



Support for Adults with Memory Loss and Their Families

• July 2024 Program Schedule •

06/28/24

<p>Monday 1</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM BINGO!, Storytelling 1:00 PM Bill Plays Guitar 2:15 PM Tai Chi, Art w/Abby 3:00 PM Sing Along 60's Music</p>	<p>Tuesday 2</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM About Independence Day, Men's Group 1:00 PM Felice's Dance Party 1:00-3:00 Art w/Abby 2:15 PM Let's Get Crafty! 3:00 PM Table Stations</p>	<p>Wednesday 3</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Licia for the Brain, Lotus Group 1:00 PM The Glee 3 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writer's Room 3:00 PM Laugh & Learn TV</p>	<p>Thursday 4</p> <p style="text-align: center;">INDEPENDENCE DAY</p>	<p>Friday 5</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Laughter On Call, Ladies' Lounge 1:00 PM Music w/Irby 2:15 PM Tai Chi, Art with Abby 3:00 PM Brain Games</p>
<p>Monday 8</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Armchair Travel to Nevada, Storytelling 1:00 PM The Glee 3 2:15 PM Tai Chi, Art w/Abby 3:00 PM Brain Games</p>	<p>Tuesday 9</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM BINGO!, Men's Group 1:00 PM Davitt Plays Guitar 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM Floor Sports</p>	<p>Wednesday 10</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Licia for the Brain, Lotus Group 1:00 PM Cathleen's Music 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Sing Along Folk Music</p>	<p>Thursday 11</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Music w/Irby, Men's Group, Spanish Group 1:00 PM Tom's Songbook 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Laugh & Learn TV</p>	<p>Friday 12</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Drive-In Movie Theatres, Ladies' Lounge 1:00 PM Brian's Hootenanny 2:15 PM Let's Get Crafty!, Art w/Abby 3:00 PM Table Stations</p>
<p>Monday 15</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Laughter On Call, Storytelling 1:00 PM Felice's Dance Party 2:15 PM Let's Get Crafty!, Art w/Abby 3:00 PM Table Stations</p>	<p>Tuesday 16</p> <p>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 1:00 PM Spin & Sing 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM Music & Movement</p>	<p>Wednesday 17</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Licia for the Brain, Lotus Group 1:00 PM Dance w/Bob & Bernie 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Floor Sports</p>	<p>Thursday 18</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM BINGO!, Men's Group, Spanish Group 1:00 PM Nathalie Plays Guitar 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Sing Along Boogie Woogie Era</p>	<p>Friday 19</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM Armchair Travel Ontario Canada, Ladies' Lounge 1:00 PM Shelly's Tunes 2:15 PM Tai Chi, Art w/Abby 3:00 PM Laugh & Learn TV</p>
<p>Monday 22</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Explore Random Trivia, Storytelling 1:00 PM Ese Plays the Uke 2:15 PM Chair Fit w/Paul, Art w/Abby 3:00 PM Laugh & Learn TV</p>	<p>Tuesday 23</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Armchair Travel Sahara Desert, Men's Group 1:00 PM Cheryl Performs 1:00-3:00 Art w/Abby 2:15 PM Chair Chat 3:00 PM Floor Sports</p>	<p>Wednesday 24</p> <p>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!, Lotus Group 1:00 PM Music w/Irby 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Brain Games</p>	<p>Thursday 25</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Music w/Irby, Men's Group, Spanish Group 1:00 PM Davitt Plays Guitar 2:15 PM Tai Chi w/Rita, Expressive Arts 3:00 PM Floor Sports</p>	<p>Friday 26</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Ballet w/Diane 11:15 AM BINGO!, Ladies' Lounge 1:00 PM Tom's Songbook 2:15 PM Artistic Impressions, Art w/Abby 3:00 PM Table Stations</p>
<p>Monday 29</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Strengthen w/Diane 11:15 AM Armchair Travel Key West, Storytelling 1:00 PM Veronica Plays Piano 2:15 PM Karaoke, Art w/Abby 3:00 PM Laugh & Learn TV</p>	<p>Tuesday 30</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Doria 11:15 AM Hike the Pacific NW Trail, Men's Group 1:00 PM Veronica Plays Piano 1:00-3:00 Art w/Abby 2:15 PM Tai Chi 3:00 PM Floor Sports</p>	<p>Wednesday 31</p> <p>9:00 AM Coffee and Chat 10:00 AM Welcome to OPICA 10:30 AM Yoga w/Elizabeth 11:15 AM Licia for the Brain, Lotus Group 1:00 PM Music Mends Minds 1:00-3:00 Art w/Abby 2:15 PM Tai Chi w/Brian, Writers' Room 3:00 PM Brain Games</p>		