

October 2024 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</p> <p>\$4.00 donation requested, but not required</p>	<p>1 10:30 Board Games! <i>Coffee Provided</i></p> <p>Chicken Cheddar Broccoli/Rice Casserole Cauliflower, wheat roll, & more</p>	<p>2 Chair Yoga, 11am, Bldg A</p> <p>Salisbury Steak/Gravy! Mashed Potatoes Corn, dinner roll & fruit</p> <p>2-4pm Veteran's Coffee Hr.</p>	<p>3</p> <p>Bingo 9:30am-Bldg A</p>	<p>4</p> <p>Please Make a Reservation 1 Week in Advance: 708-687-8220</p>
<p>7 Chair Yoga Core, 11am</p> <p>Roast Turkey & Gravy Stuffing, Veggies Baked Sweet Potatoes</p>	<p>8 10:30 Board Games! <i>Coffee Provided !</i></p> <p>Spaghetti & Meatballs Mixed Salad greens Multi-grain bread Grief Support 1pm, Bldg A</p>	<p>9 Chair Yoga, 11am, Bldg A</p> <p>Hamburger & bun German Potato Salad Green beans & more</p>	<p>10</p> <p>Bingo 9:30am-Bldg A</p>	<p>11</p> <p><i>For Diners Age 60 & Better</i></p> <p><i>Please join us!</i></p>
<p>14 No Chair Yoga Today</p> <p>No Lunch Today</p> <p>Columbus Day Indigenous Peoples' Day</p>	<p>15 10:30 Board Games! <i>Coffee Provided</i></p> <p>BBQ Riblet, Bun Oven Fries, Dessert too!</p> <p>Chronic Pain Supp. 1pm Bldg A</p>	<p>16 Chair Yoga, 11am, Bldg A</p> <p>Hot Roast Turkey, Cheddar Ale Sauce w/Rice Pilaf Biscuit, Broccoli</p> <p>2-4pm Veteran's Coffee Hr.</p>	<p>17</p> <p>Bingo 9:30am-Bldg A</p>	<p>18</p> <p>Choice of Milk or Juice Served with your Lunch!</p> <p>Coffee Included too!</p>
<p>21 Chair Yoga Core, 11am</p> <p>Bratwurst Diced Potatoes Carrots, rye bread! Cookie</p>	<p>22 10:30 Board Games! <i>Coffee Provided</i></p> <p>Chicken Chardonnay Broccoli, mashed potatoes Chocolate Pudding</p>	<p>23 Chair Yoga, 11am, Bldg A</p> <p>Texas Chili <i>So good</i> Mac & Cheese <i>mixed</i> Veg, Bread & more! <i>Together!</i></p>	<p>24</p> <p>Bingo 9:30am-Bldg A</p>	<p>25</p> <p>Café opens at 11:15am</p> <p>Lunch served at Noon M, T, W</p>
<p>28 Chair Yoga Core, 11am</p> <p>Slow Roasted Beef+Gravy Mashed Potatoes Brussels Sprouts & more</p>	<p>29 10:30 Board Games! <i>Coffee Provided</i></p> <p>Turkey Pot Roast /Gravy Baked Potato Vegetable, bread & fruit</p>	<p>30 Chair Yoga, 11am, Bldg A</p> <p>Spaghetti & Meatballs Wheat Vienna Bread Chilled Peaches + <i>Spooky Dessert</i></p>	<p>31 Bingo 9:30am-Bldg A</p> <p>Save money and buy a 10-Lunch Punch Card \$35 for 10 = \$3.50 per Lunch!</p>	<p>Follow our menus on our website: www.bremontownship.net</p> <p><i>Menu subject to change</i></p>

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