



Support for Adults with Memory Loss and Their Families

• May 2024 Program Schedule •

05/01/24

				Wednesday 1 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Licia for the Brain, Lotus Group 1:00 PM Dance w/Bob & Bernie 1:00-3:00 Art w/Abby 2:15 PM Tia Chi, Writers' Room 3:00 PM Table Stations	Thursday 2 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Lautghter On Call, Men's Group 1:00 PM The Glee 3 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM TV from the Pas	Friday 3 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Travel Australia, Ladies' Lounge 1:00 PM Music w/Irby 2:15 PM Let's Get Crafty, Art w/Abby 3:00 PM You Be the Judge
Monday 6 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM Let's Get Crafty, Storytelling 1:00 PM Bill Bur 2:15 PM Cinco De Mayo Dance, Art w/Abby 3:00 PM Floor Sports	Tuesday 7 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Stoner Pre-Schoolers, Men's Group 1:00 PM Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM Artist - Renoir 3:00 PM Table Stations	Wednesday 8 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Licia for the Brain, Lotus Group 1:00 PM Art in Classical Music 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Floor Sports	Thursday 9 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Music w/Irby, Men's Group 1:00 PM Tom's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM You Be the Judge	Friday 10 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Cranium Crunch, Ladies' Lounge 1:00 PM Brian's Hootenanny 2:15 PM BINGO!, Art w/Abby 3:00 PM Jeopardy		
Monday 13 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM Les the Magician, Storytelling 1:00 PM The Glee 3 2:15 PM Chair Fit w/Paul, Art w/Abby 3:00 PM Floor Sports	Tuesday 14 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Let's Get Crafty, Men's Group 1:00 PM Davitt on Guitar 1:00-3:00 Art w/Abby 2:15 PM Chair Chat 3:00 PM TV from the Past	Wednesday 15 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Licia for the Brain, Lotus Group 1:00 PM About Jazz 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM You Be the Judge	Thursday 16 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM BINGO!, Men's Group 1:00 PM Nathalie on Guitar 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Floor Sports	Friday 17 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM New West Charter High School Quartet, Ladies' Lounge 1:00 PM Shelly's Tunes 2:15 PM Artist - Sargent, Art w/Abby 3:00 PM Table Stations		
Monday 20 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM Stoner Pre-Schoolers, Storytelling 1:00 PM Felice's Dance Party 2:15 PM Artist - Picasso, Art w/Abby 3:00 PM Table Stations	Tuesday 21 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Laughter On Call, Men's Group 1:00 PM Cheryl Plays & Sings 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM Jeopardy	Wednesday 22 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM BINGO!, Lotus Group 1:00 PM Music w/Irby 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM TV from the Past	Thursday 23 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Music w/Irby, Men's Group 1:00 PM Let's Get Crafty 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM You Be the Judge	Friday 24 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Travel California, Ladies' Lounge 1:00 PM Dance w/Bob & Bernie 2:15 PM Tai Chi, Art w/Abby 3:00 PM Floor Sports		
Memorial Day OPICA CLOSED 	Tuesday 28 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM BINGO!, Men's Group 1:00 PM Tom's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM Table Stations	Wednesday 29 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Let's Get Crafty, Lotus Group 1:00 PM Music Mends Minds 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Floor Sports	Thursday 30 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM New West Charter High School Quartet, Men's Group 1:00 PM Davitt on Guitar 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Jeopardy	Friday 31 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Les the Magician, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM Floor Sports, Art w/Abby 3:00 PM Table Stations		