




Support for Adults with Memory Loss and Their Families

• March 2024 Program Schedule •

				Friday 1 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Justin's Didgeridoo, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM Travel to Australia, Art w/Abby 3:00 PM Table Stations
Monday 4 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM About Ray Charles, Storytelling 1:00 PM BINGO! 2:15 PM 60s Music, Art w/Abby 3:00 PM Table Stations	Tuesday 5 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 Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian 3:00 PM Jeopardy	Wednesday 6 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Make a Wish Craft, Lotus Group 1:00 PM Dance w/Bob & Bernie 1:00-3:00 Art w/Abby 2:15 PM Travel to Romania, Writers' Room 3:00 PM TV from the Past	Thursday 7 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 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM You Be the Judge	Friday 8 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM About The Sound of Music, Ladies' Lounge 1:00 PM Brian's Hootenanny 2:15 PM Artist Johannes Vermeer, Art w/Abby 3:00 PM Floor Sports
Monday 11 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM Ramadan Lantern Craft, Storytelling 1:00 PM The Glee 3 2:15 PM Artist Georges Seurat, Art w/Abby 3:00 PM Floor Sports	Tuesday 12 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Name that Movie, 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 Table Stations	Wednesday 13 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 BINGO! 1:00-3:00 Art w/Abby 2:15 PM Pure 60s Music, Writers' Room 3:00 PM Jeopardy	Thursday 14 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 Tom's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM TV from the Past	Friday 15 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Ides of March - Shakespeare, Ladies' Lounge 1:00 PM Shelly's Tunes 2:15 PM Travel to Ireland, Art w/Abby 3:00 PM You Be the Judge
Monday 18 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 Felice's Dance Party 2:15 PM About Lent, Art w/Abby 3:00 PM You Be the Judge	Tuesday 19 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM New West High School Quartet, Men's Group 1:00 PM BINGO! 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian 3:00 PM Floor Sports	Wednesday 20 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 Table Talk, Writers' Room 3:00 PM Table Stations	Thursday 21 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 on Guitar 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Table Stations	Friday 22 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Pinwheel Craft, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM Travel to Dubai, Art w/Abby 3:00 PM TV from the Past
Monday 25 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM About Purim, Storytelling 1:00 PM Les The Magician 2:15 PM Mowtown Music, Art w/Abby 3:00 PM TV from the Past	Tuesday 26 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Purim Mask Craft, Men's Group 1:00 PM Bill Bur 1:00-3:00 Art w/Abby 2:15 PM Art - Mandalas 3:00 PM You Be the Judge	Wednesday 27 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 w/Irby 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Floor Sports	Thursday 28 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 Davitt on Guitar 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Table Stations	Friday 29 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Music of the 20s, Ladies' Lounge 1:00 PM BINGO! 2:15 PM Get Fit w/Paul, Art w/Abby 3:00 PM Jeopardy