




Support for Adults with Memory Loss and Their Families

• MAY 2026 Program Schedule •

04/27/26v1



Friday	1
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	UCLA-Brain Exercise Initiative, Art w/Abby
3:00 PM	SocialTimes

Monday 4 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 Bill's Songbook 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes	Tuesday 5 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM UCLA-Brain Exercise Initiative, 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 BINGO!	Wednesday 6 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Laughter On Call, 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 7 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Little Learners Serenade, Men's Group 1:00 PM The Glee Three 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTimes	Friday 8 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 UCLA-Brain Exercise Initiative, Art w/Abby 3:00 PM SocialTimes
Monday 11 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 12 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 w/Rita 3:00 PM SocialTimes	Wednesday 13 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 Tai Chi w/Brian 3:00 PM BINGO!	Thursday 14 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 15 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Les the Magician, Ladies' Lounge 1:00 PM Shelly's Songbook 2:15 PM UCLA-Brain Exercise Initiative, Art w/Abby 3:00 PM SocialTimes
Monday 18 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 19 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 w/Rita 3:00 PM SocialTimes	Wednesday 20 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM New West Charter High School Trio, 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 21 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, Expressive Arts 3:00 PM SocialTimes	Friday 22 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 Antonio Sings Sinatra 2:15 PM UCLA-Brain Exercise Initiative, Art w/Abby 3:00 PM BINGO!
	Tuesday 26 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM UCLA-Brain Exercise Initiative, 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 27 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 28 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 Davitt's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM BINGO!	Friday 29 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Santa Monica Barbershop Chorus, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM Tai Chi, Art w/Abby 3:00 PM SocialTimes