

April 2024 Bremen Twp. Senior Lunch Café: Noon at 15350 Oak Park Ave., Bldg. C ~ 708-687-8220

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chair Yoga Core 11am Bldg A Meatball Sub Sandwich with Marinara Sauce Potatoes, beans, Orange	2 Mahjong 9:30am-Cafe Salisbury Steak & Gravy Mashed Potatoes Fruit, multi-grain bread Cookie	3 Chair Yoga, 11am, Bldg A Roast Turkey & Cheddar Sub on wheat Kaiser Roll Lettuce & Tomato Pea Salad, Fruit cup	4 Bingo 9:30am, Bldg A Reservations Requested one week in advance 708-687-8220 <i>Same day may be available</i>	5 Funded in Partnership w/ AgeOptions Visit our website: www.brementownship.net
8 Chair Yoga Core 11am Bldg A Chicken w/Glaze Veggie Rice Pilaf Northern Beans Chilled Peaches +	9 Mahjong 9:30am-Café Beef French Dip au jus On French Roll Oven Fries & more	10 Chair Yoga, 11am, Bldg A Lasagna w/Meat Sauce Squash Medley Green beans, pears, Wheat bread	11 Bingo 9:30am, Bldg A Surimi Crab Salad Mixed Salad greens Cucumbers, Muffin	12 LUNCH SERVED AT 12 NOON On dates showing a meal Café opens 11:15am
15 Chair Yoga Core 11am Bldg A BBQ Riblet on Bun! Mashed Sweet Potato Strawberry Yogurt, Veg.	16 Mahjong 9:30am-Cafe Hamburger on Bun Bean “Casserole” Fruit Sunburst Jello &/or fresh melon	17 Chair Yoga, 11am, Bldg A BLT Chicken Salad! w/ Mixed Salad Greens, Tomato Wedges, Corn Bread Mandarin oranges & more	18 Bingo 9:30am, Bldg A Spaghetti & Meatballs Wheat Vienna Bread Veg & Chilled Pears	19 Friendly people Dine here... <i>Please join us!</i>
22 Chair Yoga Core 11am Bldg A Baked Meatloaf/gravy Mashed Potatoes Stewed Tomatoes Fresh Orange, wheat bread	23 Mahjong 9:30am-Cafe Eggs w/Hot Biscuit & Gravy Diced Hash browns Banana, Hot Sliced Apples	24 Chair Yoga, 11am, Bldg A Slow Roasted Beef Au Gratin Potatoes Carrots & Chives, Roll, Fruit	25 Bingo 9:30am, Bldg A <i>Come out & Socialize with us</i>	26 \$4 donation requested Save money and buy a 10-Lunch Punch Card \$35 for 10 = \$3.50 per Lunch!
29 Chair Yoga Core 11am Bldg A Roast Pork Baked Potato Rye bread, Cauliflower Mixed Fruit	30 Mahjong 9:30am-Cafe Italian Sausage on Bun, Marinara, Brussels Sprouts Scalloped Potatoes	1 Chair Yoga, 11am, Bldg A See our <u>May Menu</u>: <i>BBQ Pulled Chicken w/bun</i> <i>Cheesy Mashed Potato</i> <i>Broccoli & chilled pears</i>	<i>Hot Coffee & Tea Always Available</i> <i>Choice of 1% milk or juice with Lunch</i>	Lunch is served at Noon to guests age 60+ Café Opens 11:15 am

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.