Support for Adults with Memory Loss and Their Families

• November 2026 Program Schedule •

11/02/26v1

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
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 Laura's Songbook 2:15 PM Yoga w/Nasrin, Art w/Jennnifer 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 SocialTime Tables, Men's Group, Sensory Group 1:00 PM Felice's Dance Party 1:00-3:00 Art w/Jennnifer 2:15 PM Yoga w/Pam 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 Irby's Songbook, 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 SocialTime Tables, 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 Let's Get Crafty!, Ladies' Lounge 1:00 PM Irby's Songbook 2:15 PM UCLA-Brain Exercise Initiative, Art w/Sophie 3:00 PM BINGO!
Monday 9	**Tuesday 10**		**Thursday 12**	**Friday 13**
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 Yoga w/Nasrin, Art w/Jennnifer 3:00 PM SocialTimes 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 Little Learners Serenade, Men's Group, Sensory Group 1:00 PM Davitt's Songbook 1:00-3:00 Art w/Jennnifer 2:15 PM Yoga w/Pam 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 UCLA-Brain Exercise Initiative, Ladies' Lounge 1:00 PM Brian's Hootenanny 2:15 PM Tai Chi, Art w/Sophie 3:00 PM SocialTimes
Monday 16	**Tuesday 17**	**Wednesday 18**	**Thursday 19**	**Friday 20**
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 Yoga w/Nasrin, Art w/Jennnifer 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 Tom's Songbook 1:00-3:00 Art w/Jennnifer 2:15 PM Tai Chi w/Rita 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 Little Learners' Serenade, 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	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	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/Sydney, Ladies' Lounge 1:00 PM Shelly's Songbook 2:15 PM Tai Chi, Art w/Sophie 3:00 PM Santa Monica Variety Show Service Project
Monday 23	**Tuesday 24**	**Wednesday 25**		
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 Music Mends Minds w/Heathor 2:15 PM Yoga w/Nasrin, Art w/Jennnifer 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 SocialTime Tables, Men's Group, Sensory Group 1:00 PM Bill's Songbook 1:00-3:00 Art w/Jennnifer 2:15 PM Yoga w/Pam 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 Irby's Songbook 1:00-3:00 Art w/Jennifer 2:15 PM Tai Chi w/Brian 3:00 PM BINGO!		
Monday 30				
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 Irby's Songbook 2:15 PM Yoga w/Nasrin, Art w/Jennnifer 3:00 PM SocialTimes				