



# Support for Adults with Memory Loss and Their Families

## • February 2024 Program Schedule •

			<b>Thursday 1</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 The Glee 3 Music 2:15 PM Tai Chi w/Rita	<b>Friday 2</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 Music w/Irby 2:15 PM Art Appreciation, Art w/Abby
			<b>Monday 5</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM Laughter On Call, Storytelling 1:00 PM The Glee 3 Music 2:15 PM At the Movies, Art w/Abby 3:00 PM Floor Sports	<b>Tuesday 6</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Craft: Heart Strings, Men's Group 1:00 PM Tom's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian 3:00 PM Table Stations
<b>Monday 12</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM Craft: Make Heart Cookies, Storytelling 1:00 PM Nathalie Sings 2:15 PM BINGO! Art w/Abby 3:00 PM You Be the Judge	<b>Tuesday 13</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM About Mardi Gras, Men's Group 1:00 PM Davitt on Guitar 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian 3:00 PM Floor Sports	<b>Wednesday 14</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Licia for the Brain, Lotus Group 1:00 PM Music Mends Minds 1:00-3:00 Art w/Abby 2:15 PM Craft: Love Letters, Writers' Room 3:00 PM Table Stations	<b>Thursday 15</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 Travel to Venice 2:15 PM Tai Chi w/Rita 3:00 PM Jeopardy	<b>Friday 16</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Accidental Inventions, Ladies' Lounge 1:00 PM Shelly's Tunes 2:15 PM About Frank Sinatra, Art w/Abby 3:00 PM TV from the Past
<b>Monday 19</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM You Be the Judge, Storytelling 1:00 PM Felice's Dance Party 2:15 PM Name That Face, Art w/Abby 3:00 PM TV from the Past	<b>Tuesday 20</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 3:00 PM You Be the Judge	<b>Wednesday 21</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM New West HS String Quartet, Lotus Group 1:00 PM Les the Magician 1:00-3:00 Art w/Abby 2:15 PM About Doo-Wop, Writers' Room 3:00 PM Floor Sports	<b>Thursday 22</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Music w/Irby 1:00 PM You Be the Judge 2:15 PM Tai Chi w/Rita 3:00 PM Table Stations	<b>Friday 23</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Craft: Stained Glass Hearts, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM Travel to England, Art w/Abby 3:00 PM Jeopardy
<b>Monday 26</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM Rock 'n Roll Classics, Storytelling 1:00 PM Music Mends Minds 2:15 PM Art Appreciation, Art w/Abby 3:00 PM Jeopardy	<b>Tuesday 27</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 3:00 PM TV from the Past	<b>Wednesday 28</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Travel to Romania, Lotus Group 1:00 PM Music w/Irby 1:00-3:00 Art w/Abby 2:15 PM Flower Appreciation & Quiz, Writers' Room 3:00 PM You Be the Judge	<b>Thursday 29</b> 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Craft: Friendship Bracelet 1:00 PM Davitt on Guitar 2:15 PM Tai Chi w/Rita 3:00 PM Floor Sports	