

OCTOBER 2025 MENU

1ST EDITION

Monday	Tuesday	Wednesday	Thursday	Friday
Call OCCOA @ 873-4461 for Reservations Reservations must be made by 3:30 the day before you wish to join us.	Menu is Subject to Change Without Notice All changes and updates online at: oceanacoa.com/Calendar	1 Birthday Lunch Meatloaf, Mashed Potatoes & Gravy, Corn, Applesauce, Dinner Rolls, Birthday Cake & Ice Cream	2 Cowboy Chicken, Baked Potato, Green Beans, Surprise Bread, Snickerdoodles	3 Split Pea & Ham Soup, Pickle Roll Up, Chips, Root Beer Floats
6 Big Mac Salad, Granola & Yogurt, Cheddar Bay Biscuits, Strawberry Jam Bars	7 Fish Sandwich on Bun, Loaded Tots, Broccoli, Pea & Peanut Salad, Pecan Pie Bars	8 Ham Dinner, Roasted Potatoes, Glazed Carrots, French Bread, Jello with Fruit, Oreo Poke Cake	9 Baked Ziti, Mixed Veggies, Garlic Bread, Italian Salad, Dessert by Brad	10 Chili with Cheese & Onion, Cornbread, 7 Layer Salad, Ice Cream Sandwich
13 Kielbasa Stir Fry with Veggies over Rice, Cheddar Bay Biscuits, Blueberry Cobbler with Whip Cream	14 Open-Face Turkey Sandwich, Mashed Potatoes & Gravy, Corn, Broccoli Salad, Apple Crumble	15 Pork Chop, Cheesy Potatoes, Broccoli, Side Salad, Oat Rolls, Carrot Cake	16 Cheeseburger on Bun, Cowboy Beans, Potato Salad, Campfire Bars	17 Chicken Enchilada Soup, Mexican Chicken Salad Wrap, Tortilla Chips, Mexican Ice Cream
20 Chef Salad, Cottage Cheese & Fruit, Oat Rolls, Reese's Bars	21 Beef Stew with Potatoes and Veggies, Brown Bread, Lemon Bars	22 Tuscan Chicken, Garlic Mashed Potatoes, Garlic Green Beans, Dinner Rolls, 5 Bean Salad, Tennessee Toffee Ice Cream	23 Scalloped Potatoes with Ham, Glazed Carrots, Ezekial Bread, Beet Salad, Apple Spiced Muffins	24 Get Better Soup, Turkey & Cheese on Bun, Pretzels, Peach Cobbler with Ice Cream
27 Enchilada Casserole, Chips and Guacamole, Mixed Veggies, Surprise Dessert	28 Shepards Pie, Cucumber Salad, Wheat Bread, Mexican Sheet Cake	29 Chicken Cordon Blue, Potato Wedges, Peas, Dinner Rolls, Pasta Salad, Brownie	30 Sweet & Sour Chicken over Rice, Vampire Bite Caprese, Herb Bread, Pumpkin Patches	31 Halloween Witches Stew in a Cauldron, Candy Corn Fruit Parfaits, Mummy Treats

October 2025 Programs

1st
Edition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Subject to Change	Questions? Please contact Bradley Youngstrom at (231) 873-4461 or email youngstrom@oceanacoa.com	Stay Active & Independent for Life (SAIL) Funding is provided by Senior Resources.	1 BIRTHDAY MEAL! 9-12 Quilting 1-3 Euchre 1:30 Walk w/Friends 4-5 Yoga w/Rob 	2 8:30 Breakfast 10:30 Bingo 11 BP Check Dr. Barker 1-3 Bridge	3 9:00 Zumba Gold 10:00 Games 10-5 Quilting with Friends 10:15 Yoga 1:30 Walk w/Friends	4
	5	6 10:00 SAIL 10:00 Five Crowns 1:30 Walk w/Friends	7 8:30 Yoga 10:00 Drum Fitness 10:00 Tea w/Clara 1-3 Mahjong	8 9-12 Quilting 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4-5 Yoga w/Rob	9 8:30 Breakfast 10:30 Bingo 11:00 BP Check Dr. Barker 1-3 Bridge	10 9:00 Zumba Gold 10:00 Games 10:15 Yoga 1:30 Walk w/ friends
12	13 9:00 Fall Color Tour 10:00 SAIL 10:00 Five Crowns 1:30 Walk w/Friends	14 8:30 Yoga 10:00 Drum Fitness 10:00 Coffee w/Ryan 1-3 Mahjong	15 9-12 Quilting 10:00 SAIL 10:00 Caregiver Support Group 1-3 Euchre 1:30 Walk w/Friends 4-5 Yoga w/Rob	16 8:30 Breakfast 10:30 Bingo 11:00 BP Check Dr. Barker 1-3 Bridge Massage Therapy by appt.	17 9:00 Shopping Trip Ludington 9:00 Zumba Gold 10:15 Yoga 1:30 Walk w/Friends 1:30 Movie and Snack at OCCOA	18
19 1-4 Open House 	20 10:00 SAIL 10:00 Five Crowns 1:30 Walk w/Friends Parmenter Law by Appt.	21 8:30 Yoga 10:00 Drum Fitness 10:00 Crafts w/Kay 1-3 Mahjong	22 9-12 Quilting 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4-5 Yoga w/Rob Beltone by appt.	23 8:30 Breakfast 10:30 Bingo 11:00 BP Check Dr. Barker 1-3 Bridge	24 9:00 Zumba Gold 10:00 Games 10:15 Yoga 1:30 Walk w/ Friends	25
26	27 10:00 Art w/ Brad 10:00 SAIL 10:00 Five Crowns 1:30 Walk w/Friends	28 8:30 Yoga 10:00 Drum Fitness 10:00 Cookie Decorating w/Clara 1-3 Mahjong 1:30 Board Meeting	29 9-12 Quilting 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4-5 Yoga w/Rob	30 Halloween Party 8:30 Breakfast 10:30 Bingo 11:00 BP Check Dr. Barker 1-3 Bridge 4-5 Trunk or Treat	31 9:00 Zumba Gold 10:00 Games 10:15 Yoga 1:30 Walk w/Friends 	