

September 2025 Programs 1st Edition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	
CENTER CLOSED LABOR DAY	8:30 Yoga 10:00 Games 10:00 Drum Fitness 1-3pm Mahjong	9-12pm Quilting 10 SAIL 12 B-Day Lunch! 1-3 Euchre 1:30 Walk w/Friends	8:30 Breakfast 10:30 BINGO 11:00 BP Check Dr. Barker 1-3pm Bridge	9:00 Zumba Gold 10:15 Yoga 10:00 Games 1:30 Quilting w/Friends UFO 1:30 Walk w/Friends		
7	8	9	10	11	12	13
	10 SAIL 10 5 Crowns 1:30 Walk w/Friends	8:30 Yoga 10:00 Games 10:00 Drum Fitness 1-3pm Mahjong	9-12pm Quilting 10 SAIL 1-3 Euchre 1:30 Walk w/Friends	8:30 Breakfast 10:30 BINGO 11:00 BP Check Dr. Barker 1-3pm Bridge	9:00 Zumba Gold 10:15 Yoga 10:00 Games 1:30 Walk w/Friends	
14	15	16	17	18	19	20
	10:00 SAIL 10:00 5 Crowns 1:30 Mahjong <i>Paramenter Law by Appt.</i>	8:30 Yoga 10:00 Games 10:00 Drum Fitness 1-3pm Mahjong	9-12pm Quilting 10:00am <i>Caregiver Support Group</i> 10 SAIL 1-3 Euchre 1:30 Walk w/Friends	8:30 Breakfast 10:30 BINGO 11:00 BP Check Dr. Barker 1-3pm Bridge	9:00 Zumba Gold 9:00 Shopping Trip 10:15 Yoga 10:00 Games 1:30 Walk w/Friends	
21	22	23	24	25	26	27
	9:00 Adopt-A Highway clean-up 10:00 SAIL 10:00 Art w/Brad 10:00 5 Crowns 1:30 Mahjong	8:30 Yoga 9:00 Podiatry Clinic 10:00 Games 10:00 Drum Fitness 1-3pm Mahjong 1:30 Board Meeting	9-12 Quilting 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends <i>Belton by Appt.</i>	8:30 Breakfast 9:00 Massage 10:30 BINGO 11:00 BP Check Dr. Barker 1-3pm Bridge	9:00 AAH clean-up Alternate date 9:00 Zumba Gold 10:15 Yoga 10:00 Games 1:30 Walk w/Friends	
28	29	30	Activity dates and times are subject to change. For more information contact us at (231) 873-4461 or visit our website at www.oceanacoa.com			
	10:00 SAIL 10:00 5 Crowns 1:30 Mahjong 5:30 Dinner Club					

SEPTEMBER 2025 MENU

1ST EDITION

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed Labor Day	2 Sloppy Joes on Bun, Apple Coleslaw, Chips, Tennessee Toffee Ice Cream	3 Birthday Lunch Crab Cakes, Potato Wedges, Broccoli Casserole, Side Salad, Cheddar Bay Biscuits, Birthday Cake & Ice Cream	4 King Casserole, Calabacitas, Chips & Salsa, Fruit Cup, No Bake Cookies	5 Ham & Bean Soup, Ham & Cheese on Bun, Pretzels, Raspberry Jam Bars
8 Taco Salad, Doritos, Melon, White Chocolate Blondies	9 Stuffed Peppers, Corn, Wheat Bread, Fruit Salad, Mexican Sheet Cake	10 Salisbury Steaks, Mashed Potatoes, Peas, Applesauce, Dinner Rolls, Lemon Poppyseed Cake	11 Crispy Chicken Sandwich on Bun, Corn on the Cob, French Fries, Beet Salad, Apple Spice Cupcakes	12 Sausage and Potato Soup in Bread Bowl, 7 Layer Salad, Banana Pudding Dessert
15 Picnic @ Pentwater Beach Brat on Bun, Peppers & Onions, Pasta Salad, Roasted Potatoes , Lemon Bars	16 National Guacamole Day Loaded Baked Potato with Bacon, Cheese, Onion, Broccoli, Chips & Guacamole, Snickerdoodles	17 Salmon, Cheesy Potatoes, Garlic Green Beans, Jello with Fruit, French Bread, Brownie	18 National Cheeseburger Day Cheeseburger on Bun, Cowboy Beans, Broccoli Salad, Chips & Dip, Lime Chiffon	19 Cheesy Asparagus Soup. Turkey and Cheese Wrap, Cream Soda Float
22 Mandarin Chicken Salad, Cottage Cheese with Fruit, Herb Bread, Rice Krispy Treats	23 Lasagna, Mixed Veggies, Garlic Bread, Italian Salad, Strawberry Rhubarb Bars	24 Broccoli & Cheese Stuffed Chicken, Glazed Carrots, Loaded Tots, Dinner Rolls, 5 Bean Salad, Carrot Cake	25 Ranch Chicken, Roasted Potatoes, Corn, Cucumber Salad, Mexican Ice Cream	26 French Onion Soup, Italian Beef on Bun, Chips, Nestle Crunch Bars
29 Michigan Cherry Salad with Chicken, Cheddar Bay Biscuits, Yogurt and Fruit, Surprise Dessert	30 Reuben Casserole, Green Beans Rye Bread, Pea & Peanut Salad, Poke Cake		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.