



Support for Adults with Memory Loss and Their Families

• September 2026 Program Schedule •

08/31/26v1



Tuesday 1	Wednesday 2	Thursday 3	Friday 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 Felice's Dance Party 1:00-3:00 Art w/Jennifer 2:15 PM Tai Chi 3:00 PM SocialTimes	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 Tom's Songbook 1:00-3:00 Art w/Jennifer 2:15 PM Tai Chi w/Brian 3:00 PM BINGO!	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 1:00 PM The Glee Three 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTimes	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 Irby's Songbook 2:15 PM Tai Chi, Art w/Sophie 3:00 PM SocialTimes

Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
<i>Closed for the holiday</i> HAPPY LABOR DAY	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/Jennifer 2:15 PM Tai Chi 3:00 PM SocialTimes	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 Bill's Songbook 1:00-3:00 Art w/Jennifer 2:15 PM Tai Chi w/Brian 3:00 PM SocialTimes	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	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/Sophie 3:00 PM BINGO!

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
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 The Glee Three 2:15 PM Tai Chi, Art w/Jennifer 3:00 PM BINGO!	9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Maagalim Community Circle Performance, Men's & Sensory Groups 1:00 PM Tom's Songbook 1:00-3:00 Art w/Jennifer 2:15 PM Tai Chi 3:00 PM SocialTimes	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 w/Heathor 1:00-3:00 Art w/Jennifer 2:15 PM Tai Chi w/Brian 3:00 PM SocialTimes	9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Bill the Magician, Men's Group 1:00 PM Bill's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTimes	9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM CA Wildlife Center, Ladies' Lounge 1:00 PM Shelly's Songbook 2:15 PM Tai Chi, Art w/Sophie 3:00 PM SocialTimes

Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
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 Felice's Dance Party 2:15 PM Tai Chi, Art w/Jennifer 3:00 PM SocialTimes	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 Laura's Songbook 1:00-3:00 Art w/Jennifer 2:15 PM Tai Chi 3:00 PM BINGO!	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	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 w/Rita, Expressive Arts 3:00 PM SocialTimes	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 Tom's Songbook 2:15 PM Tai Chi, Art w/Sophie 3:00 PM SocialTimes

Monday 28	Tuesday 29	Wednesday 30
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 Music Mends Minds w/Heathor 2:15 PM Tai Chi, Art w/Jennifer 3:00 PM SocialTimes	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 Bill's Songbook 1:00-3:00 Art w/Jennifer 2:15 PM Tai Chi w/Rita 3:00 PM SocialTimes	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!

