



# Support for Adults with Memory Loss and Their Families

## • October 2025 Program Schedule •

09/26/25v1



		<b>Wednesday 1</b>		<b>Thursday 2</b>		<b>Friday 3</b>	
		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 Dance w/Bob & Bernie 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Lotus Group 3:00 PM BINGO! / SocialTimes		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 Three 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTimes		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 UCLA-Brain Exercise Initiative, Art w/Abby 3:00 PM SocialTimes	
<b>Monday 6</b>		<b>Tuesday 7</b>		<b>Wednesday 8</b>		<b>Thursday 9</b>	
9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM SocialTime Tables, Storytelling, Friendship Group 1:00 PM Bill's Songbook 2:15 PM BINGO! Art w/Abby 3:00 PM SocialTimes		9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM UCLA-Brain Exercise Initiative, 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 SocialTimes		9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Laughter On Call, StoryKeepers 1:00 PM Antonio Sings Sinatra 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Lotus Group 3:00 PM SocialTimes		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 SocialTimes	
<b>Monday 13</b>		<b>Tuesday 14</b>		<b>Wednesday 15</b>		<b>Thursday 16</b>	
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, Friendship Group 1:00 PM The Glee Three 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes		9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM SocialTime Tables, Men's Group, Sensory Group 1:00 PM Davitt's Songbook 1:00-3:00 Art w/Abby 2:15 PM BINGO! 3:00 PM SocialTimes		9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Les the Magician, StoryKeepers 1:00 PM Music Mends Minds 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Lotus Group 3:00 PM SocialTimes		9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM UCLA-Brain Exercise Initiative, Men's Group, Spanish Group 1:00 PM Nathalie's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTimes	
<b>Monday 20</b>		<b>Tuesday 21</b>		<b>Wednesday 22</b>		<b>Thursday 23</b>	
9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM SocialTime Tables, Storytelling, Friendship Group 1:00 PM Felice's Dance Party 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes		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 Bill's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM SocialTimes		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!, StoryKeepers 1:00 PM Irby's Cabaret 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Lotus Group 3:00 PM SocialTimes		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 Patrick's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTimes	
<b>Monday 27</b>		<b>Tuesday 28</b>		<b>Wednesday 29</b>		<b>Thursday 30</b>	
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, Storytelling, Friendship Group 1:00 PM Music Mends Minds 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes		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, Sensory Group 1:00 PM Patrick's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM SocialTimes		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 Tom's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Lotus Group 3:00 PM SocialTimes		9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM SocialTime Tables, Men's Group, Spanish Group 1:00 PM Davitt's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM BINGO! / SocialTimes	
						<b>Friday 31</b>	
						 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Halloween Party, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes	