
















February 2019

Hours: Monday Through Friday, 8:00am to 2:00pm
 Please call at least 24 hours in advance to reserve
 Join us every Wed & Thur for breakfast 10am-11am

Café Manager:Tanya Harrison

Brookfield Colgrass café
 9022 31st St
 Brookfield, IL 60513
 708-310-4434

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Bubble Gum Day 
4 Benefits of eating cherries Contain melatonin to help you sleep Can provide arthritis relief Full of antioxidants and anti-inflammatory compounds 	Chinese New Year Year of the Pig Lucky #'s: 2, 5, 8 Your Colors: yellow, gray, brown, gold Flowers: hydrangea & daisy 	6 Following lunch 	7 Wave all your fingers at your neighbor day 	8 Boy Scout Day To all the boys: Were you a boy scout and have a picture of it? Bring in your picture to show. 
11 White T-shirt Day Wear a white T-shirt to lunch	12 ZUMBA with Sue Mayeda at 10:30am	13 Following Lunch 	14 Happy Valentine's Day 	15 The Gallopogus through the eyes of a traveler Presented by: Georgia Velisaris 1pm 
18 Happy Presidents Day 	19 Chocolate Mint Day 	20 Following lunch 	21 Ice cream social \$1 	22 Be humble day Avoid taking credit Praise others Help others succeed Learn from others
25 PRESENTATION Positive Thinking:When life gives us lemons 10:00AM Presented by: Humana	26 ZUMBA with Sue Mayeda at 10:30am	27 Following Lunch 	28 Public sleeping day You know some of you are guilty of this. 	

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS

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