

# March 2024 Bremen Township Senior Cafe 15350 Oak Park Ave., Oak Forest (Bldg. C) ~ 708-687-8220

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LUNCH SERVED AT 12 NOON</b>  <b>to Guests age 60+</b>	<b>Funded in Partnership w/ AgeOptions</b>  Visit our website: <a href="http://www.bremementownship.net">www.bremementownship.net</a>	Call for a Reservation 1 week in advance: <b>(708) 687-8220</b>  Same-day spots may be available, Call & ask!	<i>Hot Coffee &amp; Tea Always Available</i>  <i>Choice of 1% milk or juice with Lunch</i>	<b>1</b>  <b>Lunch is served at NOON</b> <b>Café Opens 11:15am</b> \$4.00 donation requested but not required
<b>4</b> No Yoga today  <b>No Lunch Today</b>  <i>Casimir Pulaski Day</i>	<b>5</b> Mahjong 9:30am-Cafe  <b>Turkey Pot Roast /Gravy</b> <b>Baked Potato</b> w/sour cream Vegetable & Fruit	<b>6</b> Chair Yoga, 11am, Bldg A  Spaghetti & Meatballs Vienna Wheat Bread Broccoli, Peaches	<b>7</b> Bingo 9:30am-Bldg A  <b>Chicken Tenders in Gravy</b> <i>with Bread Stuffing</i> Sweet Potato, Northern beans	<b>8</b>  Please come to socialize & enjoy a hot meal!
<b>11</b> Chair Yoga Core 11am Bldg A  <b>Baked Meatloaf</b> Cauliflower Mashed Potatoes, Wheat Roll	<b>12</b> Mahjong 9:30am-Cafe  <b>BBQ Pulled Pork on Bun</b> <i>Oven Fries &amp; sides</i>	<b>13</b> Chair Yoga, 11am, Bldg A  <b>Glazed Chicken Thigh</b> Scalloped potatoes Baked Beans	<b>14</b> Bingo 9:30am-Bldg A  <b>ST. PAT'S MENU</b> <b>Irish Beef Stew</b> Steamed Cabbage, potatoes Dinner roll, Pistachio Pudding	<b>15</b>  <b>Friendly people</b> <b>Dine here...</b>  <i>Please join us!</i>
<b>18</b> Chair Yoga Core 11am Bldg A  <b>Roast Pork &amp; Gravy</b> Au gratin Potatoes Peas & Carrots	<b>19</b> Mahjong 9:30am-Cafe  <b>Pizza Lunch</b> with Tossed Salad  by reservation only	<b>20</b> Chair Yoga, 11am, Bldg A  <b>Salisbury Steak/Gravy</b> Mashed Potatoes Dinner roll	<b>21</b> Bingo 9:30am-Bldg A  <b>Hot Dog, Oven Fries</b> Baked Beans and <b>Root Beer Floats!</b> by reservation please	<b>22</b>  <b>Save money</b> and buy a 10- Lunch Punch Card \$35 for 10 <b>= \$3.50 per Lunch!</b>
<b>25</b> Chair Yoga Core 11am Bldg A  <b>Roast Turkey &amp; Gravy</b> Bread Stuffing Sweet Potatoes	<b>26</b> Mahjong 9:30am-Cafe  <b>Spaghetti &amp; Meatballs</b> Mixed Salad Greens Multigrain bread <b>HOT CHOCOLATE!</b> Dessert	<b>27</b> Chair Yoga, 11am, Bldg A  <b>Shaved Pork+ sauce</b> <b>Scalloped Potatoes</b> Brussels sprouts	<b>28</b> Bingo 9:30am-Bldg A  See you next month	<b>29</b>  <b>HAPPY EASTER!</b>