




Monday	Tuesday	Wednesday	Thursday	Friday
<p>Programs subject to change without Notice</p> <p><i>Italics denote simultaneous activities</i></p>  <p>Happy Mother's Day !</p>	<p>Ongoing daily activities</p> <p>9:00 - 10:00 Social time: meet, greet and eat 10:00 - 10:15 Warm-up</p> <p>12:00 - 1:00 Lunch</p> <p>2:00 - 2:15 Snack</p>	<p>10:15 Mind Stretchers 11:00 <i>Fit and Fabulous Laughter Yoga</i> <i>Story telling group</i> 1:00 <i>Tom's eclectic songbook</i> <i>Art w/Abby</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Nisei group w/Juliet</i> 2:45 Piano concert w/ Malou and Moo</p>	<p>10:15 L A Zoo at Opica 11:00 <i>Take control with exercise</i> <i>Music group</i> 1:00 <i>Nathalie's French Melodies</i> 2:15 <i>Tai chi w/Brian</i> <i>Art Lounge</i> 2:45 Sing Along w/Malou and Moo 4:00 Video</p>	<p>10:15 <i>5 de Mayo Dance Party</i> <i>Ladies' Lounge</i> 11:00 <i>Laughter exercise</i> <i>Friendship group</i> 1:00 <i>Mindy Cheng</i> <i>Solo Piano Concert</i> <i>Art w/Abby</i> 2:15 <i>Video</i> <i>Art Lounge</i> 2:45 Sing along w/Malou Table games</p>
<p>10:15 Brain fitness w/Julie 11:00 <i>Flex & stretch/ Laughter yoga</i> <i>Wildcats social club</i> <i>Bingo / Art w/Abby</i> 1:00 <i>Music group</i> <i>Tai Chi w/Iren</i> 2:15 <i>Open Art Studio</i> <i>Delightful Piano w/ Malou and Moo</i> and sing along</p>	<p>10:15 <i>Let's Play Darts</i> <i>Spirit Builders</i> 11:00 <i>Walk & strengthen</i> <i>Friendship group</i> 1:00 CC Strummers' Spectacular Ukulele Show <i>Open Art Studio</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Men's group</i> 2:45 Sing along w/Malou 4:00 Table games</p>	<p>10:15 Little Learners / Spa Day 11:00 <i>Fit and Fabulous Laughter Yoga</i> <i>Story telling group</i> 1:00 <i>Mike and Carol Ann</i> <i>Sweet songs</i> <i>Art w/Abby</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Nisei group w/Juliet</i> 2:45 Piano concert w/ Malou and Moo</p>	<p>10:15 Volleyball 11:00 <i>Take control with exercise</i> <i>Music group</i> 1:00 Matt's Motown Music 2:15 <i>Tai chi w/Brian</i> <i>Art Lounge</i> 2:45 Sing Along w/Malou and Moo 4:00 Video</p>	<p>10:15 Mother's Day Reminiscing <i>Ladies' Lounge</i> 11:00 <i>Laughter exercise</i> <i>Friendship group</i> 1:00 <i>Brian's afternoon</i> <i>Hootenanny</i> <i>Art w/Abby</i> 2:15 <i>Video</i> <i>Art Lounge</i> 2:45 Sing along w/Malou Table games</p> 
<p>10:15 Brain fitness w/Julie 11:00 <i>Emergency Drill / Flex & stretch/ Laughter yoga</i> <i>Wildcats social club</i> 1:00 <i>Bingo / Art w/Abby</i> <i>Music group</i> 2:15 <i>Tai Chi w/Iren</i> <i>Open Art Studio</i> 2:45 <i>Delightful Piano w/ Malou and Moo</i> and sing along</p>	<p>10:15 <i>Ron Murrissety</i> <i>Spirit Builders</i> 11:00 <i>Walk & strengthen</i> <i>Friendship group</i> 1:00 <i>Memory enhancement with Larry</i> <i>Open Art Studio</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Men's group</i> 2:45 Sing along w/Malou 4:00 Table games</p>	<p>10:15 Bruce's laidback tunes 11:00 <i>Fit and Fabulous