

May 2026 Programs

1st Edition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Questions about upcoming activities? Please call us at (231) 873-4461 or email the Program Director at youngstrom@oceanacoa.com</p>				<p>Stay Active & Independent for Life (SAIL) Funding is provided by Senior Resources.</p>	<p>1 9:00 Zumba Gold 10:00 Games 10:00 Coffee w/Ryan 1:30 Walk w/Friends</p>	<p>2</p>
3	4	5	6	7	8	9
	<p>9:00 Tai Chi 10:00 SAIL 10 5 Crowns 1:15 Loteria 1:30 Walk w/Friends</p>	<p>9:00 Chair Volleyball 10:00 Games 10 Drum Fitness 1-3 Mahjong</p>	<p>9:00 -12 Quilting 9:00 Tai Chi 10:00 SAIL 12:00 B-Day Lunch 1-3 Euchre 1:30 Walk w/Friends 4 Yoga w/Rob</p>	<p>8:30 Breakfast 10:30 Bingo 1-3 Bridge</p>	<p>9:00 Zumba Gold 10:00 Games 1:30 Spring tea w/ Brad 1:30 Walk w/Friends</p>	
10	11	12	13	14	15	16
	<p>9:00 Tai Chi 10:00 Art w/Brad 10:00 SAIL 10 5 Crowns 1:15 Loteria 1:30 Walk w/Friends</p>	<p>9:00 Chair Volleyball 10:00 Games 10:00 Drumming Fitness 1-3 Mahjong</p>	<p>9:00 -12 Quilting 9:00 Tai Chi 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4 Yoga w/Rob</p>	<p>8:30 Breakfast 10:30 Bingo 1-3 Bridge</p>	<p>9:00 Zumba Gold 10:00 Games 1:30 Walk w/Friends</p> <p>Shopping Trip</p>	
17	18	19	20	21	22	23
	<p>9:00 Tai Chi 10:00 SAIL 10 5 Crowns 1:15 Loteria 1:30 Walk w/Friends</p> <p>Parmenter Law by Appt.</p>	<p>9:00 Chair Volleyball 10:00 Games 10:00 Drumming Fitness 1-3 Mahjong</p>	<p>9:00 -12 Quilting 9:00 Tai Chi 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4 Yoga w/Rob Massage by Appointment</p>	<p>8:30 Breakfast 10:30 Bingo 1-3 Bridge</p>	<p>9:00 Zumba Gold 9:00 Greenhouse Tour 10:00 Games 1:30 Walk w/Friends</p>	
24	25	26	27	28	29	30
	<p>Memorial Day Center Closed</p>	<p>9:00 Chair Volleyball 10:00 Games 10:00 Drumming Fitness 1:30 Board of Directors Meeting</p>	<p>9:00 -12 Quilting 9:00 Tai Chi 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4 Yoga w/Rob Beltone By appt.</p>	<p>8:30 Breakfast 10:30 Bingo 1-3 Bridge</p>	<p>9:00 Zumba Gold 10:00 Games 1:30 Games w/Mary 1:30 Walk w/Friends</p>	<p>Sew/Craft Weekend w/Mary 2 days Sat 30th 9 to 5 and Sun 31st Noon to 5</p>

MAY 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>Reservations must be made by 3:30 the day before you wish to join us.</p>	<p>Call OCCOA @ 873-4461 for Reservations</p>		<p>1</p> <p>Sloppy Joes on Bun, Chips n Dip, Cottage Cheese & Fruit, Lemon Lavender Shortbread</p>
<p>4</p> <p>Chicken Caesar Salad, Applesauce, Roadhouse Bread, Pina Colada Cupcakes</p>	<p>5 Cinco de Mayo</p> <p>Chicken Fajitas, Peppers and Onions, Zucchini Salad(Calabacitas), Chips & Guacamole, Mexican Cookies</p>	<p>6 Birthday Dinner</p> <p>Salisbury Steaks, Mashed Potatoes & Gravy, Corn, Dinner Rolls, 7 Bean Salad, Birthday Cake & Ice Cream</p>	<p>7</p> <p>Pulled Pork on a Bun, Cowboy Beans, Mac n Cheese, Fruit Cup, Brownie</p>	<p>8</p> <p>Chicken Enchilada Soup, Chicken Salad Wrap, Tortilla Chips & Salsa, Root Beer Float</p>
<p>11</p> <p>Tuna Casserole, Peas, Orange Fluff, Surprise Bread, , Lemon Bars</p>	<p>12 Mother's Day Meal</p> <p>Tuscan Chicken, Garlic Mashed Potatoes, Green Beans, French Bread, Spring Salad, Pistachio Dessert</p>	<p>13 Derby Dinner</p> <p>Hot Brown, Roasted Potatoes, Mint Julip Salad, Derby Bars</p>	<p>14</p> <p>Olive Swiss Burger on Bun, Loaded Tots, Greek Salad, Blueberry Danish</p>	<p>15</p> <p>Sausage & Potato Soup in a Bread Bowl, 7 Layer Salad, Tennessee Toffee Ice Cream</p>
<p>18</p> <p>Stuffed Shells, Peas, Garlic Bread, Italian Salad, Blondies</p>	<p>19</p> <p>Beef n Broccoli over Rice, Mixed Vegetables, Yogurt & Granola, Cheddar Bay Biscuits, Coffee Cake</p>	<p>20</p> <p>BBQ Ribs, Cheesy Potatoes, Corn on the Cob, Coleslaw, Dinner Rolls, Cherry Cheesecake Bars</p>	<p>21</p> <p>Baked Fish, Tarter Sauce, Lemon, Glazed Carrots, Cornbread, Tasty Salad, Poke Cake</p>	<p>22</p> <p>Broccoli Cheddar Soup with Turkey Wrap, Pickle, Lemon Pudding Bars</p>
<p>25</p> <p>Center Closed for Memorial Day</p>	<p>26 Memorial Day Picnic</p> <p>Hot Dog & Brats on Bun. ,Chips & Dip, Pasta Salad, Pumpkin Snickerdoodles</p>	<p>27</p> <p>Chicken Cordon Blue, Potato Wedges, Mixed Vegetables, Jello w-Fruit, Herb Bread, Chocolate Peanut Delight</p>	<p>28</p> <p>Beef Stew with Potatoes and Carrots, Herb Bread, Peas n Peanuts Salad, Surprise Dessert</p>	<p>29</p> <p>Split Ham & Pea Soup, Pickle Roll Ups, Pretzels, Nestle Crunch Bars</p>