

SEPTEMBER 2026

1st Edition

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is Subject to Change Without Notice All changes and updates online at: oceanacoa.com/Calendar	1 Stuffed Peppers, Mixed Veggies, Cracked Wheat Bread, Side Salad, Lemon Bars	2 Turkey, Mashed Potatoes, Gravy, Stuffing, Sourdough Bread, Applesauce, Birthday Cake & Ice Cream	3 Cowboy Chicken, Cowboy Beans, Corn on the Cob, Yogurt & Granola, Herb Bread, Rosemary Shortbread Bars	4 Hamburger Soup, Turkey & Swiss Wrap, Pretzels, Surprise Dessert
7 Closed for Labor Day	8 Cabbage Casserole, Roasted Red Skins, Ezekial Bread, Apple Salad, Pecan Pie Bars	9 Meatloaf, Mashed Potatoes & Gravy, Broccoli, French Bread, Jello w-Fruit, Olive Oil Cake	10 Big Mac Salad, Grape Salad, Sesame Seed Buns, Brownies	11 Tuna Casserole, Peas, White Bread, Grape Salad, Zucchini Cake
14 Beach Day Cookout Hot Dog on Bun, Chips & Dip, Pasta Salad, Cookie	15 Ranch Chicken, Roasted Potatoes, Broccoli Casserole, 7 Bean Salad, Strawberry Cheesecake Fluff	16 Crab Cakes, Glazed Carrots, Cheesy Potatoes, Brown Bread, Fruit Cup, Lemon Pudding Cake	17 Breakfast for Lunch Breakfast Casserole, Hashbrown, Fruit Smoothie, Cheddar Bay Biscuits, Apple Cinnamon Muffin	18 Chili, Cheese, Onions, Cornbread, 7 Layer Salad, Peach Cobbler
21 Enchilada Casserole, Elote Salad, Chips & Salsa, Ice Cream Sandwich	22 Mongolian Beef with Veggies, Rice, Herb Bread, Applesauce, Pumpkin Cream Cheese Bars	23 Chicken Cordon Blue, Potato Wedges, Corn, Dinner Rolls, Side Salad, Texas Sheet Cake	24 Olive Swiss Burger, Lettuce & Tomato, Potato Salad, Chips & Dip, Rice Krispy Treats	25 Cheesy Ham & Asparagus Soup in Bread Bowl, Rhubarb Dump Cake
28 Chicken Caesar Salad, Cottage Cheese & Fruit, RB Float	29 Loaded Baked Potato, Bacon, Cheese, Sour Cream, Broccoli, Oat Rolls, Pistachio Dessert	30 Oktoberfest Party Pork Schnitzel, Fried Red Cabbage, Pretzel Stick & Mustard, German Potato Salad, Root Beer Floats	Reservations must be made by 3:30 the day before you wish to join us. Coffee, Tea, Milk & Water Available each meal.	Call OCCOA @ 873-4461 for Reservations

September 2026 Programs 1st Edition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9-11 Games 9:00 Chair Volleyball 10:00 Drum Fitness 1-3 Rumikub 1-3 Mahjong <i>Podiatry by Appointment</i>	2  9-12 Quilting 10:00 SAIL 12:00 Birthday Lunch 1-3 Euchre 1:30 Walk w/Friends 4:00 Medical Yoga	3 8:30 Breakfast 10:30 Bingo 11:15 BP Check 1-4 Bridge	4 9:00 Zumba Gold 10:00 Games 1:15 Movie and Snack 1:30 Walk w/Friends	5
6	7 Center Closed Labor Day	8 9-11 Games 9:00 Chair Volleyball 10:00 Drum Fitness 1-3 Rumikub 1-3 Mahjong	9 9-12 Quilting 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4:00 Medical Yoga	10 8:30 Breakfast 10:30 Bingo 1-4 Bridge	11 9:00 Zumba Gold 10:00 Games 1:30 Walk w/Friends	12
13	14 Lunch at the Beach- Pentwater Games will be played at the beach,	15 9-11 Games 9:00 Chair Volleyball 10:00 Drum Fitness 1-3 Rumikub 1-3 Mahjong Parmenter Law by Appt.	16 9-12 Quilting 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4:00 Medical Yoga	17 8:30 Breakfast 10:30 Bingo 11:15 BP Check 1-4 Bridge	18 9:00 Zumba Gold 9:00 Shopping Trip 10:00 Games 1:15 Movie and Snack 1:30 Walk w/Friends	19 9:00 Sew in w/Mary
20	21 10:00 SAIL 10:00 5 Crowns 1-3 Rumi Kub 1-3 Loteria 1:30 Walk w/Friends	22 9-11 Games 9:00 Chair Volleyball 10:00 Drum Fitness 1-3 Mahjong 1:30 Board Meeting Massage Therapy by Appointment	23 9-12 Quilting 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4:00 Medical Yoga Beltone by appt.	24 8:30 Breakfast 10:30 Bingo 1-4 Bridge	25 9:00 Zumba Gold 10:00 Games 10:30 Caregiver Support Group 12:00 Oceana County Wine Tour 1:30 Walk w/Friends	
27	28 10:00 SAIL 10:00 5 Crowns 10:00 Art w/Brad 1-3 Rumikub 1-3 Loteria 1:30 Walk w/Friends	29 9-11 Games 9:00 Chair Volleyball 10:00 Drum Fitness 1-3 Rumikub 1-3 Mahjong	30 9-12 Quilting 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4:00 Medical Yoga	Stay Active & Independent for Life (SAIL) funding is provided by Senior Resources.	Questions? Call us at (231) 873-4461 or email the Program Director at youngstrom@oceanacoa.com	