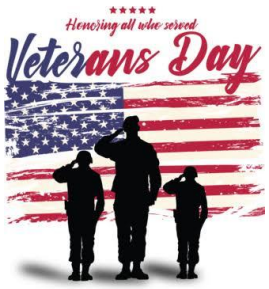
November 2026 Programs

1st Edition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 **10** SAIL **10 5 Crowns** **1 Rumi Kub** **1:30** Walk w/Friends	3 **9 Chair Volleyball** **10** Drum Fitness **1-3** Euchre **1-3** Mahjong	4  **9-12** Quilting 10 SAIL **12** ***Birthday Lunch*** **1-3** Euchre **1:30** Walk w/Friends **4 Medical Yoga**	5 **8:30** Breakfast **10:30** Bingo **11** BP Check **1-3** Bridge	6 **9** Zumba Gold **1:15** Games w/Mary **1:30** Walk w/Friends	7
8	9 **10** SAIL **10 5 Crowns** **10** Art w/ Brad **1 Rumi Kub** **1:30** Walk w/Friends	10 **9 Chair Volleyball** **10** Drum Fitness **1-3** Euchre **1-3** Mahjong	11 **Center Closed**  	12 **8:30** Breakfast **10:30** Bingo **11** BP Check **1-3** Bridge	13 **9** Zumba Gold **1:30** Movie & a Snack "The Hunt for Red October" **1:30** Walk w/Friends	14
15	16 **10** SAIL **10 5 Crowns** **1 Rumi Kub** **1:30** Walk w/Friends	17 **9 Chair Volleyball** **10** Drum Fitness **12** Thanksgiving Meal #1 **1-3** Euchre **1-3** Mahjong ***Parmenter Law By Appointment***	18 **9-12** Quilting **12** Thanksgiving Meal #2 **1-3** Euchre **4 Medical Yoga**	19 **8:30** Breakfast **10:30** Bingo **11** BP Check **1-3** Bridge ***Massage By Appointment 9-noon***	20 **9 Quilt Shop Hop** **9** Zumba Gold **1:30** Walk w/Friends	21 **10 am Christmas Market in Holland Return by 5 pm**
22	23 **10** SAIL **10** Art w/ Brad **10 5 Crowns** **1 Rumi Kub** **1:30** Walk w/Friends	24 **9 Chair Volleyball** **10** Drum Fitness **1-3** Euchre **1-3** Mahjong **1:30** Board Meeting	25 **9-12** Quilting 10 SAIL **1-3** Euchre **1:30** Walk w/Friends **4 Medical Yoga** ***Beltone by appt.*** ***Podiatry by appt.***	26  	27	28
29	30 **10** SAIL **10 5 Crowns** **1 Rumi Kub** **1:30** Walk w/Friends					

NOVEMBER 2026 MENU 1st EDITION

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chili Dog on Bun with Cheese & Onion, Loaded Tots, Greek Salad, Brownies	**3** Mac n Cheese with Bacon, Carrots, Tasty Salad, White Bread, Semolina Coconut Cake	**4 Birthday Dinner** Smoked Chicken Quarter, Corn, Roasted Potatoes, Oat Roll, Applesauce, Birthday Cake & Ice Cream	**5** Reuben Casserole, Rye Bread, Garlic Green Beans, Pasta Salad, Blueberry Muffin	**6** Potato Soup, Egg Salad, Chips, Strawberry Rhubarb Bars
9 Taco Salad, Doritos, Yogurt & Granola, Peach Cobbler	**10 Veterans Day Meal** Pork Chop, Cheesy Potatoes, Broccoli, French Bread, Jello w Fruit, Apple Cake	**11** **Center Closed for Veterans Day**	**12** Manicotti, Italian Salad, Mixed Veggies, Garlic Bread, Rosemary Shortbread Bars	**13** Chicken Enchilada Soup, Cheese Quesadilla, Mexican Ice Cream
16 Crispy Chicken Sandwich, Onion Rings, Cowboy Beans, Ice Cream Sundae	**17 Thanksgiving Meal 1** Turkey, Stuffing, Green Bean Casserole, Mashed Potatoes & Gravy, Cranberry Relish, Dinner Rolls, Pumpkin Pie	**18 Thanksgiving Meal 2** Turkey, Stuffing, Green Bean Casserole, Mashed Potatoes & Gravy, Cranberry Relish, Dinner Rolls, Pumpkin Pie	**19** Big Mac Salad, Broccoli Salad, Sesame Seed Buns, Rice Krispy Treat	**20** Sausage n Mushroom Soup, 7 Layer Salad, Blueberry Orange Bread
23 Cowboy Chicken, Peas, Potato Wedges, Cheddar Bay Biscuits, Fruit Cup, Apple Fritter Bread	**24** Mississippi Pot Roast, Carrots, Potatoes, Wheat Bread, Applesauce, Peanut Butter Cake	**25** Chicken Salad on Croissant, Melon, Chips & Dip, Lemon Bars	**26** **Closed for Thanksgiving**	**27** **Closed for Thanksgiving**
30 Chicken Caesar Salad, Cottage Cheese & Fruit, Pumpkin Snickerdoodle	**Reservations must be made by 3:30 the day before you wish to join us** Milk, Water, Tea & Coffee available with every meal.	Menu is Subject to Change Without Notice **All changes and updates online at: oceanacoa.com/Calendar**	**Call OCCOA @ 873-4461 for Reservations**	**Supported in part with Older American Acts Funds through Senior Resources and Age Well Services** SeniorResources Our Name. Our Focus. AgeWell SERVICES