

## And Their Families •November 2023 Program Schedule •

		Wednesday	Thursday	Friday
		9:00 AM Coffee and Chat	9:00 AM Coffee and Chat	9:00 AM Coffee and Chat
		10:00 AM Welcome to OPICA	10:00 AM Welcome to OPICA	10:00 AM Welcome to OPICA
		10:30 AM Yoga with Elizabeth	10:30 AM Yoga with Doria	10:30 AM Ballet with Diane
		11:15 AM Member's Choice	11:15 AM Mewsic	11:15 AM Fall Festivities
		Lotus Group	1:00 PM Glee 3	Ladies Lounge
		1:00 PM Bob & Bernie	2:15 PM Tai Chi with Rita	1:00 PM Irby!
		2:15 PM Art w/Abby		2:15 PM Art w/Abby
		Writer's Room		Table Stations
	I	1	2	3
Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM Coffee and Chat	9:00 AM Coffee and Chat	9:00 AM Coffee and Chat	9:00 AM Coffee and Chat	9:00 AM
10:00 AM Welcome to OPICA	10:00 AM Welcome to OPICA	10:00 AM Welcome to OPICA	10:00 AM Welcome to OPICA	10:00 AM
10:30 AM Ballet with Diane	10:30 AM Yoga with Doria	10:30 AM Yoga with Elizabeth	10:30 AM Yoga with Doria	10:30 AM Veteran's
11:15 AM Cranium Crunch	11:15 AM Brain Fitness	11:15 AM Cranium Crunch	11:15 AM Mewsic	11:15 AM <b>Day</b>
1:00 PM Bingo!	Men's Group	Lotus Group	1:00 PM Tom's Songbook	1:00 PM
2:15 PM <b>Art w/Abby</b>	1:00 PM Art w/Abby	1:00 PM Bill Bur	2:15 PM Tai Chi with Rita	2:15 PM
Table Stations	Felice's Dance Party	2:15 PM Art w/Abby		
	2:15 PM Tai Chi w/Brian	Writer's Room		
6		8	9	10
Monday	Tuesday	Wednesday	Thursday	Friday
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9:00 AM Coffee and Chat	9:00 AM Coffee and Chat	9:00 AM Coffee and Chat	9:00 AM Coffee and Chat	9:00 AM Coffee and Chat
10:00 AM Welcome to OPICA	10:00 AM Welcome to OPICA	10:00 AM Welcome to OPICA	10:00 AM Welcome to OPICA	10:00 AM Welcome to OPICA
10:30 AM Ballet with Diane	10:30 AM Yoga with Doria	10:30 AM Yoga with Elizabeth	10:30 AM Yoga with Doria	10:30 AM Ballet with Diane
11:15 AM Laughter on Call	11:15 AM Crainium Crunch	11:15 AM Brain Fitness	11:15 AM Mewsic	11:15 AM Cranium Crunch
1:00 PM Glee 3	Men's Group	Lotus Group	1:00 PM Nathalie's Guitar	Ladies Lounge
2:15 PM Art w/Abby	1:00 PM Art w/Abby	1:00 PM Bingo!	2:15 PM Tai Chi with Rita	1:00 PM Shelly's Tunes
Table Stations	Davitt Felder	2:15 PM Art w/Abby		2:15 PM Art w/Abby
10	2:15 PM Tai Chi w/Brian	Writer's Room	16	Table Stations
13		15	16	17
Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM Coffee and Chat	9:00 AM Coffee and Chat	9:00 AM Coffee and Chat	9:00 AM	9:00 AM
10:00 AM Welcome to OPICA	10:00 AM Welcome to OPICA	10:00 AM Welcome to OPICA	10:00 AM	10:00 AM
10:30 AM Ballet with Diane	10:30 AM Yoga with Doria	10:30 AM Yoga with Elizabeth	10:30 AM Thanksgiving	10:30 AM Thanksgiving
11:15 AM Brain Fitness	11:15 AM Laughter on Call	11:15 AM Cranium Crunch	11:15 AM	11:15 AM
1:00 PM Felice's Dance Party	Men's Group	Lotus Group	1:00 PM	1:00 PM
2:15 PM Art w/Abby	1:00 PM Art w/Abby	1:00 PM Irby!	2:15 PM	2:15 PM
Table Stations	Bingo!	2:15 PM Art w/Abby		
	2:15 PM Tai Chi w/Brian	Writer's Room		
20	21	22	23	24
Monday	Tuesday	Wednesday	Thursday	
9:00 AM Coffee and Chat	9:00 AM Coffee and Chat	9:00 AM Coffee and Chat	9:00 AM Coffee and Chat	44
10:00 AM Welcome to OPICA	10:00 AM Welcome to OPICA	10:00 AM Welcome to OPICA	10:00 AM Welcome to OPICA	The same of the same of
10:30 AM Ballet with Diane	10:30 AM Yoga with Doria	10:30 AM Yoga with Elizabeth	10:30 AM Yoga with Doria	100
11:15 AM Cranium Crunch	11:15 AM Cranium Crunch	11:15 AM Brain Fitness	11:15 AM Mewsic	
1:00 PM Bingo!	Men's Group	Lotus Group	1:00 PM Davitt Felder	
2:15 PM Art w/Abby	1:00 PM Art w/Abby	1:00 PM Tom's Songbook	2:15 PM Tai Chi with Rita	
Table Stations	Les the Magician	2:15 PM Art w/Abby		
	2:15 PM Tai Chi w/Brian	Writer's Room		हारा ४ हा चिच
27	28	29	30	