

July 2024 Bremen Twp. Senior Lunch Café 15350 Oak Park Ave., Bldg. C ~ 708-687-8220

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chair Yoga Core 11am Bldg A Chicken w/Glaze Rice Pilaf Northern beans & more!	2 Mahjong 9:30am-Cafe French Dip of Beef with Wheat French roll Oven Fries – yum! Fruit	3 Chair Yoga, 11am, Bldg A Lasagna with Meat Sauce Vegetables, Wheat Bread Chilled Pears	4 No Bingo Today No Lunch Today in honor of Independence Day	5 Funded in Partnership w/ AgeOptions Visit our website: www.bremementownship.net
8 Chair Yoga Core 11am Bldg A BBQ Riblet on Bun! Mashed Sweet Potato Strawberry Yogurt, Veg	9 Mahjong 9:30am-Café Hamburger on Bun Baked Beans Fruit Sunburst Jello	10 Chair Yoga, 11am, Bldg A BLT Chicken Salad! w/ Mixed Salad Greens, Tomato Wedges, Corn Bread Mandarin oranges & more	11 Bingo 9:30am, Bldg A	12 LUNCH SERVED AT 12 NOON On dates showing a meal Café opens 11:15am
15 No Yoga today Baked Meatloaf/gravy Mashed Potatoes Stewed Tomatoes Fresh Orange, wheat bread	16 Mahjong 9:30am-Cafe Eggs w/Hot Biscuit & Gravy Diced Hash browns Banana, Hot Sliced Apples	17 No Yoga today Slow Roasted Beef Au Gratin Potatoes Carrots & Chives, Roll, Fruit	18 Bingo 9:30am, Bldg A <i>Choice of 1% milk or juice with Lunch</i>	19 Friendly people Dine here... <i>Please join us!</i>
22 Chair Yoga Core 11am Bldg A Roast Pork Baked Potato Rye bread, Cauliflower Mixed Fruit	23 Mahjong 9:30am-Cafe Italian Sausage on Bun, Marinara, Brussels Sprouts Scalloped Potatoes	24 Chair Yoga, 11am, Bldg A BBQ Pulled Chicken w/ Wheat Sandwich Bun Cheesy Mashed Potato Broccoli, chilled pears	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 Kielbasa Polish sausage Dilled Potatoes Rye bread, Fruit cup	30 Mahjong 9:30am-Cafe Chicken Rotini Pasta Salad w/ Mixed Salad Greens Herbed tomato wedges Multigrain bread, Fruit cup	31 Chair Yoga, 11am, Bldg A Special Lunch Day Pizza Pete Day Reservation Required	Aug. 1 <i>Hot Coffee & Tea Always Available</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.