



Support for Adults with Memory Loss and Their Families

• October 2026 Program Schedule •

10/06/26v1

			Thursday 1 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 2 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 Davitt's Songbook 2:15 PM Tai Chi, Art w/Sophie 3:00 PM SocialTimes
Monday 5 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Little Learners' Serenade, Friendship Group 1:00 PM Laura's Songbook 2:15 PM Tai Chi, Art w/Jennifer 3:00 PM SocialTimes	Tuesday 6 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 w/Rita 3:00 PM SocialTimes	Wednesday 7 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 Bill's Songbook 1:00-3:00 Art w/Jennifer 2:15 PM Tai Chi w/Brian 3:00 PM SocialTimes	Thursday 8 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 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	Friday 9 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 12 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 The Glee Three 2:15 PM Tai Chi, Art w/Jennifer 3:00 PM SocialTimes	Tuesday 13 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	Wednesday 14 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 Music Mends Minds w/Heathor 1:00-3:00 Art w/Jennifer 2:15 PM Tai Chi w/Brian 3:00 PM SocialTimes	Thursday 15 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 Laura's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM BINGO!	Friday 16 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, Ladies' Lounge 1:00 PM Shelly's Songbook 2:15 PM Tai Chi, Art w/Sophie 3:00 PM SocialTimes
Monday 19 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 Felice's Dance Party 2:15 PM Tai Chi, Art w/Jennifer 3:00 PM SocialTimes	Tuesday 20 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 Tom's Songbook 1:00-3:00 Art w/Jennifer 2:15 PM Tai Chi w/Rita 3:00 PM BINGO!	Wednesday 21 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 Laura's Songbook 1:00-3:00 Art w/Jennifer 2:15 PM Tai Chi w/Brian 3:00 PM SocialTimes	Thursday 22 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 Bill's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTimes	Friday 23 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 Davitt's Songbook 2:15 PM Tai Chi, Art w/Sophie 3:00 PM SocialTimes
Monday 26 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!, Friendship Group 1:00 PM Music Mends Minds w/Heathor 2:15 PM Tai Chi, Art w/Jennifer 3:00 PM BINGO!	Tuesday 27 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 28 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/Nikki, 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 29 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Little Learners' Halloween Parade, Men's Group 1:00 PM Davitt's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM SocialTimes	Friday 30 9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Ekaterina's Music Family, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM UCLA Brain Exercise Initiative, Art w/Sophie 3:00 PM Halloween Party