







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










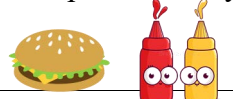


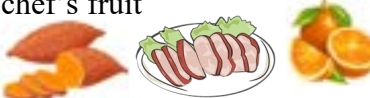


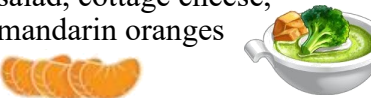

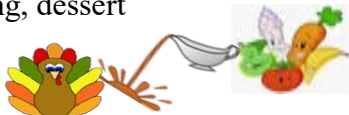
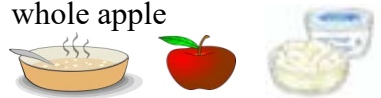

Days: Mondays-Fridays
Times: 8:00am-2:00pm
Phone: (708)316-7488

 **Community Nutrition Network
& Senior Services Association**

NOVEMBER 2024

Manager:
LAURIE MADDEN

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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!</p>				<p>1. 9:00 Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social</p> <p>"All Saints Day"! Name a "Saint"</p>
<p>4. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie– choice/popcorn "Who became the 1st African American President on this day in 2008?"</p>	<p>5. 9:00 Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 Squash It Up 12:00 Bingo 1:00 Word Search DON'T FORGET TO VOTE!!</p>	<p>6. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 UNO "NATIONAL NACHO DAY"</p>	<p>7. 9:00am – Lean & Mean walking 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Dance Party "Who did Elizabeth Taylor divorce on this day"</p>	<p>8. 9:00 Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social "What state became the 41st state in 1889?"</p>
<p>11. <u>CLOSED</u></p> 	<p>12. 9:00 Pickle Ball 10:00 Bingo 11:30 Lunch 11:45 Tis the Season for Apples 12:00 Bingo 1:00 Trivia "What famous Cubs baseball player was born on this day in 1968?"</p>	<p>13. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Dominos "Caregiver Appreciation Day"</p>	<p>14. 9:00 Lean/Mean Fit Club 10:00 THE WHOLE 9 YARDS 11:30 Lunch 12:00 Bingo 1:00 LCR "National Pickle Day"</p>	<p>15. 9:00 Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social What 5th Dimension song was #1 on this day in 1969?</p>
<p>18. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie– choice/popcorn "Happy Birthday to a special lady Mouse today? " Who is it?"</p>	<p>19. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 11:45 Hydrate to Feel Great 12:00 Bingo 1:00 Brian Games "What was the #1 song on this day in 1966?"</p>	<p>20. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Rock Painting "National World Children's Day" We are all kids at heart!!</p>	<p>21. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Sing a long "Laugh-In" star born on this day in 1945?</p>	<p>22. 9:00 Pickle Ball 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Social "61 years ago today, this President was shot" -</p>
<p>25. 9:00 Lean/Mean Fit Club 10:00 Bingo 11:30 Lunch 12:00 Bingo 1:00 Movie– choice/popcorn "What 2 Zodiac signs share this month?"</p>	<p>26. 9:00 Lean/Mean Fit Club 11:30 Lunch 11:45 Local Food Pantries 12:00 Bingo 1:00 Puzzles "What are the 2 birthstones for November?" YES, I said TWO!</p>	<p>27. 9:00 Lean/Mean Fit Club 10:00 BINGO BASH 11:30 Lunch 12:00 BINGO BASH 1:00 Horse Races "Black Wednesday" wear Black</p>	<p>28. <u>CLOSED</u></p> 	<p>29. <u>CLOSED</u></p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<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 \$3.00</p>			<p>1. Egg salad sandwich w/wheat bread, lettuce & tomato, broccoli salad and cinnamon apples</p> 
<p>4. Baked meatloaf w/ country gravy, mashed cauliflower, mixed vegetables, whole wheat roll & pineapple tidbits</p> 	<p>5. BBQ pulled pork, oven fries, carrot raisin salad, wheat sandwich bun, warm apple crumble, chef's choice</p> 	<p>6. Miso glazed chicken thigh, scalloped potatoes, baked bean casserole, wheat bread, fruit Jell-O</p> 	<p>7. Chicken salad w/crackers, mixed greens and tomatoes, carrot raisin salad and a fruit cup</p> 	<p>8. Swedish meatballs & gravy, mashed potatoes, broccoli, multi grain bread, fresh melon</p> 
<p>11. CLOSED</p> 	<p>12. Cheeseburger w/whole wheat bun, tomato soup, tossed garden salad, cottage cheese, sliced pears, variety toppings</p> 	<p>13. Salisbury steak & gravy, mashed potatoes, corn, multi grain dinner roll, pineapple tidbits</p> 	<p>14. THE WHOLE 9 YARDS FOOTBALL PARTY Chicken wings, sliders, bacon ranch pasta salad, veggies and dip, fruit sticks and Dessert Suggested:\$5</p>	<p>15. Classic lasagna w/ meat sauce, broccoli, chef's choice vegetable, wheat bread, oatmeal raisin cookie</p> 
<p>18. Roast turkey & gravy, baked sweet potatoes, mixed vegetables, bread stuffing, chef's fruit</p> 	<p>19. Stuffed green pepper, whole wheat roll, lumberjack soup, tossed garden salad, cottage cheese, fruit cup</p> 	<p>20. Swiss burger, whole wheat bun, mushroom barley soup, tossed garden salad, cottage cheese, tropical fruit,</p> 	<p>21. Tuna salad sandwich, whole wheat roll, cream of broccoli soup, tossed garden salad, cottage cheese, mandarin oranges</p> 	<p>22. Citrus Alaskan Pollock, rice pilaf, country blend vegetable, multi grain dinner roll, chick pea salad, fresh melon</p> 
<p>25. Roast Turkey & gravy, baked sweet potatoes, green bean casserole, bread stuffing, dessert</p> 	<p>26. BLT Chicken salad sandwich, whole wheat bun, cream of potato soup, tossed garden salad, cottage cheese, whole apple</p> 	<p>27. Hot roast beef, mashed potatoes & gravy, peas & carrots, wheat bread, whole orange</p> 	<p>28. CLOSED</p> <p>29. CLOSED</p> 