

AUGUST 2026 PROGRAMS

2nd
Edition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 10:00 SAIL 10:00 5 Crowns 1:15 Loteria 1:30 Rumi Kub 1:30 Walk with Friends	4 9:00 Chair Volleyball 10:00 Drumming 10:00 Cards 1-3pm Euchre 1-3 Mahjongg	5  9-12 Quilting 10:00 SAIL 12:00 Birthday Lunch 1-3pm Euchre 1:30 Walk with Friends 4:00 Yoga w/Rob	6 8:30 Breakfast 10:30 Bingo 1-4 Bridge	7 9:00 Zumba Gold 10:15 Yoga 1:00 Games w/Mary 1:30 Walk with Friends	8
9	10 10 Art w/Brad 10:00 SAIL 10:00 5 Crowns 1:15 Loteria 1:30 Rumi Kub 1:30 Walk with Friends	11 9:00 Chair Volleyball 10:00 Drumming 10:00 Cards 1-3pm Euchre 1-3 Mahjongg	12 9-12 Quilting 10:00 SAIL 1-3pm Euchre 1:30 Walk with Friends 4:00 Yoga w/Rob	13 8:30 Breakfast 10:30 Bingo 11-12 BP Check 1-4 Bridge	14 9:00 Zumba Gold 1:00 Games w/Mary 1:30 Walk with Friends <i>Massage by Appointment</i>	15
16	17 10:00 SAIL 10:00 5 Crowns 1:15 Loteria 1:30 Rumi Kub 1:30 Walk with Friends	18 9:00 Chair Volleyball 10:00 Drumming 1-3pm Euchre 1-3 Mahjongg 2:00 Afternoon Social @ Kathleen's Parmenter Law by Appointment	19 9-12 Quilting 10:00 SAIL 1-3pm Euchre 1:30 Walk with Friends 4:00 Yoga w/Rob	20 8:30 Breakfast 10:30 Bingo 1-4 Bridge	21 9:00 Zumba Gold 1:00 Games w/Mary 1:30 Walk with Friends 1:15 Movie and Snack	22 9:00 Sew with Mary
23 12:00 Sew w/Mary	24 9:00 ChiChuly @ Meijer Gardens 10 Art w/Brad 10:00 SAIL 10:00 5 Crowns 1:15 Loteria 1:30 Rumi Kub 1:30 Walk with Friends	25 9:00 Chair Volleyball 10:00 Drumming 1-3 Mahjongg 1:30 Board Meeting	26 9-12 Quilting 10:00 SAIL 11:00 Disability Network Annual Renewal 1-3pm Euchre 1:30 Walk with Friends 4:00 Yoga w/Rob <i>Beltone by appt</i>	27 8:30 Breakfast 10:30 Bingo 11-12 BP Check 1-4 Bridge	28 9:00 Zumba Gold 10:30 Caregiver Support Group 1:00 Games w/Mary 1:30 Walk with Friends	29
30	31 10:00 SAIL 10:00 5 Crowns 1:15 Loteria 1:30 Rumi Kub 1:30 Walk with Friends		SAIL-Stay Active & Independent for Life funding is provided by Senior Resources	All changes and updates are on www.oceanacoa.com/calendar	Questions? Contact the Program Director Bradley at youngstrom@oceanacoa.com or call (231) 873-4461	

AUGUST 2026 MENU 2ND EDITION

Monday	Tuesday	Wednesday	Thursday	Friday
3 Crispy Chicken Sandwich, Potato Wedges, Mixed Veggies, Peas & Peanut, Rice Krispy Treats	4 Beef Stew with Vegetables and Potatoes, King Rolls, Side Salad, Cheesecake Bars	5 Birthday Dinner Meatloaf, Mashed Potatoes, Gravy, Dinner Roll, Green Beans, Fruit Cup, Birthday Cake & Ice Cream	6 Kielbasa Stir Fry, Rice, Cornbread, Beet Salad, Blueberry Cupcakes	7 Ultimate Grilled Cheese, Tomato Soup, Dirt Cups
10 Fish Sandwich on Bun, Tarter & Lemon, French Fries, Glazed Carrots, Coleslaw, Rhubarb Cream Cheese Bars	11 Honey Garlic Chicken, Rice, Mixed Veggies, French Bread, Applesauce, Peanut Butter Bars	12 Smoke Chicken Quarter, Corn on the Cob, Cowboy Beans, Cheddar Bay Biscuits, Jell-O w/ Fruit, Sunshine Cake	13 Pizza Bake, Peas, Broccoli Salad, Chocolate Pudding Cake	14 Ham & Bean Soup in Bread Bowl, 7 Layer Salad, Fruit Pizza
17 Baked Ziki, Green Beans, Garlic Bread, Caprese Salad, Blueberry Danish	18 Cheeseburger on Bun, Lettuce & Tomato, Chips & Dip, Pasta Salad, Strawberry Shortcake	19 Salmon, Cheesy Potatoes, Broccoli, Dinner Rolls, Lemon, 7 Bean Salad, Carrot Cake	20 Michigan Summer Chicken Salad, Balsamic Vinaigrette, Herb Bread, Yogurt and Granola, Smores Bars	21 Sloppy Joes on Bun, Chips, Cottage Cheese with Fruit, Tennessee Toffee Ice Cream
24 Fair Week Enjoy Fair Food Brat on Bun, Onions & Relish, Onion Rings, Caramel Apple Slices, Nestle Crunch Bars	25 Pork on Bun, Coleslaw, Potato Salad, Cotton Candy	26 Pork Chops, Roasted Potatoes, Peas, Dinner Rolls, Watermelon Slice, Mexican Wedding Cake	27 Corn Dog, Corn on the Cob, French Fries, Pretzel with Cheese, Snow Cone	28 Chicken Tenders, Loaded Tots, Slice of Watermelon, Caramel Corn
31 King Casserole, Zucchini Salad, Chips and Guacamole, Mexican Ice Cream		Reservations must be made by 3:30 the day before you wish to join us Monday Reservations must be made by Friday@3:30	Menu is Subject to Change Without Notice All changes and updates online at: oceanacoa.com/Calendar In Partnership with Agewell Services	Call OCCOA @ 873-4461 for Reservations