

OPICA Presents



There's no place like **OPICA**
OPICA on ZOOM

Activity and Engagement for Seniors

Oz is a daily interactive program for older adults, and those experiencing memory loss, easily accessible from a single zoom link.

10:00am - 2:00pm Monday through Friday

OZ engages seniors with activities including exercise, cultural adventures, cognitive activities, home art experiences, and musical engagement and performances.

Daily Schedule:

10:00am- 10:30am- Welcome!

Orientation (day, date, time, current events), Cognitive warm ups.

10:30-11:00 Exercise!

(Chair exercises, yoga, tai chi and more)

11:00-12:00 Culture/Cognitive Hour

(Armchair travel, Art and music appreciation, interactive Game Show, Family and cultural spotlight, and more!)

12:00-1:00 Lunchtime Companionship

(OPICA staff and/or MFT trainees are available for group or individual conversation and support)

1:00-2:00 Arts Hour

Musical entertainers, hands on art activities, Art and music enrichment

Membership/Subscription: \$149 per month
(includes access to 20 hours per week of OZ programming)

For more information contact Sara at sara@opica.org or 424.278.4295



OPICA Adult Day Program & Counseling Center 11759 Missouri Ave., Los Angeles, CA 90025 (310) 478-0226 www.opica.org