



And Their Families

• November 2023 Program Schedule •



		<p>Wednesday</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Elizabeth 11:15 AM Member's Choice Lotus Group 1:00 PM Bob & Bernie 2:15 PM Art w/Abby Writer's Room</p>	<p>Thursday</p> <p>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</p>	<p>Friday</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet with Diane 11:15 AM Fall Festivities Ladies Lounge 1:00 PM Irby! 2:15 PM Art w/Abby Table Stations</p>
<p>Monday</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet with Diane 11:15 AM Cranium Crunch 1:00 PM Bingo! 2:15 PM Art w/Abby Table Stations</p>	<p>Tuesday</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Doria 11:15 AM Brain Fitness Men's Group 1:00 PM Art w/Abby Felice's Dance Party 2:15 PM Tai Chi w/Brian</p>	<p>Wednesday</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Elizabeth 11:15 AM Cranium Crunch Lotus Group 1:00 PM Bill Bur 2:15 PM Art w/Abby Writer's Room</p>	<p>Thursday</p> <p>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</p>	<p>Friday</p> <p>9:00 AM 10:00 AM 10:30 AM Veteran's Day 11:15 AM 1:00 PM 2:15 PM</p>
<p>Monday</p> <p>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 Glee 3 2:15 PM Art w/Abby Table Stations</p>	<p>Tuesday</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Doria 11:15 AM Cranium Crunch Men's Group 1:00 PM Art w/Abby Davitt Felder 2:15 PM Tai Chi w/Brian</p>	<p>Wednesday</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Elizabeth 11:15 AM Brain Fitness Lotus Group 1:00 PM Bingo! 2:15 PM Art w/Abby Writer's Room</p>	<p>Thursday</p> <p>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's Guitar 2:15 PM Tai Chi with Rita</p>	<p>Friday</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet with Diane 11:15 AM Cranium Crunch Ladies Lounge 1:00 PM Shelly's Tunes 2:15 PM Art w/Abby Table Stations</p>
<p>Monday</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet with Diane 11:15 AM Brain Fitness 1:00 PM Felice's Dance Party 2:15 PM Art w/Abby Table Stations</p>	<p>Tuesday</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Doria 11:15 AM Laughter on Call Men's Group 1:00 PM Art w/Abby Bingo! 2:15 PM Tai Chi w/Brian</p>	<p>Wednesday</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga with Elizabeth 11:15 AM Cranium Crunch Lotus Group 1:00 PM Irby! 2:15 PM Art w/Abby Writer's Room</p>	<p>Thursday</p> <p>9:00 AM 10:00 AM 10:30 AM Thanksgiving 11:15 AM 1:00 PM 2:15 PM</p>	<p>Friday</p> <p>9:00 AM 10:00 AM 10:30 AM Thanksgiving 11:15 AM 1:00 PM 2:15 PM</p>
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