



February 2026 Programs

1st

Edition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	9 Tai Chi 10 SAIL 10 5 Crowns 1 Rumi Kub 1:30 Walk w/Friends	9 Chair Volleyball 10 Drum Fitness 10 For the Birds Nature Craft 1-3 Euchre 1-3 Mahjong	9-12 Quilting 9 Tai Chi 10 SAIL 12 Birthday Lunch 1-3 Euchre 1:30 Walk w/Friends	8:30 Breakfast 10:30 Bingo 11 BP Check w/Dr. Barker 1-3 Bridge	9 Zumba Gold 1:15 Games w/Mary 1:30 Walk w/Friends	
8	9 9 Tai Chi 10 Coffee w/ Ryan 10 SAIL 10 5 Crowns 10 Art w/ Brad 1 Rumi Kub 1:30 Walk w/Friends	10 9 Chair Volleyball 10 Drum Fitness 10 Valentine Craft w/ Kay & Mary 1-3 Euchre 1-3 Mahjong	11 Valentine's Dinner 9-12 Quilting 9 Tai Chi 10 SAIL 1-3 Euchre 1:30 Walk w/Friends <i>Podiatry by Appt.</i>	12 8:30 Breakfast 10:30 Bingo 11 BP Check w/Dr. Barker 1-3 Bridge	13 9 Zumba Gold 1:15 Movie and a Snack "Valentine's Day" 1:30 Walk w/Friends Valentine's Day Games and Fun	14
15	16 Presidents Day Center Closed	17 Mardi Gras 9 Chair Volleyball 10 Drum Fitness 1-3 Euchre 1-3 Mahjong <i>Parmenter Law By Appointment</i>	18 9-12 Quilting 9 Tai Chi 10 SAIL 1-3 Euchre	19 8:30 Breakfast 10:30 Bingo 11 BP Check w/Dr. Barker 1-3 Bridge	20 9 Quilt Shop Hop 9 Zumba Gold 1:30 Walk w/Friends	21
22	23 9 Tai Chi 10 SAIL 10 5 Crowns 1 Rumi Kub 1:30 Walk w/Friends 5:30 Dinner Club	24 9 Chair Volleyball 10 Drum Fitness 1-3 Euchre 1-3 Mahjong 1:30 Board Meeting 2:30 Dinner and a Movie <i>Massage Therapy by appt.</i>	25 9-12 Quilting 9 Tai Chi 10 SAIL 1-3 Euchre 1:30 Walk w/Friends <i>Beltone by appt.</i>	26 8:30 Breakfast 10:30 Bingo 11 BP Check w/Dr. Barker 1-3 Bridge	27 9 Zumba Gold 1:15 Games w/Mary 1:30 Walk w/Friends	28



FEBRUARY 2026 MENU

1ST EDITION

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu is Subject to Change Without Notice All changes and updates online at: oceanacoa.com/Calendar</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>2 Chef Salad, Dinner Rolls, Yogurt with Granola, Fruit Cup, Carrot Cake</p>	<p>3 Nat Carrot Cake Day Open-Faced Turkey Sandwich with Mashed Potatoes and Gravy, Stuffing, Jello w-Fruit, Cherry Pie Blondies</p>	<p>4 Birthday Meal BBQ Ribs, Potato Wedges, Corn, Cheddar Bay Biscuits, Applesauce, Birthday Cake & Ice Cream</p>	<p>5 Crab Cakes, Cheesy Potatoes, Peas a Plenty, Side Salad, Oat Rolls, Brownies</p>	<p>6 Curried Squash Soup in Bread Bowl, Turkey Roll Up, Rice Krispy Treats</p>
<p>9 Cowboy Chicken, Carrots, Loaded Tots, French Bread, Yogurt & Granola, Apple Spiced Muffins</p>	<p>10 Pizza Bake, Mixed Veggies, BLT Salad, Pistachio Dessert</p>	<p>11 Valentine's Day Meal Chicken Fettuccini Alfredo with Garlic Bread, Garlic Green Beans, Shrimp with Cocktail, Strawberry Cheesecake Squares</p>	<p>12 Pulled Pork on Bun, Potato Salad, Cowboy Beans, Tennessee Toffee Ice Cream</p>	<p>13 Chili with Onions & Cheese, Cornbread, 7 Layer Salad, Dessert by Bradley</p>
<p>16 CENTER CLOSED</p>	<p>17 Fat Tuesday Jambalaya over Rice, Cajun Corn Maque Choux, Mardi Gras Salad, Cornbread, King Cake Bars</p>	<p>18 Salmon, Garlic Mashed Potatoes, Peas, French Bread, Pasta Salad, Peanut Butter Cake</p>	<p>19 Baked Potato, Bacon & Cheese, Broccoli, Tasty Salad, 7 Layer Dessert Bars</p>	<p>20 Split Pea & Ham Soup, Ham n Cheese Wrap, Pretzels, Snickerdoodles</p>
<p>23 Sweet & Sour Chicken over Rice with Vegetables, Egg Roll in a Bowl, Apple Crisp</p>	<p>24 Scalloped Potatoes with Ham, Glazed Carrots, Wheat Bread, Peas & Peanuts Salad, Key Lime Pie Bars</p>	<p>25 Salisbury Steak, Mashed Potatoes & Gravy, Green Beans, Side Salad, Olive Oil Cake</p>	<p>26 Chicken Caesar Salad, 7 Bean Salad, Ice Cream Sandwiches</p>	<p>27 French Onion Soup with Italian Beef Sandwich, Chips, Nestle Crunch Bars</p>