Support for Adults with Memory Loss and Their Families

• April 2024 Program Schedule •

03/30/24

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM Laughther on Call, Storytelling 1:00 PM BINGO! 2:15 PM Music Mends Minds, Art w/Abby 3:00 PM You Be the Judge	9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Travel - Scottish Highlands, Men's Group 1:00 PM Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM Tunes from the Tartan 3:00 PM Floor Sports	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 w/Brian, Writers' Room 3:00 PM Table Stations	9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Music w/Mewsic, Men's Group 1:00 PM The Glee 3 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Jeopardy	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 Music w/Irby 2:15 PM TV from the Past, Art w/Abby 3:00 PM Floor Sports
Monday 8	**Tuesday 9**	**Wednesday 10**	**Thursday 11**	**Friday 12**
9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM Stoner Pre-Schoolers Sing!, Storytelling 1:00 PM The Glee 3 2:15 PM TV from the Past, Art w/Abby 3:00 PM Floor Sports	9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Get Crafty!, Men's Group 1:00 PM Davitt on Guitar 1:00-3:00 Art w/Abby 2:15 PM About Humor 3:00 PM You Be the Judge	9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Writers' Room Performance 1:00 PM BINGO! 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian Writers' Room 3:00 PM Floor Sports	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 Table Stations	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 Brian's Hootenanny 2:15 PM Travel - California, Art w/Abby 3:00 PM Jeopardy
Monday 15	**Tuesday 16**	**Wednesday 17**	**Thursday 18**	**Friday 19**
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 Felice's Dance Party 2:15 PM Jeopardy, Art w/Abby 3:00 PM Floor Sports	9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Justin's Didgeridoo, Men's Group 1:00 PM Cheryl Sings Carole King 1:00-3:00 Art w/Abby 2:15 PM Chair Fit w/Paul 3:00 PM TV from the Past	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 40's Music 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM You Be the Judge	9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Music w/Mewsic, Men's Group 1:00 PM Nathalie on Guitar 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Floor Sports	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 Shelly's Tunes 2:15 PM Artistic Impressions, Art w/Abby 3:00 PM Table Stations
Monday 22	**Tuesday 23**	**Wednesday 24**	**Thursday 25**	**Friday 26**
9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM Music w/Irby, Storytelling 1:00 PM 50's Music 2:15 PM Table Stations, Art w/Abby 3:00 PM Floor Sports	9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Passover Event, Men's Group 1:00 PM BINGO! 1:00-3:00 Art w/Abby 2:15 PM Music w/Bill 3:00 PM Jeopardy	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 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	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 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM You Be the Judge	9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Laughter on Call, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM Floor Sports, Art w/Abby 3:00 PM Table Stations
Monday 29	**Tuesday 30**			
9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM New West Charter School Quartet, Storytelling 1:00 PM BINGO! 2:15 PM Chair Fit w/Paul, Art w/Abby 3:00 PM Floor Sports	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 Tom's Songbook 1:00-3:00 Art w/Abby 2:15 PM About Sean Connery 3:00 PM Table Stations			

