



Support for Adults with Memory Loss and Their Families

• August 2026 Program Schedule •

07/31/26v2

Monday 3 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	Tuesday 4 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/Jennnifer 2:15 PM Tai Chi 3:00 PM SocialTimes	Wednesday 5 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 Tom's Songbook 1:00-3:00 Art w/Jennifer 2:15 PM Tai Chi w/Brian 3:00 PM SocialTimes	Thursday 6 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 The Glee Three 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM BINGO!	Friday 7 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM SocialTime Tables, Ladies' Lounge 1:00 PM Irby's Songbook 2:15 PM Tai Chi, Art w/Sophie 3:00 PM SocialTimes
Monday 10 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM SocialTime Tables, Friendship Group 1:00 PM The Glee Three 2:15 PM Tai Chi, Art w/Jennnifer 3:00 PM SocialTimes	Tuesday 11 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Les the Magician, Men's Group, Sensory Group 1:00 PM Davitt's Songbook 1:00-3:00 Art w/Jennnifer 2:15 PM Tai Chi w/Rita 3:00 PM SocialTimes	Wednesday 12 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Laughter On Call w/ Sydney, Storykeepers 1:00 PM Laura's Songbook 1:00-3:00 Art w/Jennifer 2:15 PM Tai Chi w/Brian 3:00 PM SocialTimes	Thursday 13 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	Friday 14 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Tai Chi 11:15 AM Let's Get Crafty!, Ladies' Lounge 1:00 PM Brian's Hootenanny 2:15 PM Ballet w/Diane, Art w/Sophie 3:00 PM BINGO!
Monday 17 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!, Friendship Group 1:00 PM Felice's Dance Party 2:15 PM Tai Chi, Art w/Jennnifer 3:00 PM BINGO!	Tuesday 18 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/Jennifer 2:15 PM Tai Chi 3:00 PM SocialTimes	Wednesday 19 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 Tom's Songbook 1:00-3:00 Art w/Jennifer 2:15 PM Tai Chi w/Brian 3:00 PM SocialTimes	Thursday 20 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	Friday 21 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/Sophie 3:00 PM SocialTimes
Monday 24 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, Friendship Group 1:00 PM Bill's Songbook 2:15 PM Tai Chi, Art w/Jennnifer 3:00 PM SocialTimes	Tuesday 25 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 Felice's Dance Party 1:00-3:00 Art w/Jennnifer 2:15 PM Tai Chi w/Rita 3:00 PM BINGO!	Wednesday 26 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	Thursday 27 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 Davitt's Songbook 2:15 PM Tai Chi, Expressive Arts 3:00 PM SocialTimes	Friday 28 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
Monday 31 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				