

November 2023 Bremen Township Senior Café 15350 Oak Park Ave., Bldg C, Oak Forest ~ **708-687-8220**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Funded in Partnership w/ AgeOptions For guests age 60+</p>	<p>Call for a Reservation: 708-687-8220</p> <p>1 week in advance please</p>	<p>1 Chair Yoga, 11am Bldg A Medicare 101 Workshop, 11:30-12:30 at Cafe</p> <p>Spaghetti & Meatballs Wheat Vienna Bread Chilled Peaches</p>	<p>2 Bingo 9:30am-Bldg A</p> <p>Chat & Color, 12:30, Bldg C, 2nd Floor</p> <p>No lunch today</p>	<p>3</p> <p>LUNCH SERVED AT 12 NOON \$4.00 donation requested but not required</p>
<p>6 Getting Stronger 11am Bldg A</p> <p>Baked Meatloaf Cauliflower Mashed Potatoes Wheat Roll</p>	<p>7 Mahjong 10am Cafe</p> <p>BBQ Pulled Pork Oven Fries</p> <p>Vintage Movie, Bldg B</p>	<p>8 Chair Yoga, 11am Bldg A</p> <p>Glazed Chicken Thigh Scalloped Potatoes Baked Beans & more</p>	<p>9 Bingo 9:30am-Bldg A "Breakfast for Lunch" No charge for Vets! <i>Reserve by Nov. 6, please.</i> -dine in only- Cheese omelette, biscuit+</p>	<p>10</p> <p>Veteran's Day (observed) Township Offices Closed</p>
<p>13 Getting Stronger 11am Bldg A</p> <p>Roast Pork & Gravy Au Gratin Potatoes Vegetable, Bread & Fruit</p>	<p>14 Mahjong 10am Cafe</p> <p>Chicken Cheddar Broccoli/Rice Casserole Cauliflower, wheat roll Vintage Movie, Bldg B</p>	<p>15 Chair Yoga, 11am Bldg A</p> <p>Salisbury Steak/Gravy! Mashed Potatoes Corn, dinner roll</p>	<p>16 Bingo 9:30am-Bldg A</p> <p>Hot Dog, Oven Fries! Baked beans, banana+</p> <p>Chat & Color, 12:30, Bldg C, 2nd Floor</p>	<p>17</p> <p>Same day spots may be available for lunch, call 708- 687-8220 and ask!</p>
<p>20 Holiday Meal!*</p> <p>Roast Turkey, Gravy, Stuffing, Green Bean Casserole Baked Sweet Potatoes</p> <p>*reserve ahead please</p>	<p>21 Mahjong 10am Cafe</p> <p>Spaghetti & Meatballs Mixed Salad Greens Multi-grain bread <i>Vintage Movie, Bldg B</i></p>	<p>22 Chair Yoga, 11am Bldg A</p> <p>Tender Pork with Sauce Scalloped Potatoes Brussels Sprouts, more</p>	<p>23</p> <p>Happy Thanksgiving!</p> <p>No Lunch Today No Bingo Today</p>	<p>24</p> <p><i>Township Offices Closed Today for Thanksgiving Holiday</i></p>
<p>27 Getting Stronger 11am Bldg A</p> <p>Hot Roast Beef Mashed Potatoes, Gravy Fresh Orange</p>	<p>28 Mahjong 10am Cafe</p> <p>BBQ Riblet w/ Bun! Oven Fries Vegetable, Fruit</p> <p>Vintage Movie, Bldg B</p>	<p>29 Chair Yoga, 11am Bldg A</p> <p>Roast Turkey w/ Sauce Rice Pilaf Broccoli & Biscuit!</p>	<p>30</p> <p>1% Milk (or Juice) Served with each meal & Hot Coffee or Tea!</p>	<p>Save money and buy a 10- Lunch Punch Card \$35 for 10 = \$3.50 per Lunch!</p>

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 this 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.