



Support for Adults with Memory Loss and Their Families

• June 2024 Program Schedule •

05/31/24

| | | | | |
|---|---|--|--|---|
| Monday 3 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 Bill Bur Plays Guitar 2:15 PM Tai Chi, Art w/Abby 3:00 PM Floor Sports | Tuesday 4 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM What's for Lunch?, Men's Group 1:00 PM Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM Let's Get Crafty! 3:00 PM Table Stations | Wednesday 5 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM BINGO!, Lotus Group 1:00 PM Dance w/Bob & Bernie 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Laugh & Learn TV | Thursday 6 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Cranium Crunches, Men's Group 1:00 PM The Glee 3 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Music & Movement | Friday 7 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Dance Performance, Ladies' Lounge 1:00 PM Music w/Irby 2:15 PM John's Jazz Interest, Art w/Abby 3:00 PM Brain Games |
| Monday 10 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Veronica Plays Piano, Storytelling 1:00 PM The Glee 3 2:15 PM Chair Chat, Art w/Abby 3:00 PM Brain Games | Tuesday 11 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 Davitt Plays Guitar 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM Floor Sports | Wednesday 12 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Travel to Hawaii, Lotus Group 1:00 PM Ese Plays Ukulele 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Sing & Name the Tune | Thursday 13 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 Laugh & Learn TV | Friday 14 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Celebrating Dads, Ladies' Lounge 1:00 PM Brian's Hootenanny 2:15 PM Let's Get Crafty!, Art w/Abby 3:00 PM Table Stations |
| Monday 17 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM BINGO!, Storytelling 1:00 PM Felice's Dance Party 2:15 PM Let's Get Crafty!, Art w/Abby 3:00 PM Table Stations | Tuesday 18 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 Spin & Sing 1:00-3:00 Art w/Abby 2:15 PM Travel to Croatia 3:00 PM Music & Movement | Wednesday 19 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM New West Charter HS Quartet, 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 | Thursday 20 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Veronica Plays Piano, Men's Group 1:00 PM Nathalie Plays Guitar 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Brain Games | Friday 21 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 Tai Chi, Art w/Abby 3:00 PM Laugh & Learn TV |
| Monday 24 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Barbara 11:15 AM What's for Lunch?, Storytelling 1:00 PM Dance w/Bob & Bernie 2:15 PM Chair Fit w/Paul, Art w/Abby 3:00 PM Laugh & Learn TV | Tuesday 25 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Cranium Crunches, Men's Group 1:00 PM Cheryl Plays & Sings 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM Floor Sports | Wednesday 26 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 w/Irby 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Brain Games | Thursday 27 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 Davitt Plays Guitar 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Floor Sports | Friday 28 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 Artistic Impressions - Mandalas, Art w/Abby 3:00 PM Table Stations |

