





# OPICA

## SUPPORT FOR ADULTS WITH MEMORY LOSS AND THEIR FAMILIES

### DECEMBER 2018 Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
10:15 - Brain fitness with Kim 11:00 - <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i> 1:00 - <i>Bingo Art w/Abby Music group</i> 2:15 - Tai Chi with Iren 2:45 - Delightful Piano with Malou 3	10:15 - Ron Murrisey <i>Spirit Builders</i> 11:00 - <i>Walk &amp; strengthen Friendship group</i> 1:00 - Jeff's Jumping piano <i>Open art studio Men's group</i> 2:15 - Yoga w/Elizabeth 2:45 - Sing along with Malou 4:00 - Table games 4	10:15 - Trim the tree a discussion. 11:00 - <i>Fit and fabulous/ Laughter yoga Story telling group</i> 1:00 - Tom's Eclectic songbook <i>Art w/Abby</i> 2:15 - <i>Yoga, Nisei group</i> 2:45 - Piano concert with Malou Afternoon dance 5	10:15 - Hanukkah Celebration 11:00 - <i>Take control with exercise Music group</i> 1:00 Great music with Merrily and John 2:15 - <i>Tai Chi with Brian Art lounge</i> 2:45 - Sing along with Malou 4:00 - Video 6	10:15 - Rock & Rhythms <i>Ladies' lounge</i> 11:00 - Ping Pong <i>Friendship group</i> 1:00 - Brian's afternoon Hootenanny <i>Art w/Abby</i> 2.15 - <i>Art lounge / Video</i> 2.45 - Sing along with Malou / Table Games 7
10:15 - Brain fitness with Kim 11:00 - <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i> 1:00 - <i>Bingo Art w/Abby Music group</i> 2:15 - Tai Chi with Iren 2:45 - Delightful Piano with Malou 10	10:15 - Little learners Ron Murrisey <i>Spirit Builders</i> 11:00 - Emergency drill/ <i>Walk &amp; strengthen Friendship group</i> 1:00 - Memory Enhancement w/Larry <i>Open art studio Men's group</i> 2:15 - Yoga w/Elizabeth 2:45 - Sing along w/Malou 4:00 - Table games 11	10:15 - Designed boxes 11:00 - <i>Fit and fabulous/ Laughter yoga Story telling group</i> 1:00 - Nathalie's sweet melodies <i>Art w/Abby</i> 2:15 - <i>Yoga, Nisei group</i> 2:45 - Piano concert with Malou Afternoon dance 13	10:15 - California snow people 11:00 - <i>Take control with exercise Music group</i> 1:00 - Matt's Motown Magic 2:15 - <i>Tai Chi with Brian Art lounge</i> 2:45 - Sing along with Malou 4:00 - Video 13	10:15 - Volleyball <i>Ladies' lounge</i> 11:00 - <i>Laughter exercise Friendship group</i> 1:00 - Bob and Bernie's Sweet songs <i>Art w/Abby</i> 2.15 - <i>Art lounge / Video</i> 2.45 - Sing along with Malou / Table Games 14
10:15 - Brain fitness 11:00 - <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i> 1:00 - <i>Bingo Art w/Abby Music group</i> 2:15 - Tai Chi with Iren 2:45 - Delightful Piano And sing along with Malou 17	10:15 - Ron Murrisey <i>Spirit Builders</i> 11:00 - <i>Walk &amp; strengthen Friendship group</i> 1:00 - Lifted Voices sweet melodies <i>Open art studio Men's group</i> 2:15 - Yoga w/Elizabeth 2:45 - Sing along with Malou 4:00 - Art 18	10:15 - Little Learners Christmas cards 11:00 - <i>Fit and fabulous/ Laughter yoga Story telling group</i> 1:00 - Felice's Christmas Party <i>Art w/Abby</i> 2:15 - <i>Yoga, Nisei group</i> 2:45 - Piano Concert with Malou 19	10:15 - Decorate your personal tree 11:00 - <i>Take control w/ exercise/ Music group</i> 1:00 - Less' Magical Show 2:15 - <i>Tai Chi with Brian Art lounge</i> 2:45 - Sing Along with Malou 4:00 - Table Games 21	10:15 - <i>Christmas Story Ladies' lounge</i> 11:00 - <i>Laughter exercise Friendship group</i> 1:00 - <i>Susy and Brad's Holiday show Art w/Abby</i> 2:15 - <i>Art lounge Video</i> 2.45 - Piano playing with Malou / Table Games 21
10:15 - Brain fitness 11:00 - <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i> 1:00 - <i>Bingo Art w/Abby Music group</i> 2:00 - HOME 24	 <p>OPICA IS CLOSED</p> 25	10:15 - Let's Dance activities 11:00 - <i>Fit and fabulous/ Laughter yoga Story telling group</i> 1:00 - Amy's wonderful flute <i>Art w/Abby</i> 2:15 - <i>Yoga, Nisei group</i> 2:45 - piano concert w/Malou Tablegames 26	10:15 - Spa Day 11:00 - <i>Take control w/ Exercise Music group</i> 1:00 - Ross' Folk Music 2:15 - <i>Tai Chi with Brian Art lounge</i> 2:45 - Sing Along with Malou 4:00 - Table Games 27	10:15 - <i>New Year's Eve Gala Ladies' lounge</i> 11:00 - <i>Laughter exercise Friendship group</i> 1:00 - Joey's afternoon party <i>Art w/Abby</i> 2:15 - <i>Art lounge Video</i> 2.45 - Piano playing with Malou / Table Games 28
10:15 - Brain fitness 11:00 - <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i> 1:00 - <i>Bingo Art w/Abby Music group</i> 2:00 - HOME 31		Programs subject to change without Notice  <i>Italics denote simultaneous activities</i>	<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>	