



# And Their Families

## •September 2023 Program Schedule•



<b>Friday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet with Diane 11:15 AM Astronomy <b>Ladies Lounge</b> 1:00 PM Irby! 2:15 PM Art w/Abby <b>Table Stations</b> 1				
<b>Monday</b> 9:00 AM 10:00 AM 10:30 AM <b>Labor Day</b> 11:15 AM 1:00 PM 2:15 PM 4	<b>Tuesday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Doria 11:15 AM Laughter on Call <b>Men's Group</b> 1:00 PM Felice's Dance Party Art w/Abby 2:15 PM Tai Chi w/Brian 5	<b>Wednesday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Elizabeth 11:15 AM Live with Louise <b>Lotus Group</b> 1:00 PM Bob & Bernie 2:15 PM Art w/Abby <b>Artistic Impressions</b> 6	<b>Thursday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Doria 11:15 AM Mewsic 1:00 PM Glee 3 2:15 PM Tai Chi with Rita 7	<b>Friday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet with Diane 11:15 AM ACT: Romania <b>Ladies Lounge</b> 1:00 PM Brian's Hootenanny 2:15 PM Art w/Abby <b>Table Stations</b> 8
<b>Monday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet with Diane 11:15 AM Music Mends Minds 1:00 PM Les the Magician 2:15 PM Art w/Abby <b>Table Stations</b> 11	<b>Tuesday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Doria 11:15 AM History of T.V <b>Men's Group</b> 1:00 PM Davitt Felder Art w/Abby 2:15 PM Tai Chi w/Brian 12	<b>Wednesday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Elizabeth 11:15 AM Live with Lousie <b>Lotus Group</b> 1:00 PM Bingo! 2:15 PM Art w/Abby <b>Artistic Impressions</b> 13	<b>Thursday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Doria 11:15 AM Mewsic 1:00 PM Tom's Songbook 2:15 PM Tai Chi with Rita 14	<b>Friday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet with Diane 11:15 AM Motown <b>Ladies Lounge</b> 1:00 PM Shelly's Tunes 2:15 PM Art w/Abby <b>Table Stations</b> 15
<b>Monday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet with Diane 11:15 AM Laughter on Call 1:00 PM Tom's Songbook 2:15 PM Art w/Abby <b>Table Stations</b> 18	<b>Tuesday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Doria 11:15 AM The Beatles <b>Men's Group</b> 1:00 PM Bingo! Art w/Abby 2:15 PM Tai Chi w/Brian 19	<b>Wednesday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Elizabeth 11:15 AM Live with Louise <b>Lotus Group</b> 1:00 PM Bill Bur 2:15 PM Art w/Abby <b>Artistic Impressions</b> 20	<b>Thursday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Doria 11:15 AM Mewsic 1:00 PM Nathalie 2:15 PM Tai Chi with Rita 21	<b>Friday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet with Diane 11:15 AM Music Mends Minds <b>Ladies Lounge</b> 1:00 PM Begoña 2:15 PM Art w/Abby <b>Table Stations</b> 22
<b>Monday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet with Diane 11:15 AM Doo Wop 1:00 PM Bingo! 2:15 PM Art w/Abby <b>Table Stations</b> 25	<b>Tuesday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Doria 11:15 AM ACT: Spain <b>Men's Group</b> 1:00 PM Les the Magician Art w/Abby 2:15 PM Tai Chi w/Brian 26	<b>Wednesday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Elizabeth 11:15 AM Live with Louise <b>Lotus Group</b> 1:00 PM Irby 2:15 PM Art w/Abby <b>Artistic Impressions</b> 27	<b>Thursday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Doria 11:15 AM Mewsic 1:00 PM Davitt Felder 2:15 PM Tai Chi with Rita 28	<b>Friday</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet with Diane 11:15 AM ACT: Alaska <b>Ladies Lounge</b> 1:00 PM Tom's Songbook 2:15 PM Art w/Abby <b>Table Stations</b> 29