

CNN Proviso Township
Community Cafe
1609 N. 36th Avenue
Melrose Park, IL

Days: *Mondays-Fridays*
Times: *8:00am-2:00pm*
Phone: *(708)316-7488*






**Community Nutrition Network
& Senior Services Association**



DECEMBER 2024

Manager:
LAURIE MADDEN

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. 9:00am—Lean & Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie Monday—choice</p> <p>“Cyber Monday” Get that online shopping done!</p>	<p>3. 9:00am Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 Save a Few Bucks 12:00 Bingo 1:00 Coupon Exchange</p> <p>December has 3 birthstones....what are they?</p>	<p>4. 9:00am Lean & Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Uno</p> <p>“Santa’s List Day” - We hope your on the nice list!</p>	<p>5. 9:00am Lean & Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Cards</p> <p>In 1955, who began the bus boycott???</p>	<p>6. 9:00am – Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social</p> <p>“In what year did Rudolph The Red Nosed Reindeer air on TV for the first time?”</p>
<p>9. 9:00am Lean & Mean fit club 10:00 Bingo 11:30 Lunch 1:00 Movie Monday—choice</p> <p>“What was the #1 movie on this date in 1992?” HINT: you can’t handle the truth</p>	<p>10. 9:00am Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 Make Small Changes 12:00 Bingo 1:00 Craft Day</p> <p>“Which Partridge Family member was born today in 1974?”</p>	<p>11. 9:00am Lean & Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Word Search</p> <p>“U.S. entered what war on this day in 1941 against Germany and Italy?”</p>	<p>12. 9:00am—Lean & Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Horse Racing</p> <p>“In 2000, which Presidential candidate won the recount?”</p>	<p>13. <u>CLOSED</u></p> <p>ALL STAFF RETREAT</p>
<p>16. 9:00am—Lean & Mean fit club 10:00 Bingo 11:30 Lunch 1:00 Movie Monday— choice</p> <p>“National Chocolate Covered Anything Day!!</p>	<p>17. 9:00am Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 Read Your Labels 12:00 Bingo 1:00 Dominos</p> <p>“Twisted Tuesday” wear your clothes backwards, inside out</p>	<p>18. 9:00am—Lean & Mean fit club 10:00 BINGO BASH 11:30 Lunch 12:00 BINGO BASH</p> <p>“What is the Zodiac sign for someone born on today?”</p>	<p>19. 9:00am Lean & Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 LGR</p> <p>“Which U.S. President is impeached on this day in 1998?”</p>	<p>20. 9:00am Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social</p> <p>“What was the #1 movie on this date in 1977?”</p>
<p>23. 9:00am—Lean & Mean fit club 10:00 Bingo 11:30 Lunch 1:00 Movie Monday— choice</p> <p>“What was the #1 song on this day in 1992?”</p>	<p>24. <u>CLOSED</u></p> 	<p>25. Be good! He’s always watching!</p> 	<p>26. 9:00am Lean & Mean fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 puzzles</p> <p>“National Boxing Day”!</p>	<p>27. 9:00am Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social</p> <p>“What was the #1 hit on this day in 1969?”</p>
<p>30. 9:00am Lean & Mean Fit club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie Monday—choice</p> <p>“Crazy Sock Day” - wear crazy socks to kick into the New Year!</p>	<p>31. <u>CLOSED</u></p> 	<p><i>CNN Proviso Community Café and Meals On Wheels would like to wish you and yours a very Happy New Year! May your new year be blessed with health, wealth and happiness!</i></p>	<p><i>Come Join us for a day or two or more! Meet new friends and have some delicious nutritious lunch with us! Daily activities and laughs are among some things we offer here at the Community Café!</i></p>	<p>NATIONAL BINGO MONTH</p>



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. Bavarian bratwurst, diced parslied potatoes, carrots, rye bread w/butter and fresh melon</p>	<p>3. Chicago style hot dog w/whole wheat hot dog bun,, tomato lentil soup, tossed garden salad, cottage cheese chocolate pudding and an orange</p>	<p>4. Texas chili, mac & cheese, country blend veggies, multi-grain bread w/butter and a fruit cup</p>	<p>5. Stuffed cabbage roll, mine-strone soup, tossed garden salad, cottage cheese, beet salad and chilled pears</p>	<p>6. Baked pollack piccata, baked potato, California blend, wheat bread & lemon mandarin pudding</p>
<p>9. Slow roasted beef/gravy, mashed potatoes, Brussel sprouts, multi grain bread, chilled pears & cookie</p>	<p>10. Turkey pot roast/gravy, baked potato, peas & carrots, multi grain bread, chef's fruit & banana</p>	<p>11. Spaghetti & meatball marinara, broccoli, wheat Vienna & chilled peaches</p>	<p>12. Chicken tenders in country chicken gravy, bread stuffing, sweet mashed potatoes, northern bean & tomato medley, apple, pea salad</p>	<p>13. Surimi crab alfredo, penne pasta, zucchini w/ red peppers & onions, chef's choice vegetable, multi grain dinner roll & fruit cup</p>
<p>16. Baked meatloaf w/ country gravy, mashed cauliflower potatoes, mixed vegetables, whole wheat roll & pineapple tidbits</p>	<p>17. BBQ pulled pork, oven fries, carrot raisin salad, wheat sandwich bun, warm apple crumble & chef's choice</p>	<p>18. Turkey and cheddar sandwich w/whole wheat sandwich bun, cream of cauliflower soup, tossed garden salad, potato salad, cottage cheese fruit Jell-O</p>	<p>19. Surimi crab salad sandwich, mixed greens & tomato, vegetable vinaigrette, whole wheat bun, chilled pears.</p>	<p>20. Swedish meatballs & gravy, mashed potatoes, broccoli, multi grain bread & fresh melon</p>
<p>23. Baked ham, cran raisin sauce, baked potato, mixed vegetables, rye bread & dessert</p>	<p>24. CLOSED</p>	<p>25. CLOSED</p>	<p>26. Chicago style hotdog, whole wheat hotdog bun, vegetable lentil soup, tossed garden salad, cottage cheese, banana, potato salad</p>	<p>27. Classic lasagna w/meat sauce, broccoli, chef's choice vegetable, wheat bread & oatmeal raisin cookie</p>
<p>30. Roast turkey & gravy, baked sweet potatoes, mixed vegetables, bread stuffing & chef's fruit</p>	<p>31. CLOSED</p>		<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. Please be safe.</p>	<p>Fat free or low fat milk with each meal</p> <p>Suggested Donation \$3.50</p>

Funds in whole or in part for this publication were provided through an award from Age Option under title 111 of the older Americans Act as administered through the Illinois Department on Aging and federal administration on Aging. Community Nutrition Network does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act the age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have discriminated against, you have the right to file a complaint. For information dial [1-800-252-8965](tel:1-800-252-8965) (Voice and TD

Menu subject to change due to availability of items. Funding in part is provided by Age Options.