



Support for Adults with Memory Loss and Their Families

• June 2025 Program Schedule •

05/30/25v1

Monday 2 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Laughter on Call, Storytelling 1:00 PM Music Mends Minds 2:15 PM SocialTime Tables, Art w/Abby 3:00 PM Laugh...Learn... Be Inspired TV	Tuesday 3 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Brain Games, Men's Group, Sensory Group 1:00 PM Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM SocialTime Tables 3:00 PM Floor Sports	Wednesday 4 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM SocialTime Tables, StoryKeepers 1:00 PM Dance w/Bob & Bernie 1:00-3:00 Art w/Abby 2:15 PM Tai Chi, Lotus Group 3:00 PM SocialTime Tables	Thursday 5 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, Spanish Group 1:00 PM The Glee Three 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTime Tables	Friday 6 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Let's Get Crafty, Ladies' Lounge 1:00 PM Irby's Cabaret 2:15 PM Women of Jazz by Member John W., Art w/Abby 3:00 PM SocialTime Tables
Monday 9 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Let's Get Crafty, Storytelling 1:00 PM The Glee Three 2:15 PM SocialTime Tables, Art w/Abby 3:00 PM Floor Sports	Tuesday 10 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, Sensory Group 1:00 PM Davitt's Songbook 1:00-3:00 Art w/Abby 2:15 PM SocialTime Tables 3:00 PM Laugh...Learn... Be Inspired TV	Wednesday 11 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Brain Games, StoryKeepers 1:00 PM Bill's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Lotus Group 3:00 PM SocialTime Tables	Thursday 12 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Irby's Cabaret, Men's Group, Spanish Group 1:00 PM Tom's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTime Tables	Friday 13 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM BINGO!, Ladies' Lounge 1:00 PM Brian's Hootenanny 2:15 PM SocialTimes Tables, Art w/Abby 3:00 PM Floor Sports
Monday 16 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Veronica Plays Piano, Storytelling 1:00 PM Felice's Dance Party 2:15 PM SocialTime Tables, Art w/Abby 3:00 PM Laugh...Learn... Be Inspired TV	Tuesday 17 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, Sensory Group 1:00 PM Tom's Songbook 1:00-3:00 Art w/Abby 2:15 PM SocialTime Tables 3:00 PM Floor Sports	Wednesday 18 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM StoryTime Tables, StoryKeepers 1:00 PM Music Mends Minds 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, 3:00 PM SocialTime Tables	Thursday 19 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, Spanish Group 1:00 PM Nathalie's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTime Tables	Friday 20 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Brain Games, Ladies' Lounge 1:00 PM Shelly's Songbook 2:15 PM SocialTime Tables, Art w/Abby 3:00 PM Laugh...Learn... Be Inspired TV
Monday 23 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Brain Games, Storytelling 1:00 PM Bill's Songbook 2:15 PM SocialTime Tables, Art w/Abby 3:00 PM Floor Sports	Tuesday 24 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, Sensory Group 1:00 PM Ese Plays Ukulele 1:00-3:00 Art w/Abby 2:15 PM SocialTime Tables 3:00 PM Laugh...Learn... Be Inspired TV	Wednesday 25 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM BINGO!, StoryKeepers 1:00 PM Irby's Cabaret 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Lotus Group 3:00 PM SocialTime Tables	Thursday 26 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Irby's Cabaret, Men's Group, Spanish Group 1:00 PM Davitt's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTime Tables	Friday 27 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Brain Games, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM SocialTime Tables, Art w/Abby 3:00 PM Floor Sports
Monday 30 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM BINGO!, Storytelling 1:00 PM Irby's Cabaret 2:15 PM SocialTime Tables, Art w/Abby 3:00 PM Laugh...Learn... Be Inspired TV				