



Support for Adults with Memory Loss and Their Families

• APRIL 2026 Program Schedule •

03/30/26v1



		Wednesday 1 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 Bill's Songbook 1:00-3:00 Art w/Abby 2:15 PM Yoga w/Nasrin 3:00 PM SocialTimes	Thursday 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 Group 1:00 PM The Glee Three 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTimes	Friday 3 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Tai Chi 11:15 AM Laughter On Call, Ladies' Lounge 1:00 PM Irby's Cabaret 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes
Monday 6 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM SocialTime Tables, Storytelling, 1:00 PM Davitt's Songbook 2:15 PM UCLA-Brain Exercise Initiative, Art w/Abby 3:00 PM SocialTimes	Tuesday 7 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Passover Seder 1:00 PM Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Rita 3:00 PM BINGO!	Wednesday 8 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 Patrick's Songbook 1:00-3:00 Art w/Abby 2:15 PM Yoga w/Nasrin 3:00 PM SocialTimes	Thursday 9 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 1:00 PM Tom's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTimes	Friday 10 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 13 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!, Friendship Group 1:00 PM The Glee Three 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes	Tuesday 14 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 15 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 Yoga w/Nasrin 3:00 PM SocialTimes	Thursday 16 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 1:00 PM Nathalie's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTimes	Friday 17 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 Tom's Songbook 2:15 PM UCLA-Brain Exercise Initiative, Art w/Abby 3:00 PM SocialTimes
Monday 20 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM SocialTime Tables, Friendship Group 1:00 PM Felice's Dance Party 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes	Tuesday 21 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 22 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM UCLA-Brain Exercise Initiative, StoryKeepers 1:00 PM Irby's Cabaret 1:00-3:00 Art w/Abby 2:15 PM Yoga w/Nasrin 3:00 PM SocialTimes	Thursday 23 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 1:00 PM Patrick's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTimes	Friday 24 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Ekaterina's Music Family, Ladies' Lounge 1:00 PM Shelly's Songbook 2:15 PM Tai Chi, Art w/Abby 3:00 PM BINGO!
Monday 27 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, Friendship Group 1:00 PM Music Mends Minds 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes	Tuesday 28 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 Tom's Songbook 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Rita 3:00 PM SocialTimes	Wednesday 29 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 Patrick's Songbook 1:00-3:00 Art w/Abby 2:15 PM Yoga w/Nasrin 3:00 PM SocialTimes	Thursday 30 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 1:00 PM Davitt's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM BINGO!	