



Support for Adults with Memory Loss and Their Families

• December 2025 Program Schedule •

11/30/25v1

Monday 1 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga 11:15 AM Laughter On Call, Storytelling, Friendship Group 1:00 PM Patrick's Songbook 2:15 PM Tai Chi, Art w/Abby 3:00 PM BINGO!, SocialTimes	Tuesday 2 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 & Sensory Groups 1:00 PM Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM UCLA-Brain Exercise Initiative 3:00 PM SocialTimes	Wednesday 3 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 3:00 PM SocialTimes	Thursday 4 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Michael's Songbook, 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 5 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga 11:15 AM Let's Get Crafty!, Ladies' Lounge 1:00 PM Irby's Cabaret 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes
Monday 8 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 SocialTimes	Tuesday 9 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM SocialTimes, 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 10 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 Patrick's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian 3:00 PM SocialTimes	Thursday 11 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 12 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM New West Charter High School Trio, Ladies' Lounge 1:00 PM Brian's Hootenanny 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes
Monday 15  9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Hanukkah w/Cheryl, Storytelling, Friendship Group 1:00 PM Felice's Dance Party 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes	Tuesday 16 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 Davitt's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM SocialTimes	Wednesday 17 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 3:00 PM SocialTimes	Thursday 18 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 19 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 Tai Chi, Art w/Abby 3:00 PM SocialTimes
Monday 22 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Veronica's Piano Songbook, Storytelling, Friendship Group 1:00 PM Ekaterina's Music Family 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes	Tuesday 23 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 Bill's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM SocialTimes	Wednesday 24 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 Cabaret 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian 3:00 PM SocialTimes	Merry Christmas! 	
Monday 29 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, Friendship Group 1:00 PM Music Mends Minds 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes	Tuesday 30 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 Bill's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM SocialTimes	Wednesday 31 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 3:00 PM BINGO! 		