



Support for Adults with Memory Loss and Their Families

• February 2025 Program Schedule •

02/03/25v1

Monday 3 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!, Storytelling 1:00 PM Music Mends Minds 2:15 PM Backpacking Through Europe, Art w/Abby 3:00 PM Tai Chi	Tuesday 4 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Travel: Venice, Men's Group, Sensory Group 1:00 PM Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM Speed BINGO!	Wednesday 5 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Make Heart Cookies 1:00 PM Dance w/Bob & Bernie 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian 3:00 PM Floor Sports	Thursday 6 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 The Glee Three 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Movie: Dirty Dancing	Friday 7 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Licia for the Brain, Ladies' Lounge 1:00 PM Irby's Cabaret 2:15 PM Tai Chi, 3:00 PM Table Stations
Monday 10 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 The Glee Three 2:15 PM Reflect: A Question of Romance, Art w/Abby 3:00 PM Tai Chi	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, Sensory Group 1:00 PM Bill's Songbook 1:00-3:00 Art w/Abby 2:15 PM Chair Chat 3:00 PM Floor Sports w/Licia	Wednesday 12 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM New West Charter High School Quartet, Lotus Group 1:00 PM Uken' w/Ese 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian 3:00 PM Jeopardy	Thursday 13 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Irby's Cabaret, Men's Group, Spanish Group 1:00 PM Tom's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Laugh, Learn & Be Inspired TV	Friday 14 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 Brian's Hootenanny 2:15 PM Travel: France, 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 Ballet w/Diane 11:15 AM Presidents' Day Facts & Fun, Storytelling 1:00 PM Dance w/Bob & Bernie 2:15 PM Travel: England, Art w/Abby 3:00 PM Music: British Invasion	Tuesday 18 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Licia for the Brain, Men's Group, Sensory Group 1:00 PM Davitt's Songbook 1:00-3:00 Art w/Abby 2:15 PM Movie: All About Eve 3:00 PM Jeopardy	Wednesday 19 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 Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian 3:00 PM Table Stations	Thursday 20 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 Nathalie's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Floor Sports	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 Shelly's Songbook, 2:15 PM Art Appreciation: daVinci, Art w/Abby 3:00 PM Table Stations
Monday 24 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM New West Charter High School Quartet, Storytelling 1:00 PM Bill's Songbook 2:15 PM Music: Doo Wop, Art w/Abby 3:00 PM Floor Sports	Tuesday 25 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, Sensory Group 1:00 PM Uken' w/Ese 1:00-3:00 Art w/Abby 2:15 PM Let's Get Crafty! 3:00 PM Table Stations	Wednesday 26 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Little Learner's Serenade, Lotus Group 1:00 PM Irby's Cabaret 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian 3:00 PM Speed BINGO!	Thursday 27 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Irby's Cabaret, Men's Group, Spanish Group 1:00 PM Davitt's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Jeopardy	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 Tom's Songbook 2:15 PM Rock 'n Roll Classics, Art w/Abby 3:00 PM Laugh, Learn & Be Inspired TV

