



# Support for Adults with Memory Loss and Their Families

## • March 2025 Program Schedule •

02/25/25v1

<p><b>Monday 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 Laughter On Call, Storytelling 1:00 PM Nathalie's Songbook 2:15 PM Table Stations, Art w/Abby 3:00 PM Floor Sports</p>	<p><b>Tues 4</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: Mardi Gras in New Orleans, Men's Group, Sensory Group 1:00 PM Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM Table Stations 3:00 PM Tai Chi</p>	<p><b>Wednesday 5</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM About Ash Wednesday 1:00 PM Dance w/Bob &amp; Bernie 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, StoryKeepers 3:00 PM Table Stations </p>	<p><b>Thursday 6</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 The Glee Three 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Table Stations</p>	<p><b>Friday 7</b></p> <p>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 Irby's Cabaret 2:15 PM Table Stations 3:00 PM Speed BINGO!</p>
<p><b>Monday 10</b></p> <p>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 The Glee Three 2:15 PM Table Stations 3:00 PM Speed BINGO!</p>	<p><b>Tuesday 11</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 HS Quartet, Men's Group, Sensory Group 1:00 PM Davitt's Songbook 1:00-3:00 Art w/Abby 2:15 PM Chair Chat 3:00 PM Floor Sports</p>	<p><b>Wednesday 12</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 Ese Plays Her Ukulele 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, StoryKeepers 3:00 PM Table Stations</p>	<p><b>Thursday 13</b></p> <p>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 Table Stations</p>	<p><b>Friday 14</b> </p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Purim Celebration, Ladies' Lounge 1:00 PM Brian's Hootenanny 2:15 PM Table Stations, Art w/Abby 3:00 PM Tai Chi</p>
<p><b>Monday 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 BINGO!, Storytelling 1:00 PM Felice's Dance Party 2:15 PM Table Stations, Art w/Abby 3:00 PM Tai Chi</p>	<p><b>Tuesday 18</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, Sensory Group 1:00 PM Ese Plays Her Ukulele 1:00-3:00 Art w/Abby 2:15 PM Table Stations 3:00 PM Floor Sports</p>	<p><b>Wednesday 19</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Little Learners' Serenade, Lotus Group 1:00 PM Davison Dancers 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, StoryKeepers 3:00 PM Table Stations</p>	<p><b>Thursday 20</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 Nathalie's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Speed BINGO!</p>	<p><b>Friday 21</b></p> <p>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 Shelly's Songbook 2:15 PM Table Stations, Art w/Abby 3:00 PM Floor Sports</p>
<p><b>Monday 24</b></p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Little Learners' Serenade, Storytelling 1:00 PM Bill's Songbook 2:15 PM Table Stations, Art w/Abby 3:00 PM Floor Sports</p>	<p><b>Tuesday 25</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, Sensory Group 1:00 PM Dance w/Bob &amp; Bernie 1:00-3:00 Art w/Abby 2:15 PM Table Stations 3:00 PM Laugh, Learn, Be Inspired TV</p>	<p><b>Wednesday 26</b></p> <p>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 Irby's Cabaret 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, StoryKeepers 3:00 PM Let's Get Crafty!</p>	<p><b>Thursday 27</b></p> <p>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 Table Stations</p>	<p><b>Friday 28</b></p> <p>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 Tom's Songbook 2:15 PM Table Stations, Art w/Abby 3:00 PM Floor Sports</p>
<p><b>Monday 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, Storytelling 1:00 PM Veronica Plays Piano 2:15 PM Table Stations, Art w/Abby 3:00 PM Tai Chi</p>				