

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

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <p><b>Funded in Partnership w/ AgeOptions</b><br/>For guests age 60+</p>  | <p>Call for a <b>Reservation:</b><br/>708-687-8220</p> <p>1 week in advance please</p>  | <p><b>1</b> New Year's Day</p> <p><b>Happy New Year!</b></p> <p>No Lunch or Yoga today</p>   | <p><b>2</b></p> <p><b>Bingo 9:30am-Bldg A</b></p>  | <p><b>3</b></p> <p>Same-day spots may be available, Call &amp; ask us!</p>   |
| <p><b>6</b> Chair Yoga Core 11am Bldg A</p> <p><b>Hot Roast Beef</b><br/>Mashed Potatoes/Gravy<br/>Peas &amp; Carrots<br/>Wheat bread</p>           | <p><b>7</b> <b>Scrabble</b> 11am Café</p> <p><b>BBQ Riblet!</b> w/ bun<br/><b>Oven Fries</b><br/>Black beans &amp; corn, more</p>                 | <p><b>8</b> Chair Yoga, 11am Bldg A</p> <p><b>Roast Turkey</b>, Cheddar Ale Sauce, Rice Pilaf<br/>Biscuit, Broccoli &amp; <b>Cookie!</b></p>                           | <p><b>9</b></p> <p><b>Bingo 9:30am-Bldg A</b><br/><i>Come out &amp; Socialize with us</i></p>                                    | <p><b>10</b></p> <p><b>Try our lunch on Friday, Jan.24!</b></p>  |
| <p><b>13</b> Chair Yoga Core 11am Bldg A</p> <p><b>Bavarian Bratwurst</b><br/>Rye bread, Carrots<br/>Diced Potatoes<br/>Fresh fruit!</p>            | <p><b>14</b> <b>Puzzles</b> 11am Cafe</p> <p><b>Chicken Chardonnay</b><br/>Broccoli, mashed potatoes<br/><b>Chocolate Pudding</b></p>             | <p><b>15</b> Chair Yoga, 11am Bldg A</p> <p><b>Texas Chili</b> <i>So good</i><br/><b>Mac &amp; Cheese</b> <i>mixed</i><br/>Veg, Bread &amp; more! <i>Together!</i></p> | <p><b>16</b></p> <p><b>Bingo 9:30am-Bldg A</b></p>   | <p><b>17</b></p> <p>Same day spots may be available for lunch, call 708-687-8220 and ask!</p>  |
| <p><b>20</b></p> <p><i>Martin L. King, Jr. Holiday</i></p> <p><i>No Lunch or Yoga today</i></p>   | <p><b>21</b> <b>Puzzles</b> 11am Cafe</p> <p><b>Turkey Pot Roast /Gravy</b><br/>Baked Potato<br/>Vegetable, bread &amp; fruit</p>                 | <p><b>22</b> Chair Yoga, 11am Bldg A</p> <p><b>Spaghetti &amp; Meatballs</b><br/>Wheat Vienna Bread<br/>Broccoli, Chilled Peaches</p>                                  | <p><b>23</b></p> <p><b>Bingo 9:30am-Bldg A</b><br/><i>Come out &amp; Socialize with us</i></p>                                   | <p><b>24</b> <b>Lunch today:</b></p> <p>Surimi* <b>Crab Alfredo!</b><br/><b>Penne Pasta</b><br/>Zucchini w/red peppers/onions<br/>Dinner Roll and more!<br/>*Imitation</p> |
| <p><b>27</b> Chair Yoga Core 11am Bldg A</p> <p><b>Baked Meatloaf</b><br/>Cauliflwr Mashed Potatoes<br/>Wheat Roll<br/>Chilled fruit &amp; more</p> | <p><b>28</b> <b>Board Games</b>, 11am Café</p> <p><b>BBQ Pulled Pork on Bun</b><br/>Oven Fries<br/>Carrot Raisin Salad<br/>Warm apple crumble</p> | <p><b>29</b> Chair Yoga, 11am Bldg A</p> <p><b>Glazed Chicken Thigh</b><br/>Scalloped potatoes<br/>Baked Beans<br/><b>Fruit Jello!</b></p>                             | <p><b>30</b> <b>Bingo 9:30am-Bldg A</b></p> <p>1% Milk (or Juice)<br/>Served with each meal<br/>&amp;<br/>Hot Coffee or Tea!</p> | <p><b>31</b></p> <p><b>Save money and buy a 10-Lunch Punch Card \$35 for 10 = \$3.50 per Lunch!</b></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.