



# Support for Adults with Memory Loss and Their Families

## • January 2024 Program Schedule •

<b>Monday 1</b> 9:00 AM 10:00 AM <b>NEW YEAR'S DAY HOLIDAY -CLOSED-</b> 10:30 AM 11:15 AM 1:00 PM 2:15 PM	<b>Tuesday 2</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM BINGO!, Men's Group 1:00 PM Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian	<b>Wednesday 3</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Travel to France, Lotus Group 1:00 PM Dance w/Bob & Bernie, 1:00-3:00 Art w/Abby 2:15 PM Artistic Impressions, Writers' Room	<b>Thursday 4</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Music w/Mewsic 1:00 PM Glee 3 Music 2:15 PM Tai Chi w/Rita	<b>Friday 5</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Sports 4 All, Ladies' Lounge 1:00 PM Sing w/Irby 2:15 PM Name That Show!, Art w/Abby
<b>Monday 8</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Laughter On Call, Storytelling 1:00 PM Glee 3 Music 2:15 PM Artistic Impressions, Art w/Abby	<b>Tuesday 9</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Brainiacs, Men's Group 1:00 PM Davitt on Guitar 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian	<b>Wednesday 10</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM BINGO! 1:00 PM Music Mends Minds 1:00-3:00 Art w/Abby 2:15 PM Table Stations, Writers' Room	<b>Thursday 11</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Music w/Mewsic 1:00 PM Tom's Songbook 2:15 PM Tai Chi w/Rita	<b>Friday 12</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM About MLK, Ladies' Lounge 1:00 PM Brian's Hootenanny 2:15 PM Votive Craft, Art w/Abby
<b>Monday 15</b> 9:00 AM 10:00 AM <b>MARTIN LUTHER KING, JR. HOLIDAY -CLOSED-</b> 10:30 AM 11:15 AM 1:00 PM 2:15 PM	<b>Tuesday 16</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Music for Memory, Men's Group 1:00 PM BINGO! 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian	<b>Wednesday 17</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM You Be the Judge, Lotus Group 1:00 PM Music Mends Minds 1:00-3:00 Art w/Abby 2:15 PM Sports 4 All, Writers' Room	<b>Thursday 18</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Music w/Mewsic 1:00 PM Nathalie Sings 2:15 PM Tai Chi w/Rita	<b>Friday 19</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM BINGO!, Ladies' Lounge 1:00 PM Shelly's Tunes 2:15 PM Table Stations, Art w/Abby
<b>Monday 22</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Music Mends Minds, Storytelling 1:00 PM BINGO! 2:15 PM Sports 4 All, Art w/Abby	<b>Tuesday 23</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Laughter On Call, Men's Group 1:00 PM Music w/Bill Bur 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian	<b>Wednesday 24</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Crafting w/Wood, Lotus Group 1:00 PM Sing w/Irby 1:00-3:00 Art w/Abby 2:15 PM Table Stations, Writers' Room	<b>Thursday 25</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Music w/Mewsic 1:00 PM Davitt on Guitar 2:15 PM Tai Chi w/Rita	<b>Friday 26</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM You Be the Judge, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM Table Stations, Art w/Abby
<b>Monday 29</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM You Be the Judge, Storytelling 1:00 PM Felice's Dance Party 2:15 PM Table Stations, Art w/Abby	<b>Tuesday 30</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Artistic Impressions, Men's Group 1:00 PM Tom's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian	<b>Wednesday 31</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Brainiacs, Lotus Group 1:00 PM BINGO! 1:00-3:00 Art w/Abby 2:15 PM Artistic Impressions, Writers' Room	 	