



**SUPPORT FOR ADULTS WITH MEMORY LOSS  
AND THEIR FAMILIES**

**SEPTEMBER 2017 Program Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Ongoing Daily Activities:</b> <b>9:00 – 10:00 Social time: meet, greet &amp; eat</b> <b>10:00 - 10:15 Warm-up</b> <b>12:00 - 1:00 Lunch</b> <b>2:00 - 2:15 Snack</b>	<b>Programs subject to change without notice</b>  <i>Italics denote simultaneous activities</i>			10:15 <i>Labor Day Reminiscing Ladies' lounge</i> 11:00 <i>Laughter exercise Friendship group</i> 1:00 <i>Felice's afternoon dance Art</i> 2: 00 <i>Art lounge</i> 2:15 <i>Games and puzzles</i> 2.45 <i>Sing along Afternoon dance</i>
<b>OPICA is closed Enjoy your labor day</b>  4	10:15 <i>You be the judge Yiddish group</i> 11:00 <i>Walk &amp; strengthen Friendship group</i> 1:00 <i>Musical memories Reminiscing w/ Jack</i> 2:15 <i>Yoga with Elizabeth</i> 2:45 <i>Sing along Afternoon dance Table games</i>  5	10:15 <i>Play a game of darts</i> 11:00 <i>Emergency drill Fit and fabulous/ Laughter yoga Story telling group</i> 1:00 <i>Tom's eclectic songbook Art</i> 2:15 <i>Yoga, Nisei group</i> 2:45 <i>Sing along Afternoon dance</i>  6	10:15 <i>Art: bright and bold</i> 11:00 <i>Take control with exercise Music group</i> 1:00 <i>Jeff's jumpin' piano</i> 2:15 <i>Tai Chi with Brian</i> 2:45 <i>Sing along Afternoon dance Table games</i>  7	10:15 <i>Fall activities on the patio Ladies' lounge</i> 11:00 <i>Laughter exercise Friendship group</i> 1:00 <i>Ping pong Art</i> 2:15 <i>Games and puzzles</i> 2: 45 <i>Sing along Afternoon dance</i>  8
10:15 <i>Brain fitness with Kim</i> 11:00 <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i> 1:00 <i>Bingo Art Music group</i> 2:15 <i>Tai Chi with Iren</i> 2:45 <i>Sing along Afternoon dance Table games</i>  11	10:15 <i>Fall art Yiddish group</i> 11:00 <i>Walk &amp; strengthen Friendship group</i> 1:00 <i>Memory enhancement with Larry Reminiscing w/ Jack</i> 2:15 <i>Yoga with Elizabeth</i> 2:45 <i>Sing along Afternoon dance Table games</i>  12	10:15 <i>Fall inot fall</i> 11:00 <i>Fit and fabulous/ Laughter yoga Story telling group</i> 1:00 <i>Irby swings the classics Art</i> 2:15 <i>Yoga, Nisei group</i> 2:45 <i>Sing along Afternoon dance Table games</i>  13	10:15 <i>September flowers</i> 11:00 <i>Take control with exercise Music group</i> 1:00 <i>CCStrummers ukelele extravaganza</i> 2:15 <i>Tai Chi with Brian</i> 2:45 <i>Sing along Afternoon dance Table games</i>  14	10:15 <i>Celebrate the Jewish Holidays Ladies' lounge</i> 11:00 <i>Laughter exercise Friendship group</i> 1:00 <i>Ron J sings the Classics, Art</i> 2: 00 - 3:30 <i>Art lounge</i> 2:15 <i>Games and puzzles</i> 2.45 <i>Sing along Afternoon dance</i>  15
10:15 <i>Brain fitness with Kim</i> 11:00 <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i> 1:00 <i>Bingo Art Music group</i> 2:15 <i>Tai Chi with Iren</i> 2:45 <i>Sing along Afternoon dance Table games</i>  18	10:15 <i>Word games Yiddish group</i> 11:00 <i>Walk &amp; strengthen Friendship group</i> 1:00 <i>Kristina's dance Therapy Reminiscing with Jack</i> 2:15 <i>Yoga with Elizabeth</i> 2:45 <i>Sing along Afternoon dance Table games</i>  19	10:15 <i>Sing sing sing</i> 11:00 <i>Fit and fabulous/ Laughter yoga Story telling group</i> 1:00 <i>Joey's afternoon song and dance Art</i> 2:15 <i>Yoga, Nisei group</i> 2:45 <i>Sing along Afternoon dance Table games</i>  20	10:15 <i>Volleyball</i> 11:00 <i>Take control with exercise Music group</i> 1:00 <i>Doug plays ragtime</i> 2:15 <i>Tai Chi with Brian</i> 2:45 <i>Sing along Afternoon dance Table games</i>  21	10:15 <i>Food for thought Ladies' lounge</i> 11:00 <i>Laughter exercise Friendship group</i> 1:00 <i>Dance party with Arnel Art</i> 2: 00- 3:30 <i>Art lounge</i> 2:15 <i>Games and puzzles</i> 2.45 <i>Sing along Afternoon dance</i>  22
10:15 <i>Brain fitness with Kim</i> 11:00 <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i> 1:00 <i>Bingo Art Music group</i> 2:15 <i>Tai Chi with Iren</i> 2:45 <i>Sing along Afternoon dance Table games</i>  25	10:15 <i>Memory enhancement with Larry Yiddish group</i> 11:00 <i>Walk &amp; strengthen Friendship group</i> 1:00 <i>Sport for all Reminiscing w/ Jack</i> 2:15 <i>Yoga with Elizabeth</i> 2:45 <i>Sing along Afternoon dance Table games</i>  26	10:00 <i>Mind stretches</i> 11:00 <i>Fit and fabulous/ Laughter yoga Story telling group</i> 1:00 <i>Bruce's laidback tunes Art</i> 2:15 <i>Yoga, Nisei group</i> 3:00 <i>Sing along Afternoon dance Table games</i>  27	10:15 <i>Spa day</i> 11:00 <i>Take control with exercise Music group</i> 1:00 <i>Les' afternoon magic show</i> 2:15 <i>Tai Chi with Brian</i> 2:45 <i>Sing along Afternoon dance Table games</i>  28	10:15 <i>Down memory lane Ladies' lounge</i> 11:00 <i>Laughter exercise Friendship group</i> 1:00 <i>Brian's afternoon hootenanny Art</i> 2: 00 - 3:30 <i>Art lounge</i> 2:15 <i>Games and puzzles</i> 2.45 <i>Sing along Afternoon dance</i>  28