

October 2026 Programs

1st

Edition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Questions about upcoming activities? Please call us at (231) 873-4461 or email the Program Director at youngstrom@oceanacoa.com				1 8:30 Breakfast 10:30 Bingo 11:00 BP Check 1-3 Bridge	2 9:00 Zumba Gold 10:00 Games 1:15 Game Time w/Mary 1:30 Walk w/Friends	3
4	5 10:00 SAIL 10:00 5 Crown 1:30 Walk w/Friends 1-3 Rumi Kub 1:15 Loteria	6 9:00 Chair Volleyball 10:00 5 Crown 10:00 Drum Fitness 1-3 Mahjong	7  9-12 Quilting 10:00 5 Crown 10:00 SAIL 12:00 B-Day Lunch 1-3 Euchre 1:30 Walk w/Friends 4:00 Medical Yoga	8 8:30 Breakfast 10:30 Bingo 11:00 BP Check 1-3 Bridge	9 9:00 A day of fun in Frankfort 9:00 Zumba Gold 10:00 Games 1:15 Movie & Snack 1:30 Walk w/Friends	10 Stay Active & Independent for Life (SAIL) funding is provided by Senior Resources
11	12 10:00 Art w/Brad 10:00 SAIL 10:00 5 Crown 1-3 Rumi Kub 1:15 Loteria 1:30 Walk w/Friends	13 9:00 Chair Volleyball 10:00 5 Crown 10:00 Craft w/Kay 10:00 Drum Fitness 1-3 Mahjong	14 9-12 Quilting 10:00 5 Crown 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4:00 Medical Yoga	15 8:30 Breakfast 10:30 Bingo 11:00 BP Check 1-3 Bridge	16 9:00 Shopping Trip 9:00 Zumba Gold 10:00 Games 1:30 Walk w/Friends Massage by Appt.	17
18 NC Trip Leave	19 10:00 SAIL 10:00 5 Crown 1:30 Walk w/Friends 1-3 Rumi Kub 1:15 Loteria	20 9:00 Chair Volleyball 10:00 5 Crown 10:00 Halloween Craft 10:00 Drum Fitness 1-3 Mahjong Parmenter Law by Appt.	21 9-12 Quilting 10:00 5 Crown 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4:00 Medical Yoga	22 8:30 Breakfast 10:30 Bingo 11:00 BP Check 1-3 Bridge	23 9:00 Zumba Gold 10:00 Games 1:15 Movie and Snack 1:30 Walk w/Friends	24
25	26 10:00 Art w/Brad 10:00 SAIL 10:00 5 Crown 1-3 Rumi Kub 1:15 Loteria 1:30 Walk w/Friends	27 9:00 Chair Volleyball 10:00 5 Crown 10:00 Drum Fitness 1-3 Mahjong 1:30 Board Meeting 2:30/4:00 Dinner & Movie	28 9-12 Quilting 10:00 5 Crown 10:00 SAIL 1-3 Euchre 1:30 Walk w/Friends 4:00 Medical Yoga Beltone by appt.	29 8:30 Breakfast 10:30 Bingo 11:00 BP Check 11:00 Halloween Party & Lunch 1-3 Bridge 4:00 Trunk or Treat	30 9:00 Zumba Gold 10:00 Games 1:15 Game Time w/Mary 1:30 Walk w/Friends Activities are subject to change without notice. For a full list of programs and services offered by Oceana County Council on Aging please visit www.oceanacoa.com or call (231) 873-4461	