Laughter Yoga</i> <i>Story telling group</i> 1:00 OPICA'S TALENT SHOW <i>Art w/Abby</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Nisei group w/Juliet</i> 2:45 Piano concert w/ Malou and Moo</p>	<p>10:15 The beauty of Butterflies 11:00 <i>Take control with exercise</i> <i>Music group</i> 1:00 Lee Hann's Afternoon Cabaret 2:15 <i>Tai chi w/Brian</i> <i>Art Lounge</i> 2:45 Sing Along w/Malou and Moo 4:00 Video</p>	<p>10:15 <i>Creative Collage</i> <i>Ladies' Lounge</i> 11:00 <i>Laughter exercise</i> <i>Friendship group</i> 1:00 <i>Felice's afternoon Party</i> <i>Art w/Abby</i> 2:15 <i>Video</i> <i>Art Lounge</i> 2:45 Sing along w/Malou Table games</p>
<p>10:15 Brain fitness w/Julie 11:00 <i>Flex & stretch/ Laughter yoga</i> <i>Wildcats social club</i> 1:00 <i>Bingo / Art w/Abby</i> <i>Music group</i> 2:15 <i>Tai Chi w/Iren</i> <i>Open Art Studio</i> 2:45 <i>Delightful Piano w/ Malou and Moo</i> and sing along</p>	<p>10:15 <i>Ron Murrissety</i> <i>Spirit Builders</i> 11:00 <i>Walk & strengthen</i> <i>Friendship group</i> 1:00 Those Fair Ladies <i>Open Art Studio</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Men's group</i> 2:45 Sing along w/Malou 4:00 Table games</p>	<p>10:15 Remembering U. S. A. Presidents 11:00 <i>Fit and Fabulous Laughter Yoga</i> <i>Story telling group</i> 1:00 <i>Irby swings the classics</i> <i>Art w/Abby</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Nisei group w/Juliet</i> 2:45 Piano concert w/ Malou and Moo</p>	<p>10:15 Little Learners / Letters of Love 11:00 <i>Take control with exercise</i> <i>Music group</i> 1:00 Arnel's afternoon Fiesta 2:15 <i>Tai chi w/Brian</i> <i>Art Lounge</i> 2:45 Sing Along w/Malou and Moo 4:00 Video</p>	<p>10:15 <i>Honoring Memorial Day</i> <i>Ladies' Lounge</i> 11:00 <i>Laughter exercise</i> <i>Friendship group</i> 1:00 <i>Bob and Bernie's sweet songs</i> <i>Art w/Abby</i> 2:15 <i>Video</i> <i>Art Lounge</i> 2:45 Sing along w/Malou Table games</p>
 <p>HAPPY MEMORIAL DAY</p> <p>OPICA IS CLOSED</p>	<p>10:15 <i>Ron Murrissety</i> <i>Spirit Builders</i> 11:00 <i>Walk & strengthen</i> <i>Friendship group</i> 1:00 <i>Memory enhancement with Larry</i> <i>Open Art Studio</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Men's group</i> 2:45 Sing along w/Malou 4:00 Table games</p>	<p>10:15 Down Memory Lane 11:00 <i>Fit and Fabulous Laughter Yoga</i> <i>Story telling group</i> 1:00 <i>Joyful Boogie</i> <i>Art w/Abby</i> 2:15 <i>Yoga w/Elizabeth</i> <i>Nisei group w/Juliet</i> 2:45 Piano concert w/ Malou and Moo</p>	<p>10:15 Traveling the USA <i>Mind gymnastics</i> 11:00 <i>Take control with exercise</i> <i>Music group</i> 1:00 Joey's Musical Afternoon 2:15 <i>Tai chi w/Brian</i> <i>Art Lounge</i> 2:45 Sing Along w/Malou and Moo 4:00 Video</p>	<p>10:15 <i>Springtime on the Patio</i> <i>Ladies' Lounge</i> 11:00 <i>Laughter exercise</i> <i>Friendship group</i> 1:00 <i>Less' Magic Show</i> <i>Art w/Abby</i> 2:15 <i>Video</i> <i>Art Lounge</i> 2:45 Sing along w/Malou Table games</p>