

# JUNE 2026 MENU

1<sup>ST</sup> EDITION

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Big Mac Salad, Sesame Seed Buns, Cottage Cheese & Fruit, Strawberry Rhubarb Bars	<b>2</b> Cowboy Chicken, Broccoli, Potato Wedges, Brown Bread, 7 Bean Salad, Banana Bread	<b>3 Birthday Dinner</b> Meatloaf, Mashed Potatoes & Gravy, Sauteed Asparagus, Dinner Rolls, Tasty Salad, Birthday Cake & Ice Cream	<b>4</b> Crispy Chicken Sandwich on Bun, Chips & Dip, Broccoli Salad, Blueberry Muffins	<b>5</b> Cheesy Ham & Asparagus Soup in Bread Bowl, Ham n Asparagus Roll-Up, Dirt Cups
<b>8 Breakfast for Dinner</b> Monte Cristo Breakfast Bake, Fruit Smoothie, Hashbrown, No Bake Cookies	<b>9</b> Ranch Chicken, Onion Rings, Asparagus, Herb Bread, Side Salad, Chocolate Dessert	<b>10</b> Chicken Quarters, Roasted Potatoes, Glazed Carrots, Oat Rolls, Applesauce, Chocolate Asparagus Cake	<b>11</b> Sloppy Joes on Bun, Loaded Tots, Mixed Veggies, Waldorf Salad, Rhubarb Cobbler	<b>12</b> Ultimate Grilled Cheese & Tomato Soup, Chips, Surprise Dessert
<b>15</b> King Casserole, Chips & Guacamole, Zucchini Salad, Rhubarb Sundaes	<b>16</b> Shepards Pie, Ezekial Bread, BLT Salad, Olive Oil Cake	<b>17</b> Stuffed Peppers, Garlic Green Beans, Dinner Rolls, Jello with Fruit, Chocolate Cheesecake	<b>18</b> Cheeseburger on Bun with Lettuce & Tomato, Corn, Pretzels, Asparagus Pasta Salad, Cherry Pie Bars	<b>19</b> <b>Center Closed</b>
<b>22</b> Cobb Salad, Yogurt & Granola, French Bread, Nestle Crunch Bars	<b>23 Fathers Day Meal</b> Grilled Pork Chops, Corn on the Cob, Cheddar Bay Biscuits, Potato Salad, Tennessee Toffee Ice Cream	<b>24</b> Salmon, Cheesy Potatoes, Mixed Vegetables, Dinner Rolls, Peas & Peanut Salad, Lime Chiffon	<b>25</b> Lasagna, Peas, Italian Salad, Garlic Bread, Blondies	<b>26</b> Chili, Cheese & Onions, Cornbread, 7-Layer Salad, Chocolate Chip Cookie
<b>29</b> Pulled Pork on Bun, Cowboy Beans, Glazed Carrots, Fruit Cup Rhubarb Cake	<b>30</b> Scalloped Potatoes with Ham, Green Beans, Herb Onion Bread, Applesauce, Peanut Butter Bars	Menu is Subject to Change Without Notice <b>All changes and updates online at:</b> <a href="http://oceanacoa.com/Calendar">oceanacoa.com/Calendar</a>	<b>Reservations must be made by 3:30 the day before you wish to join us.</b>	<b>Call OCCOA @ 873-4461 for Reservations</b>

# June 2026 Programs 1<sup>st</sup> Edition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	
10 SAIL 10 5 Crowns 1:30 Loteria 1:30 Walk w/Friends	9:00 Chair Volleyball 10:00 Games 10:00 Drum Fitness 1-3 Euchre 1-3pm Mahjong	9-12pm Quilting 10 SAIL 12 B-Day Lunch! 1-3 Euchre 1:30 Walk w/Friends 4:00 Yoga w/Rob	8:30 Breakfast 9:30 Kayak Club 10:30 BINGO 1-3pm Bridge	9:00 Zumba Gold 10:00 Games 1:30 Games w/ Mary & Kay 1:30 Walk w/Friends		
7	8	9	10	11	12	13
10 SAIL 10 5 Crowns 10:00 Art w/Brad 1:30 Loteria 1:30 Walk w/Friends	9:00 Chair Volleyball 10:00 Games 10:00 Drum Fitness 1-3 Euchre 1-3pm Mahjong	9-12pm Quilting 10 SAIL 1-3 Euchre 1:30 Walk w/Friends 4:00 Yoga w/Rob	8:30 Breakfast 9:30 Kayak Club 10:30 BINGO 1-3pm Bridge 1:30 Mini Golf & Ice Cream	9:00 Zumba Gold 10:00 Games 1:30 Games w/ Mary & Kay 1:30 Walk w/Friends		
14	15	16	17	18	19	20
10 SAIL 10 5 Crowns 1:30 Loteria 1:30 Walk w/Friends	9:00 Chair Volleyball 10:00 Games 10:00 Drum Fitness 1-3 Euchre 1-3pm Mahjong  <i>Parmenter Law by Appointment</i>	9-12pm Quilting 10 SAIL 1-3 Euchre 1:30 Walk w/Friends 4:00 Yoga w/Rob	8:30 Breakfast 9:30 Kayak Club 10:30 BINGO 1-3pm Bridge 1:30 Mac Dune Rides	CENTER CLOSED		
21	22	23	24	25	26	27
10:00 SAIL 10:00 Art w/Brad 10:00 5 Crowns 1:30 Loteria 1:30 Walk w/Friends  <i>Massage by Appt.</i>	9:00 Chair Volleyball 10:00 Games 10:00 Drum Fitness 11-1 Fathers Day Putting Contest 1-3 Euchre 1-3pm Mahjong 1:30 Board Meeting	9-12 Quilting 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4:00 Yoga w/Rob  <i>Belton by Appt.</i>	8:30 Breakfast 9:30 Kayak Club 10:30 BINGO 1-3pm Bridge 8:30am Quilt Shop Hop	9:00 Zumba Gold 10:00 Games 1:15 Strawberry Social on the front porch 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 <a href="http://www.oceanacoa.com">www.oceanacoa.com</a>  Stay Active and Independent for Life (SAIL) Funding is provided by Senior Resources.			
10:00 SAIL 10:00 5 Crowns 1:30 Loteria 1:30 Walk w/Friends 5:30 Dinner Club	9:00 Chair Volleyball 10:00 Games 10:00 Drum Fitness 1-3 Euchre 1-3pm Mahjong					