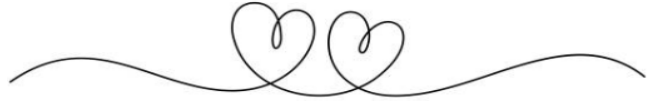




Support for Adults with Memory Loss and Their Families

• February 2026 Program Schedule •

01/30/26v4



Monday 2 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, Friendship Group 1:00 PM Patrick's Songbook 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes	Tuesday 3 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 Felice's Dance Party 2:15 PM Tai Chi, Art w/Abby 3:00 PM BINGO!	Wednesday 4 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Little Learner's Serenade, StoryKeepers 1:00 PM Bill's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian 3:00 PM SocialTimes	Thursday 5 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 The Glee Three 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTimes	Friday 6 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 UCLA Brain Exercise Initiative, Art w/Abby 3:00 PM SocialTimes
Monday 9 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 The Glee Three 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes	Tuesday 10 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 SocialTimes	Wednesday 11 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 BINGO!	Thursday 12 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 13 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 Brian's Hootenanny 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes
Monday 16 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 Dancers, Storytelling, Friendship Group 1:00 PM Felice's Dance Party 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes	Tuesday 17 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 18 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 Patrick's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian 3:00 PM SocialTimes	Thursday 19 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 Nathalie's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM BINGO!	Friday 20 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Morning Yoga 11:15 AM Tai Chi, Ladies' Lounge 1:00 PM Shelly's Songbook 2:15 PM UCLA Brain Exercise Initiative, Art w/Abby 3:00 PM SocialTimes
Monday 23 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 Trio, Storytelling, Friendship Group 1:00 PM Music Mends Minds 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes	Tuesday 24 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 Patrick's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM SocialTimes	Wednesday 25 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 3:00 PM SocialTimes	Thursday 26 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 SocialTimes	Friday 27 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Morning Yoga 11:15 AM Ekaterina's Music Family, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM Tai Chi, Art w/Abby 3:00 PM BINGO!

