



OPICA'S VIRTUAL PROGRAM SCHEDULE

* To learn more about care partners joining groups, please contact Sara Kaye, sara@opica.org or call OPICA's office at 310-478-0226

Key – Program Levels	Early Stage	Support Groups	Mild-Mid Stage	Mid-Late Stage	
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00	* Mindful Art Group 10:00-11:30am	Spousal Support Group 10:15-11:45am			
10:15			Spousal Support Group 10:15-11:45am		
10:30				Adult Children & Spousal Support Group 10:30-12:00pm	*Ladies Lounge 10:30-11:30am
11:00			Storytelling Group 11:00-12:00pm	*Spirit Builders Group 11:00-12:00pm	Friendship Group 11:00-12:00pm
11:30					
12:00	*The Jokers 12:00-1:00pm				
12:30			*Nisei Group 12:30-1:30pm		
1:00	Monday Brain Train 1:00-3:00pm		Wednesday Brain Train 1:00-3:00pm	Thursday Brain Train 1:00-3:00pm	
1:30					
2:00		*Art Class 2:00-3:00pm			
2:30					*Funky Fridays Music Group 2:30-3:30pm
3:00					
3:30				*Art Class 3:30-4:30pm	
4:00					
5:30	Adult Children Support Group 5:30-7:00pm		Adult Children Support Group 5:30-7:00pm		

