





Support for Adults with Memory Loss and Their Families

• May 2025 Program Schedule •

04/30/25v1



				Thursday 1 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, Spanish Group 1:00 PM The Glee Three 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTime Tables		Friday 2 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM SocialTime Tables, Ladies' Lounge 1:00 PM Irby's Cabaret 2:15 PM Travel Mexico City, Art w/Abby 3:00 PM SocialTime Tables			
Monday 5 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Mexican BINGO!, Storytelling 1:00 PM Ese's Ukulele Songbook 2:15 PM SocialTime Tables, Art w/Abby 3:00 PM Laugh...Learn... Be Inspired TV		Tuesday 6 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Craft Social, 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 SocialTime Tables		Wednesday 7 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Little Learners' Serenade, StoryKeepers 1:00 PM Dance w/Bob & Bernie 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Lotus Group 3:00 PM SocialTime Tables		Thursday 8 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 SocialTime Tables		Friday 9 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Mother's Day - Table Connections, Ladies' Lounge 1:00 PM Brian's Hootenanny 2:15 PM SocialTime Tables, Art w/Abby 3:00 PM Floor Sports	
Monday 12 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM SocialTime Tables, Storytelling 1:00 PM The Glee Three 2:15 PM Tai Chi, Art w/Abby 3:00 PM Floor Sports		Tuesday 13 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 Davitt's Songbook 1:00-3:00 Art w/Abby 2:15 PM SocialTime Tables 3:00 PM Laugh...Learn... Be Inspired TV		Wednesday 14 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Craft & Connect, StoryKeepers 1:00 PM Bill's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Lotus Group 3:00 PM Floor Sports		Thursday 15 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's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTime Tables		Friday 16  9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Armed Forces Day - Table Connections, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM SocialTime Tables, Art w/Abby 3:00 PM Tai Chi	
Monday 19 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 Felice's Dance Party 2:15 PM Heart to Heart, Art w/Abby 3:00 PM SocialTime Tables		Tuesday 20 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Little Learners' Serenade, Men's Group 1:00 PM Dance w/Bob & Bernie 1:00-3:00 Art w/Abby 2:15 PM SocialTime Tables 3:00 PM Tai Chi		Wednesday 21 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM BINGO!, StoryKeepers 1:00 PM Ese's Ukulele Songbook 1:00-3:00 Art w/Abby 2:15 PM SocialTime Tables, Lotus Group 3:00 PM Floor Sports		Thursday 22 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 SocialTime Tables		Friday 23 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Craft Social Ladies' Lounge 1:00 PM Antonio's Sings Sinatra 2:15 PM SocialTime Tables, Art w/Abby 3:00 PM Tai Chi	
 CLOSED FOR MEMORIAL DAY		Tuesday 27 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 Tom's Songbook 1:00-3:00 Art w/Abby 2:15 PM SocialTime Tables 3:00 PM Tai Chi		Wednesday 28 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM SocialTime Tables, StoryKeepers 1:00 PM Irby's Songbook 1:00-3:00 Art w/Abby 2:15 PM SocialTime Tables, Lotus Group 3:00 PM Tai Chi		Thursday 29 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Craft Social, Men's Group, Spanish Group 1:00 PM Davitt's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTime Tables		Friday 30 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 Songbook 2:15 PM SocialTime Tables, Art w/Abby 3:00 PM Laugh...Learn... Be Inspired TV	