












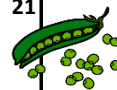







# January 2019

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>HAPPY NEW YEAR</b>  CLOSED	<b>BINGO</b>  Following lunch	<b>Fruitcake Toss day</b> 	<b>Trivia Day</b> What continent has the fewest flowing plants? 
<b>The importance of staying social</b> Enhanced mental health Sense of belonging Better self esteem Improved physical health Increased Cognitive Functioning	<b>Bubble bath day</b> 	<b>BINGO</b>  Following lunch	<b>Bittersweet chocolate day</b> 	<b>Splash in a puddle day</b> 
<b>Dress up your pet day</b> Bring a picture of your pet dressed up 	<b>ZUMBA</b> with Sue Mayeda at 10:30am	<b>BINGO</b>  Following lunch	<b>Ice Cream Social</b> \$1 	Bring a NEW friend and get a FREE lunch 
<b>Martin Luther King Day</b>  CLOSED	<b>Benefits of eating Peas</b> High fiber count Prevents constipation reduces bad cholesterol high in vitamins B1 B2 B3 B6 & folate 	<b>BINGO</b>  Following lunch	<b>National Compliment day</b> How nice of you to visit our site today.	<b>Opposite Day</b> Wear your backwards today 
<b>Bubble wrap Day</b> 	<b>ZUMBA</b> with Sue Mayeda at 10:30am	<b>BINGO</b>  Following lunch	<b>Inspire your heart with art Day</b> 	

**MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF ITEMS**

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