

MAY 2025 Bremen Twp. Senior Cafe 15350 S. Oak Park Ave., Oak Forest, Bldg C ~ 708-687-8220

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Funded in Partnership with AgeOptions</p> <p>For guests age 60+</p>	<p>-Lunch Served at 12 Noon- Café opens 11:15 am</p> <p>\$4.00 donation requested</p>	<p>708-687-8220</p> <p><i>Visit our website:</i> www.brementownship.net</p>	<p>1</p> <p><u>Building A:</u> Bingo 9:30am Be Strong 11:30</p>	<p><i>Hot Coffee & Tea Always Available</i></p> <p><i>Choice of 1% milk or juice with Lunch</i></p>
<p>5 Chair Yoga Core 11am Bldg A</p> <p>Polish Sausage Marble Rye bread Potatoes, Hot beans</p>	<p>6 Puzzles 11am-Café Be Strong 11:30 Bldg A</p> <p>Chicken Rotini Pasta Salad! w/ Mixed Salad Greens Herbed Tomato wedges Multigrain bread +</p>	<p>7 Chair yoga 11am, Bldg A</p> <p>Tuna Salad w/Wheat Bun! Lettuce & tomato garnish 3-bean salad, Mand.Oranges</p>	<p>8</p> <p><u>Building A:</u> Bingo 9:30am Be Strong 11:30</p>	<p>9</p> <p>Please reserve your Spot a week in advance, or call the same day to see if we have an opening: 687-8220</p>
<p>12 Chair Yoga Core 11am Bldg A</p> <p>Meatball Marinara Sub on French Wheat Roll Potatoes, beans, Fruit</p>	<p>13 Puzzles 11am-Cafe Be Strong 11:30 Bldg A</p> <p>Salisbury Steak Mashed Potatoes & gravy Carrots, multi-grain bread</p>	<p>14 Chair yoga 11am BldgA</p> <p>Roast Turkey & Cheddar Sub on wheat Kaiser Roll Lettuce & Tomato, Pea Salad</p>	<p>15</p> <p><u>Building A:</u> Bingo 9:30am Be Strong 11:30</p>	<p>16</p> <p>\$4.00 Donation Requested per meal</p>
<p>19 Chair Yoga Core 11am Bldg A</p> <p>Chicken w/Glaze Rice Pilaf Northern beans, bran muffin Chilled Peaches</p>	<p>20 Puzzles 11am-Cafe <u>Fit & Strong</u> 10:30 Bldg A</p> <p>French Dip of Beef with Wheat French roll Oven Fries & more</p>	<p>21 Chair yoga 11am BldgA</p> <p>Lasagna with Meat Sauce Vegetables, Chilled Pears Wheat Vienna Bread + Dessert!</p>	<p>22</p> <p><u>Building A:</u></p> <ul style="list-style-type: none"> • Bingo 9:30am • Fit & Strong 10:30am 	<p>23</p> <p>or Save money and buy a 10-Lunch Punch Card \$35 for 10 = \$3.50 per Lunch!</p>
<p>26</p> <p>Offices & Lunch <u>Closed</u> in honor of Memorial Day</p>	<p>27 <u>Fit & Strong</u> 10:30 Bldg A</p> <p>Hamburger w/Bun! Baked Beans Mixed Veggies, Fruit Popsicle!</p>	<p>28 Chair yoga 11am Bldg A</p> <p>BLT Chicken Salad on Mixed Salad Greens Corn Bread, 3 bean salad Mandarin Oranges</p>	<p>29</p> <p><u>Building A:</u></p> <ul style="list-style-type: none"> • Bingo 9:30am • Fit & Strong 10:30am 	<p>30</p> <p>Lunch is served at NOON Café Opens 11:15am</p>

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