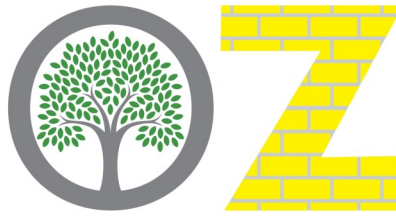


# OPICA Presents



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](mailto:sara@opica.org) or 424.278.4295

