



Support for Adults with Memory Loss and Their Families

• April 2025 Program Schedule •

04/04/25v1

	<p>Tues 1</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Little Learners Serenade, Men's Group, Sensory Group 1:00 PM Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM Travel: Nile Cruising 3:00 PM Table Stations</p>	<p>Wednesday 2</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Jessica 11:15 AM Let's Get Crafty! 1:00 PM Dance w/Bob & Bernie 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, StoryKeepers 3:00 PM Laugh, Learn, Be Inspired TV</p>	<p>Thursday 3</p> <p>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 Floor Sports</p>	<p>Friday 4</p> <p>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 Irby's Cabaret 2:15 PM Tai Chi, Art w/Abby 3:00 PM Speed BINGO!</p>
<p>Monday 7</p> <p>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, Storytelling 1:00 PM Dance w/Bob & Bernie 2:15 PM Travel: Canada, Art w/Abby 3:00 PM Speed BINGO!</p>	<p>Tuesday 8</p> <p>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 Readers Theatre 3:00 PM Tai Chi</p>	<p>Wednesday 9</p> <p>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 Bill's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Lotus Group 3:00 PM Table Stations</p>	<p>Thursday 10</p> <p>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 Laugh, Learn, Be Inspired TV</p>	<p>Friday 11</p> <p>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 Brian's Hootenanny 2:15 PM Travel: Meteora, Greece; Art w/Abby 3:00 PM Table Stations</p>
<p>Monday 14</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM BINGO!, Storytelling 1:00 PM The Glee Three 2:15 PM Table Stations w/Licia, Art w/Abby 3:00 PM Laugh, Learn, Be Inspired TV</p>	<p>Tuesday 15</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Passover Celebration 1:00 PM Ese Plays Her Ukulele 1:00-3:00 Art w/Abby 2:15 PM Table Stations 3:00 PM Tai Chi</p>	<p>Wednesday 16</p> <p>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 Antonio's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Lotus Group 3:00 PM Floor Sports</p>	<p>Thursday 17</p> <p>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 Sing Along Songs</p>	<p>Friday 18</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM About Good Friday, Ladies' Lounge 1:00 PM Shelly's Songbook 2:15 PM Tai Chi, Art w/Abby 3:00 PM Table Stations</p>
<p>Monday 21</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM New West Charter HS Quartet, Storytelling 1:00 PM Felice's Dance Party 2:15 PM Table Stations w/Licia, Art w/Abby 3:00 PM Tai Chi</p>	<p>Tuesday 22</p> <p>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 Dance w/Bob & Bernie 1:00-3:00 Art w/Abby 2:15 PM Brain Games 3:00 PM Table Stations</p>	<p>Wednesday 23</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Les the Magician, 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 Floor Sports</p>	<p>Thursday 24</p> <p>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 Chair Chat, Expressive Arts 3:00 PM Table Stations</p>	<p>Friday 25</p> <p>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 Tom's Songbook 2:15 PM Readers Theatre, Art w/Abby 3:00 PM Laugh, Learn, Be Inspired TV</p>
<p>Monday 28</p> <p>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!, Storytelling 1:00 PM Bill's Songbook 2:15 PM Table Stations w/Licia, Art w/Abby 3:00 PM Sing Along Songs</p>	<p>Tuesday 29</p> <p>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 Bill the Magician 3:00 PM Tai Chi</p>	<p>Wednesday 30</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM New West Charter HS Quartet, StoryKeepers 1:00 PM Ese Plays Her Ukulele 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Lotus Group 3:00 PM Table Stations</p>		