



• JULY 2026 Program Schedule •

JULY

Monday6

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 Music Mends Minds w/Heathor
2:15 PM Tai Chi, Art w/Jennnifer
3:00 PM SocialTimes

Tuesday7

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 Laura's Songbook
1:00-3:00 Art w/Abby
2:15 PM Tai Chi w/Rita
3:00 PM SocialTimes

Wednesday8

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 Felice's Dance Party
1:00-3:00 Art w/Jennifer
2:15 PM Tai Chi w/Brian
3:00 PM SocialTimes

Thursday9

9:00 AM Coffee and Chat
10:00 AM Welcome to OPICA
10:30 AM Yoga w/Doria
11:15 AM Irby's Songbook, Men's Group
1:00 PM Tom's Songbook
2:15 PM Tai Chi w/Rita, Expressive Arts
3:00 PM SocialTimes

Friday10

Closed in observance of the holiday.

HAPPY
4TH OF JULY
INDEPENDENCE DAY

Monday13

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/Jennnifer
3:00 PM BINGO!

Tuesday14

9:00 AM Coffee and Chat
10:00 AM Welcome to OPICA
10:30 AM Yoga w/Doria
11:15 AM Laughter on Call w/Sydney, Men's Group, Sensory Group
1:00 PM Davitt's Songbook
1:00-3:00 Art w/Jennifer
2:15 PM Tai Chi
3:00 PM SocialTimes

Wednesday15

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/Jennifer
2:15 PM Tai Chi w/Brian
3:00 PM BINGO!

Thursday16

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 Bill's Songbook
2:15 PM Tai Chi w/Rita, Expressive Arts
3:00 PM SocialTimes

Friday17

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 Tai Chi, Art w/Sophie
3:00 PM SocialTimes

Monday20

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/Jennnifer
3:00 PM SocialTimes

Tuesday21

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/Jennifer
2:15 PM Tai Chi
3:00 PM BINGO!

Wednesday22

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 Songbook
1:00-3:00 Art w/Jennifer
2:15 PM Tai Chi w/Brian
3:00 PM SocialTimes

Thursday23

9:00 AM Coffee and Chat
10:00 AM Welcome to OPICA
10:30 AM Yoga w/Doria
11:15 AM Irby's Songbook, Men's Group
1:00 PM Patrick's Songbook
2:15 PM Tai Chi, Expressive Arts
3:00 PM SocialTimes

Friday24

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 Music Mends Minds w/Heathor
2:15 PM Tai Chi, Art w/Sophie
3:00 PM SocialTimes

Monday27

9:00 AM Coffee and Chat
10:00 AM Welcome to OPICA
10:30 AM Ballet w/Diane
11:15 AM SocialTime Tables, Friendship Group
1:00 PM Bill's Songbook
2:15 PM Tai Chi, Art w/Jennnifer
3:00 PM SocialTimes

Tuesday28

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/Jennifer
2:15 PM Tai Chi
3:00 PM SocialTimes

Wednesday29

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 Laura's Songbook
1:00-3:00 Art w/Jennifer
2:15 PM Tai Chi w/Brian
3:00 PM BINGO!

Thursday30

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 Davitt's Songbook
2:15 PM Tai Chi w/Rita, Expressive Arts
3:00 PM SocialTimes

Friday31

9:00 AM Coffee and Chat
10:00 AM Welcome to OPICA
10:30 AM Ballet w/Diane
11:15 AM Laughter on Call w/Nikki, Ladies' Lounge
1:00 PM Shelly's Songbook
2:15 PM Tai Chi, Art w/Sophie
3:00 PM SocialTimes