



11/06/25v1

Support for Adults with Memory Loss and Their Families

• November 2025 Program Schedule •



*"My lovely November. Have you seen my heart,
somewhere in your castle of yellow leaves?"
— A Waltz for Zizi*

Monday 3 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Dia de los Muertos Craft, Storytelling, Friendship Group 1:00 PM Bill's Songbook 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes	Tuesday 4 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 Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM SocialTimes	Wednesday 5 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, Lotus Group 3:00 PM SocialTimes	Thursday 6 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, Spanish Group 1:00 PM The Glee Three 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTimes	Friday 7 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 Tai Chi, Art w/Abby 3:00 AM BINGO!, SocialTimes
Monday 10 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM SocialTime Tables, Storytelling, Friendship Group 1:00 PM The Glee Three 2:15 PM Tai Chi, Art w/Abby 3:00 PM BINGO!, SocialTimes	Tuesday 11 <i>OPICA is closed.</i> 	Wednesday 12 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 Music Mends Minds 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Lotus Group 3:00 PM MOSH Bar Presentation	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 SocialTimes	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 Tai Chi, Art w/Abby 3:00 PM SocialTimes
Monday 17 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 Michael's Songbook 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes	Tuesday 18 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, Sensory Group 1:00 PM Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM Craft & SocialTimes	Wednesday 19 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 Santa Monica Chorus 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Lotus Group 3:00 PM SocialTimes	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 BINGO!, SocialTimes	Friday 21 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Laughter On Call, Ladies' Lounge 1:00 PM Shelly's Songbook 2:15 PM UCLA-Brain Exercise Initiative, Art w/Abby 3:00 PM SocialTimes
Monday 24 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM SocialTime Tables, Storytelling, Friendship Group 1:00 PM Music Mends Minds 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes	Tuesday 25 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 Tai Chi 3:00 PM BINGO!, SocialTimes	Wednesday 26 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	<i>OPICA is closed Thursday 11/27 & Friday 11/28.</i> 	