Peas & carrots Multi grain bread Fresh orange	18 Be Strong, Building A, 11:30-12:00 pm Spaghetti & meatball marinara Mixed salad greens Multi grain bread Warm peach cobbler Fruit cup	19 Chair Yoga, 11am, Building A Friendsgiving, catered by Chef Nickey, prior reservation required, limited seating.	20 Be Strong, Building A, 11:30-12:00 pm Bingo 9:30am, Bldg A Come out & Socialize with us	21 \$4 donations requested Save money and buy a 10-Lunch Punch Card \$35 for 10 = \$3.50 per Lunch!
24 Chair Yoga Core 11am Building A Roast turkey & gravy Baked sweet potatoes Green bean casserole Bread stuffing Dessert	25 Be Strong, Building A, 11:30-12:00 pm BBQ Riblet oven fries Broccoli Whole wheat sandwich bun Whole apple	26 Chair Yoga, 11am, Building A Chicken tortilla soup Spanish brown rice Black beans and corn Tortilla chips Oatmeal raisin cookie Chef's fruit	27 Be Strong, Building A, 11:30-12:00 pm Bingo 9:30am, Bldg A	28 Lunch is served Mondays, Tuesdays & Wednesdays To guests age 60+ Café Opens 11:15 am Lunch at Noon