

AUGUST 2025 MENU

1ST EDITION

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is Subject to Change Without Notice All changes and updates online at: oceanacoa.com/Calendar	Call OCCOA @ 873-4461 for Reservations Reservations must be made by 3:30 the day before you wish to join us.			1 Split Pea & Ham Soup, Ham & Cheese on Bun, PB&J Cookie
4 Chicken Salad Wrap, Chips & Dip, Watermelon, Zucchini Bread, Lemon Bars	5 Open-Faced Turkey Sandwich, Mashed Potatoes & Gravy, Garlic Green Beans, Fruit Cup, Brownie	6 Birthday Lunch Meatloaf, Mashed Potatoes & Gravy, Corn, Dinner Rolls, Side Salad, Cake and Ice Cream	7 Brisket Cheesesteak on Bun, Sautéed Onions and Peppers, Cheesy Potatoes, Fruit Salad, Strawberry Shortcake	8 Broccoli Cheddar Soup in a Bread Bowl, Ham & Pickle Wrap, Pretzels, Coconut Lime Cupcakes
11 Chef Salad, Yogurt & Granola, Dill Bread, Dirt Cups	12 Cheeseburger on Bun, Lettuce and Tomato, Chips and Black Bean Salsa, Pasta Salad, Peach Cobbler	13 Chicken Cordon Blue, Potato Wedges, Carrots, French Bread, Applesauce, Olive Oil Cake	14 Spaghetti and Meatballs, Broccoli, Italian Salad, Garlic Bread, Tennessee Toffee Ice Cream	16 Chili with Cheese and Onions, Cornbread, 7 Layer Salad, Haystacks
18 Coney Dogs on Bun, Corn on the Cob, Chips & Dip, Cowboy Beans, No Bake Cookies	19 Pulled Pork on Bun, Potato Salad, Coleslaw, Slice of Melon, Blueberry Danish	20 BBQ Ribs, Broccoli Casserole, Tater Tots, Oat Rolls, Side Salad, Peanut Butter Cake	21 Tuna Casserole, Peas, Waldorf Salad, White Bread, Rhubarb Bars	22 Chicken Enchilada Soup, Lemon Chicken Skewers, Chips and Guacamole, RB Float
25 Chicken Caesar Salad, Herb and Cheese Tart, Cottage Cheese & Peaches, Surprise Dessert	26 Goulash, Mixed Veggies, Jello with Fruit, Brown Bread, Mint Chocolate Chip, Ice Cream	27 Pork Chops, Garlic Mashed Potatoes, Roasted Brussel Sprouts, Greek Salad, Dinner Rolls, Cheesecake Bars	28 Fish Sandwich on Bun, French Fries, Glazed Carrots, Side Salad, Blondies	29 Chicken Noodle Soup, Turkey and Cheese on Bun, Chips, Chocolate Crinkle Cookie

August 2025 Programs

1st
Edition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Questions about upcoming activities? Please call us at (231) 873-4461 or email the Program Director at youngstrom@oceanacoa.com					9:00 Zumba Gold 10:15 Yoga 10:00 Games 1:30 Walk w/Friends	
3	4	5	6 	7	8	9
	10:00 SAIL 10:00 Farkle 1:30 Mahjong	8:30 YOGA 10:00 Games 10:00 Drumming Fitness 1-3 Mahjong	9:00 -12 Quilting 10:00 SAIL 12:00 B-Day Lunch 1-3 Euchre 1:30 Walk w/Friends	8:30 Breakfast 10:30 Bingo 11:00 BP Check Dr. Barker 1-3 Bridge	9:00 Zumba Gold 10:15 Yoga 10:00 Games 1:30 Walk w/Friends	
10	11	12	13	14	15	16
	10:00 Art w/Brad 10:00 Games 10:00 SAIL 10:00 Farkle	8:30 YOGA 10:00 Games 10:00 Drumming Fitness 1-3 Mahjong	9:00 -12 Quilting 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends	8:30 Breakfast 10:30 Bingo 11:00 BP Check Dr. Barker 1-3 Bridge	9:00 Zumba Gold Shopping trip 10:15 Yoga 10:00 Games 1:30 Walk w/Friends	
17	18	19	20	21	22	23
	10:00 SAIL 10:00 Farkle 1:30 Mahjong Parmenter Law by Appt.	8:30 YOGA 10:00 Games 10:00 Drumming Fitness 1-3 Mahjong	9:00 -12 Quilting 10:00 SAIL 10:00 Caregiver Support Group 1-3 Euchre 1:30 Walk w/Friends	8:30 Breakfast 10:30 Bingo 11:00 BP Check Dr. Barker 1-3 Bridge	9:00 Zumba Gold 10:15 Yoga 10:00 Games 1:30 Walk w/Friends	
24	25	26	27	28	29	30
	10:00 Art w/Brad 10:00 Games 10:00 SAIL 10:00 Farkle 5:30 Dinner Club	8:30 YOGA 10:00 Games 10:00 Drumming Fitness 1:30 Board of Directors meeting	9:00 -12 Quilting 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends Beltone By appointment	8:30 Breakfast 10:30 Bingo 11:00 BP Check Dr. Barker 1-3 Bridge	9:00 Zumba Gold 10:15 Yoga 10:00 Games 1:30 Walk w/Friends	Stay Active & Independent for Life (SAIL) Funding is provided by Senior Resources.