



## OPICA'S VIRTUAL PROGRAM SCHEDULE

\* To learn more about care partners joining groups, please contact Emily Campbell, [emilyc@opica.org](mailto:emilyc@opica.org) or call OPICA's office at 310-478-0226

| TIME  | MONDAY  | TUESDAY                                      | WEDNESDAY  | THURSDAY   | FRIDAY                                  |
|-------|---|--|--|--|---|
| 10:00 |   | Spousal Support Group<br>10:00 am - 11:30 am |  |  |   |
| 10:15 |   |  | Spousal Support Group<br>10:15 am - 11:45 am         |  |   |
| 10:30 |   | Spousal Support Group<br>10:30 am - 12:00 pm |  | Adult Children & Spousal<br>Support Group<br>10:30 am - 12:00 pm |   |
| 11:00 |   |  |  | *Spirit Builders Group<br>11:00 am - 12:00 pm                    |   |
| 11:30 | <b>OZ PROGRAM</b><br>10:00 am – 2:00 pm           | <b>OZ PROGRAM</b><br>10:00 am – 2:00 pm      | <b>OZ PROGRAM</b><br>10:00 am – 2:00 pm              | <b>OZ PROGRAM</b><br>10:00 am – 2:00 pm                          | <b>OZ PROGRAM</b><br>10:00 am – 2:00 pm |
| 12:00 | See information on <u>OZ</u>                      | See information on <u>OZ</u>                 | See information on <u>OZ</u>                         | See information on <u>OZ</u>                                     | See information on <u>OZ</u>            |
| 12:30 |   |  |  | Spousal Support Group<br>12:30pm – 2:00pm (New<br>Group)         |   |
| 1:00  | Monday Friendship Group<br>1:00 pm - 3:00 pm      |  | Wednesday Brain Train<br>1:30 pm - 3:30 pm           |  |   |
| 2:00  |   |  |  |  |   |
| 2:30  |   |  |  |  |   |
| 3:30  |   |  |  | *Art Class<br>3:30 pm - 4:30 pm                                  |   |
| 4:30  |   |  |  |  |   |
| 5:30  | Adult Children Support Group<br>5:30 pm - 7:00 pm |  | Adult Children Support<br>Group 5:30 pm - 7:00<br>pm |  |   |
| 7:00  |   |  |  | Adult Children Support<br>Group 7:00 pm – 8:30 pm                |   |

|                               |                    |                           |                           |                           |                        |                           |
|-------------------------------|--------------------|---------------------------|---------------------------|---------------------------|------------------------|---------------------------|
| <b>Key:</b><br>Program Levels | <b>Early Stage</b> | <b>Support<br/>Groups</b> | <b>Mild-Mid<br/>Stage</b> | <b>Mid-Late<br/>Stage</b> | <b>OZ<br/>PROGRAMS</b> | <b>Monday-<br/>Friday</b> |
|-------------------------------|--------------------|---------------------------|---------------------------|---------------------------|------------------------|---------------------------|