



# Support for Adults with Memory Loss and Their Families

## • May 2024 Program Schedule •

05/07/24

 <p>Happy Mother's Day</p>	 <p>CINCO DE MAYO</p>	<p><b>Wednesday 1</b></p> <p>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 Dance w/Bob &amp; Bernie 1:00-3:00 Art w/Abby 2:15 PM Tai Chi, Writers' Room 3:00 PM Table Stations</p>	<p><b>Thursday 2</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Lautghter On Call, Men's Group 1:00 PM The Glee 3 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM TV from the Past</p>	<p><b>Friday 3</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Travel Australia, Ladies' Lounge 1:00 PM Music w/Irby 2:15 PM Let's Get Crafty, Art w/Abby 3:00 PM You Be the Judge</p>
<p><b>Monday 6</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM Let's Get Crafty, Storytelling 1:00 PM Bill Bur 2:15 PM Cinco De Mayo Dance, Art w/Abby 3:00 PM Floor Sports</p>	<p><b>Tuesday 7</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Stoner Pre-Schoolers, Men's Group 1:00 PM Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM Artist - Renoir 3:00 PM Table Stations</p>	<p><b>Wednesday 8</b></p> <p>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 Art in Classical Music 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Floor Sports</p>	<p><b>Thursday 9</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Music w/Irby, Men's Group 1:00 PM Tom's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM You Be the Judge</p>	<p><b>Friday 10</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Cranium Crunch, Ladies' Lounge 1:00 PM Brian's Hootenanny 2:15 PM BINGO!, Art w/Abby 3:00 PM Jeopardy</p>
<p><b>Monday 13</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM Les the Magician, Storytelling 1:00 PM The Glee 3 2:15 PM Chair Fit w/Paul, Art w/Abby 3:00 PM Floor Sports</p>	<p><b>Tuesday 14</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Movement w/Diane 11:15 AM Let's Get Crafty, Men's Group 1:00 PM Davitt on Guitar 1:00-3:00 Art w/Abby 2:15 PM Chair Chat 3:00 PM TV from the Past</p>	<p><b>Wednesday 15</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM BINGO!, Lotus Group 1:00 PM About Jazz 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM You Be the Judge</p>	<p><b>Thursday 16</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Movement w/Diane 11:15 AM BINGO!, Men's Group 1:00 PM Nathalie on Guitar 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Floor Sports</p>	<p><b>Friday 17</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM New West Charter High School Quartet, Ladies' Lounge 1:00 PM Shelly's Tunes 2:15 PM Artist - Sargent, Art w/Abby 3:00 PM Table Stations</p>
<p><b>Monday 20</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM Stoner Pre-Schoolers, Storytelling 1:00 PM Felice's Dance Party 2:15 PM Artist - Picasso, Art w/Abby 3:00 PM Table Stations</p>	<p><b>Tuesday 21</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Movement w/Diane 11:15 AM Laughter On Call, Men's Group 1:00 PM Cheryl Plays &amp; Sings 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM Jeopardy</p>	<p><b>Wednesday 22</b></p> <p>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 TV from the Past</p>	<p><b>Thursday 23</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Music w/Irby, Men's Group 1:00 PM Let's Get Crafty 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM You Be the Judge</p>	<p><b>Friday 24</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Travel California, Ladies' Lounge 1:00 PM Dance w/Bob &amp; Bernie 2:15 PM Tai Chi, Art w/Abby 3:00 PM Floor Sports</p>
<p><b>Memorial Day</b> OPICA CLOSED</p>  <p>THANK YOU!</p>	<p><b>Tuesday 28</b></p> <p>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 Tom's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM Table Stations</p>	<p><b>Wednesday 29</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Let's Get Crafty, Lotus Group 1:00 PM Music Mends Minds 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Floor Sports</p>	<p><b>Thursday 30</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM New West Charter High School Quartet, Men's Group 1:00 PM Davitt on Guitar 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Jeopardy</p>	<p><b>Friday 31</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Les the Magician, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM Floor Sports, Art w/Abby 3:00 PM Table Stations</p>