

July 2026 Programs

1st
Edition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Calendar Subject to Change	<p>Questions? Please contact Bradley Youngstrom at (231) 873-4461 or email youngstrom@oceanacoa.com</p>	<p>SAIL- Stay Active & Independent for Life funding is provided by Senior Resources</p>	<p>1</p> <p>9-12 Quilting 1-3 Euchre 1:30 Walk w/Friends 4-5 Yoga w/Rob</p> 	<p>2</p> <p>8:30 Breakfast 10:30 Bingo 11 BP Check 1-3 Bridge</p>	<p>3</p> <p>9:00 Zumba Gold 10:00 Games 1:30 Games w/Mary 1:30 Walk w/Friends</p>	4	
	5	<p>6</p> <p>10:00 SAIL 10:00 Five Crowns 1:15 Loteria 1:30 Walk w/Friends</p>	<p>7</p> <p>9:00 Chair Volleyball 10:00 Drum Fitness 1-3 Mahjong</p>	<p>8</p> <p>9-12 Quilting 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4-5 Yoga w/Rob</p>	<p>9</p> <p>8:30 Breakfast 10:30 Bingo 11:00 BP Check 1-3 Bridge</p>	<p>10</p> <p>9:00 Zumba Gold 10:00 Games 1:30 Games w/Kay & Mary 1:30 Walk w/friends</p>	11
	12	<p>13</p> <p>9:00 Adopt-a-Hwy Garbage PU 10:00 SAIL 10:00 Art w/ Brad 10:00 Five Crowns 1:15 Loteria 1:30 Walk w/Friends</p>	<p>14</p> <p>9:00 Chair Volleyball 10:00 Drum Fitness 1-3 Mahjong</p>	<p>15</p> <p>9-12 Quilting 10:00 SAIL 12:30 Annual Pie Auction 1-3 Euchre 1:30 Walk w/Friends 4-5 Yoga w/Rob</p>	<p>16</p> <p>9:00 Adopt-a-Hwy Garbage PU raindate 8:30 Breakfast 10:30 Bingo 11:00 BP Check 1-3 Bridge Massage Therapy by appt.</p>	<p>17</p> <p>9:00 Quilt Shop Hop 9:00 Zumba Gold 1:30 Games w/Kay 1:30 Walk w/Friends</p>	18
	19	<p>20</p> <p>10:00 SAIL 10:00 Five Crowns 1:15 Loteria 1:30 Walk w/Friends</p>	<p>21</p> <p>9:00 Chair Volleyball 10:00 Drum Fitness 1-3 Mahjong Parmenter Law by Appt.</p>	<p>22</p> <p>9:00 Shop Downtown Holland 9-12 Quilting 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4-5 Yoga w/Rob Belton by appt.</p>	<p>23</p> <p>8:30 Breakfast 10:30 Bingo 11:00 BP Check 1-3 Bridge</p>	<p>24</p> <p>9:00 Zumba Gold 10:00 Games 1:30 Games w/Mary 1:30 Walk w/Friends</p>	25
26	<p>27</p> <p>10:00 Art w/ Brad 10:00 SAIL 10:00 Five Crowns 1:15 Loteria 1:30 Walk w/Friends 5:30 Dinner Club</p>	<p>28</p> <p>9:00 Chair Volleyball 10:00 Drum Fitness 1-3 Mahjong 1-3 Euchre 1:30 Board Meeting</p>	<p>29</p> <p>9-12 Quilting 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4-5 Yoga w/Rob</p>	<p>30</p> <p>8:30 Breakfast 10:30 Bingo 11:00 BP Check 1-3 Bridge</p>	<p>31</p> <p>9:00 Zumba Gold 10:00 Games 1:30 Games w/Mary 1:30 Walk w/Friends</p>		

JULY 2026 MENU

1ST EDITION

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu is Subject to Change Without Notice</p> <p>All changes and updates online at: oceanacoa.com/Calendar</p> <p>In Partnership with Agewell Servicers</p>	<p>Call OCCOA @ 873-4461 for Reservations</p> <p>Reservations must be made by 3:30 the day before you wish to join us.</p>	<p>1 Birthday Dinner</p> <p>Salisbury Steak, Mashed Potatoes, Corn, Dinner Rolls, Jello W-Fruit, Birthday Cake & Ice Cream</p>	<p>2</p> <p>Chicken Divan with Rice, Oat Rolls, Watermelon Slice, Red, White, & Blue Dessert Pizza</p>	<p>3</p> <p>Center Closed</p>
<p>6</p> <p>Taco Salad, Doritos, Yogurt & Fresh Fruit, Red, White & Blue shortcakes</p>	<p>7</p> <p>Goulash, Peas, Brown Bread, Beet Salad, Brownies</p>	<p>8</p> <p>Broccoli Cheese Stuffed Chicken, Garlic Mashed Potatoes, Glazed Carrots, Dinner Rolls, Side Salad, Poke Cake</p>	<p>9</p> <p>Crab Cakes, Green Beans, Cheesy Potatoes, Surprise Bread, Greek Salad, Smores Bars</p>	<p>10</p> <p>French Onion Soup, Italian Beef n Swiss on Bun, Ice Cream Sundae</p>
<p>13</p> <p>Olive Swiss Burger, Loaded Tots, Mixed Veggies, BLT Salad, Tennessee Toffee Ice Cream</p>	<p>14</p> <p>Loaded Baked Potato, Bacon, Cheese, Broccoli, Sour Cream, French Bread, 7 Bean Salad, Cherry Danish</p>	<p>15 Pie Auction</p> <p>Sanders Ham, Green Bean Casserole, Roasted Potatoes, Garlic Cheese Quick Bread, Cranberry Relish, Snickerdoodle Cookie</p>	<p>16</p> <p>Chicken Caesar Salad, Cantaloupe Slice, Blondies</p>	<p>17</p> <p>Mushroom & Miso Soup, Ham & Cheese Wrap, Pretzels, Blueberry Cheesecake Bars</p>
<p>20</p> <p>Chili Dogs, Cheese & Onion, Cowboy Beans, Chips & Dip, Amish Fritter Bread</p>	<p>21</p> <p>Fish n Fries, Tarter Sauce & Lemon, Broccoli, Cheddar Bay Biscuits, Coleslaw, Pistachio Dessert</p>	<p>22</p> <p>Ribs, Corn, Potato Wedges, Cornbread, Cucumber Salad, Lemon Bars</p>	<p>23</p> <p>Stuffed Shells, Garlic Bread, Green Beans, Italian Salad, Blueberry Cobbler</p>	<p>24</p> <p>Broccoli Cheese Soup in Bread Bowl, 7-Layer Salad, Root Beer Float</p>
<p>27</p> <p>Chef Salad, Herb Bread, Fruit Cup, Nestle Crunch Bars</p>	<p>28</p> <p>Reuben Casserole, Rye Bread, Mixed Veggies, Side Salad, Strawberry Shortcake</p>	<p>29</p> <p>Pork Chops, Garlic Mashed Potatoes, Peas, Dinner Rolls, Applesauce, Olive Oil Cake</p>	<p>30</p> <p>Baked Mac n Cheese with Bacon, Mixed Veggies, Onion Rings, Apple Waldorf Salad, Apple Crisp</p>	<p>31</p> <p>Chicken Salad Wrap, Pretzels, Surprise Dessert</p>