

June 2025 *Bremen Township Senior Café* 15350 Oak Park Ave., Oak Forest, Bldg C ~ 708-687-8220

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chair Yoga Core 11am Bldg A Baked Meatloaf/ Gravy Mashed Potatoes Stewed tomatoes Fresh Orange	3 Fit & Strong 10:30 BldA Eggs w/Biscuit & Gravy! Diced Potatoes, Fruit, Juice and more	4 Chair yoga 11am, Bldg A Slow Roasted Beef Au gratin Potatoes Carrots, Roll, mixed fruit	5 <u>Building A:</u> Bingo 9:30am Fit & Strong 10:30	6 Funded in Partnership w/ AgeOptions \$4.00 Donation Requested, but not required
9 Chair Yoga Core 11am Bldg A Prime rib of Pork Baked Potato Marble Rye, Cauliflower Mixed fruit	10 Fit & Strong 10:30 BldA Italian Sausage / Marinara Wheat Sausage Bun Brussels Sprouts, Melon + <i>chocolate!</i>	11 Chair yoga 11am, Bldg A BBQ Pulled Chicken, Bun Cheddar mashed potatoes Broccoli, chilled pears!	12 <u>Building A:</u> Bingo 9:30am Fit & Strong 10:30	13 <i>Hot Coffee & Tea</i> <i>Always Available</i> <i>Choice of 1% milk</i> <i>or juice with Lunch</i>
16 Chair Yoga Core 11am Bldg A Polish Sausage Marble Rye bread Potatoes, Hot beans	17 Fit & Strong 10:30 BldA Chicken Rotini Pasta Salad! w/ Mixed Salad Greens Herbed Tomato wedges Multigrain bread +	18 Chair yoga 11am, Bldg A Tuna Salad w/Wheat Bun 3-bean salad, fruit cup and ROOT BEER FLOAT! <i>Reservations required</i>	19 <i>No Bingo today</i> Closed for Juneteenth Holiday	20 Find us on the <i>Township Website:</i> <i>www.bremontownship.net</i>
23 Chair Yoga Core 11am Bldg A Meatball Sub Sandwich w/Red Sauce (French roll) Green Beans, potatoes Fresh Orange	24 Puzzles, 11am Cafe Salisbury Steak Mashed potatoes/Gravy Cabbage & Carrots Multi-grain bread, fruit cup	25 Chair yoga 11am, Bldg A Cold Turkey Breast & Cheddar on Wheat Kaiser Roll! (sandwich) Popular Pea Salad & more	26 <u>Building A:</u> Bingo 9:30am Fit & Strong 10:30	27 Reservations Appreciated 708-687-8220 A week or more in advance, when possible
30 Chair Yoga Core 11am Bldg A Chicken w/Glaze Rice Pilaf, muffin Northern beans & more!			1% Milk Served with each meal Coffee included too!	LUNCH SERVED AT 12 NOON to guests age 60+

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.