



# Support for Adults with Memory Loss and Their Families

## • September 2024 Program Schedule •

<p>08/30/24</p> <p><b>HAPPY LABOR DAY</b></p>	<p><b>Tuesday 3</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 Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM Laugh &amp; Learn TV</p>	<p><b>Wednesday 4</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Laughter On Call, Lotus Group 1:00 PM Rock &amp; Roll Classics 1 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Table Stations</p>	<p><b>Thursday 5</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Let's Get Crafty!, Men's Group, Spanish Group 1:00 PM The Glee 3 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Floor Sports</p>	<p><b>Friday 6</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 to Dubai, Ladies' Lounge 1:00 PM Music w/Irby 2:15 PM Tai Chi, Art with Abby 3:00 PM Laugh &amp; Learn TV</p>
<p><b>Monday 9</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Travel to Poland, Storytelling 1:00 PM The Glee 3 2:15 PM Let's Get Crafty!, Art w/Abby 3:00 PM Table Stations</p>	<p><b>Tuesday 10</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Time Travel Reminisce, Men's Group 1:00 PM Davitt Plays Guitar 1:00-3:00 Art w/Abby 2:15 PM Chair Chat 3:00 PM Floor Sports</p>	<p><b>Wednesday 11</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Les the Magician, Lotus Group 1:00 PM Dance w/Bob &amp; Bernie 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Laugh &amp; Learn TV</p>	<p><b>Thursday 12</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, Spanish Group 1:00 PM Tom's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Table Stations</p>	<p><b>Friday 13</b></p> <p>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 Brian's Hootenanny 2:15 PM Tai Chi Art w/Abby 3:00 PM Floor Sports</p>
<p><b>Monday 16</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM New West Charter HS Quartet, Storytelling 1:00 PM Felice's Dance Party 2:15 PM Tai Chi, Art w/Abby 3:00 PM Laugh &amp; Learn TV</p>	<p><b>Tuesday 17</b></p> <p>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 Rock &amp; Roll Classics 2 1:00-3:00 Art w/Abby 2:15 PM Music &amp; Movement 3:00 PM Table Stations</p>	<p><b>Wednesday 18</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 Bill Plays Guitar 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 19</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, Spanish Group 1:00 PM Nathalie Plays Guitar 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Laugh &amp; Learn TV</p>	<p><b>Friday 20</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Time Travel Reminisce, Ladies' Lounge 1:00 PM Shelly's Tunes 2:15 PM Tai Chi 3:00 PM Table Stations</p>
<p><b>Monday 23</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Time Travel Reminisce, Storytelling 1:00 PM Music Mends Minds 2:15 PM Tai Chi, Art w/Abby 3:00 PM Floor Sports</p>	<p><b>Tuesday 24</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Travel to Barcelona, Men's Group 1:00 PM Davitt Plays Guitar 1:00-3:00 Art w/Abby 2:15 PM Let's Get Crafty! 3:00 PM Table Stations</p>	<p><b>Wednesday 25</b></p> <p>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 Music w/Irby 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Laugh &amp; Learn TV</p>	<p><b>Thursday 26</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, Spanish Group 1:00 PM Rock &amp; Roll Classics 3 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Table Stations</p>	<p><b>Friday 27</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 HS Quartet, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM Music &amp; Movement, Art w/Abby 3:00 PM Table Stations</p>
<p><b>Monday 30</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!, Storytelling 1:00 PM Rock &amp; Roll Classics 4 2:15 PM Music &amp; Movement, Art w/Abby 3:00 PM Table Stations</p>				