



Support for Adults with Memory Loss and Their Families

• October 2024 Program Schedule •

10/02/24



	Tuesday 1 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 Let's Get Crafty! 3:00 PM Table Stations	Wednesday 2 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM About Rosh Hashanah, 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 Floor Sports	Thursday 3 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Chair Fitness w/Paul 11:15 AM Veronica on Piano, Men's Group, The Glee Three 1:00 PM The Glee Three 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Laugh & Learn & Be Inspired TV	Friday 4 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga 11:15 AM The Great US States, Ladies' Lounge 1:00 PM Music w/Irby 2:15 PM Tai Chi, Art with Abby 3:00 PM Table Stations
Monday 7 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 Music Mends Minds 2:15 PM Tai Chi, Art w/Abby 3:00 PM Laugh & Learn & Be Inspired TV	Tuesday 8 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 Travel to Switzerland 3:00 PM Tai Chi	Wednesday 9 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Stoner Pre-School Singers, Lotus Group 1:00 PM Music of the 60's 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Table Stations	Thursday 10 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, Tom's Songbook 1:00 PM Tom's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Floor Sports	Friday 11 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Let's Get Crafty!, Ladies' Lounge 1:00 PM Nathalie's Songbook 2:15 PM Chair Fitness w/Paul, Art w/Abby 3:00 PM Brain Games
Monday 14 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Les the Magician, Storytelling 1:00 PM The Glee Three 2:15 PM Travel to Mexico, Art w/Abby 3:00 PM Table Stations	Tuesday 15 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM New West Charter HS Quartet, Men's Group 1:00 PM Karaoke Sing & Dance 1:00-3:00 Art w/Abby 2:15 PM Chair Fitness w/Paul 3:00 PM Laugh & Learn & Be Inspired TV	Wednesday 16 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 Tom's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Brain Games	Thursday 17 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, Nathalie's Songbook 1:00 PM Nathalie's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Floor Sports	Friday 18 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM At the Movies, Ladies' Lounge 1:00 PM Shelly's Tunes 2:15 PM Art in Amsterdam, Art w/Abby 3:00 PM Table Stations
Monday 21 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Let's Get Crafty!, Storytelling 1:00 PM Felice's Dance Party 2:15 PM Chair Chat, Art w/Abby 3:00 PM Floor Sports	Tuesday 22 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 Nathalie's Songbook 1:00-3:00 Art w/Abby 2:15 PM Chair Fitness w/Paul 3:00 PM Brain Games	Wednesday 23 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Stoner Pre-School Singers, 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 & Learn & Be Inspired TV	Thursday 24 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, BINGO! 1:00 PM BINGO! 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Brain Games	Friday 25 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Cranium Crunches, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM Travel to Borneo, Art w/Abby 3:00 PM Table Stations
Monday 28 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 Dance w/Bob & Bernie 2:15 PM Favorite Movie Review, Art w/Abby 3:00 PM Floor Sports	Tuesday 29 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Les the Magician, Men's Group 1:00 PM Bill's Songbook 1:00-3:00 Art w/Abby 2:15 PM Kathleen's Halloween Poetry Experience 3:00 PM Brain Games	Wednesday 30 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 Tom's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Table Stations	Thursday 31 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Karoke w/Kathleen, Men's Group, Davitt's Songbook 1:00 PM Davitt's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Laugh & Learn & Be Inspired TV	