Support for Adults with Memory Loss and Their Families

• October 2026 Program Schedule •

09/28/26v1

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 The Glee Three
2:15 PM Tai Chi, Art w/Jennnifer
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/Jennnifer
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 Inititiative, StoryKeepers
1:00 PM Bill's Songbook
1:00-3:00 Art w/Jennnifer
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 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 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 Les the Magician, Friendship Group
1:00 PM The Glee Three
2:15 PM Tai Chi, Art w/Jennnifer
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/Jennnifer
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/Jennnifer
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 Inititiative, 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/Jennnifer
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/Jennnifer
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/Jennnifer
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 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 26
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 Music Mends Minds w/Heathor
2:15 PM Tai Chi, Art w/Jennnifer
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/Jennnifer
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/Jennnifer
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 Ballet w/Diane
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