

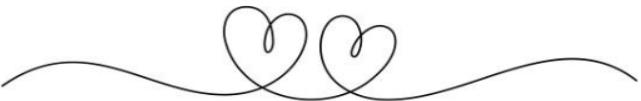


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# Support for Adults with Memory Loss and Their Families

## • February 2026 Program Schedule •

# February



| Monday   | 2  | Tuesday  | 3  | Wednesday  | 4  | Thursday  | 5  | Friday   | 6  |
|--|----|--|----|--|----|---|----|--|----|
| 9:00 AM Coffee and Chat<br>10:00 AM Welcome to OPICA<br>10:30 AM Ballet w/Diane<br>11:15 AM Laughter On Call, Storytelling, Friendship Group<br>1:00 PM Patrick's Songbook<br>2:15 PM Tai Chi, Art w/Abby<br>3:00 PM SocialTimes |    | 9:00 AM Coffee and Chat<br>10:00 AM Welcome to OPICA<br>10:30 AM Yoga w/Doria<br>11:15 AM SocialTime Tables, Men's Group, Sensory Group<br>1:00 PM Felice's Dance Party<br>2:15 PM Tai Chi, Art w/Abby<br>3:00 PM BINGO! |    | 9:00 AM Coffee and Chat<br>10:00 AM Welcome to OPICA<br>10:30 AM Yoga w/Elizabeth<br>11:15 AM Little Learner's Serenade, StoryKeepers<br>1:00 PM Bill's Songbook<br>1:00-3:00 Art w/Abby<br>2:15 PM Tai Chi w/Brian<br>3:00 PM SocialTimes |    | 9:00 AM Coffee and Chat<br>10:00 AM Welcome to OPICA<br>10:30 AM Yoga w/Doria<br>11:15 AM SocialTime Tables, Men's Group, Spanish Group<br>1:00 PM The Glee Three<br>2:15 PM Tai Chi w/Rita, Expressive Arts<br>3:00 PM SocialTimes |    | 9:00 AM Coffee and Chat<br>10:00 AM Welcome to OPICA<br>10:30 AM Ballet w/Diane<br>11:15 AM Let's Get Crafty!, Ladies' Lounge<br>1:00 PM Irby's Cabaret<br>2:15 PM UCLA Brain Exercise Initiative, Art w/Abby<br>3:00 PM SocialTimes |    |
| Monday   | 9  | Tuesday  | 10 | Wednesday  | 11 | Thursday  | 12 | Friday   | 13 |
| Monday   | 16 | Tuesday  | 17 | Wednesday  | 18 | Thursday  | 19 | Friday   | 20 |
| Monday   | 23 | Tuesday  | 24 | Wednesday  | 25 | Thursday  | 26 | Friday   | 27 |

