




Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>OPICA IS CLOSED</b></p> <p style="text-align: right;">2</p>	<p>10:15 <i>Art Project Spirit Builders</i></p> <p>11:00 <i>Walk &amp; strengthen Friendship group</i></p> <p>1:00 <i>Lifted Voices' amazing songs Open Art Studio</i></p> <p>2:15 <i>Yoga w/Elizabeth Men's group</i></p> <p>2:45 <i>Sing along w/Malou</i></p> <p>4:00 <i>Table games</i></p> <p style="text-align: right;">3</p>	<p>10:15 <i>Down Memory Lane</i></p> <p>11:00 <i>Fit and Fabulous Laughter Yoga Story telling group</i></p> <p>1:00 <i>Tom's Eclectic Songbook Art w/Abby</i></p> <p>2:15 <i>Yoga w/Elizabeth Nisei group w/Juliet</i></p> <p>2:45 <i>Piano concert w/ Malou and Moo</i></p> <p style="text-align: right;">4</p>	<p>10:15 <i>Wish Upon a Star</i></p> <p>11:00 <i>Take control with exercise Music group</i></p> <p>1:00 <i>Joyful Boogie</i></p> <p>2:15 <i>Tai Chi w/Brian Art Lounge</i></p> <p>2:45 <i>Sing Along w/Malou and Moo</i></p> <p>4:00 <i>Video</i></p> <p style="text-align: right;">5</p>	<p>10:15 <i>Music, Rythmn &amp; Dance Ladies' Lounge</i></p> <p>11:00 <i>Laughter exercise Friendship group</i></p> <p>1:00 <i>Felice's Friday Party Art w/Abby</i></p> <p>2:15 <i>Video, Drama Group Art Lounge</i></p> <p>2:45 <i>Sing along w/Malou Table games</i></p> <p style="text-align: right;">6</p>
<p>10:15 <i>Brain fitness w/Julie</i></p> <p>11:00 <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i></p> <p>1:00 <i>Bingo / Art w/Abby Music group</i></p> <p>2:15 <i>Tai Chi w/Iren Open Art Studio</i></p> <p>2:45 <i>Delightful Piano w/ Malou and Moo and sing along</i></p> <p style="text-align: right;">9</p>	<p>10:15 <i>You be the judge Spirit Builders</i></p> <p>11:00 <i>Emergency Drill/ Walk &amp; strengthen Friendship group</i></p> <p>1:00 <i>Memory Enhancement W/Larry Open Art Studio</i></p> <p>2:15 <i>Yoga w/Elizabeth Men's group</i></p> <p>2:45 <i>Sing along w/Malou</i></p> <p>4:00 <i>Table games</i></p> <p style="text-align: right;">10</p>	<p>10:15 <i>Little Learners September Flowers</i></p> <p>11:00 <i>Fit and Fabulous Laughter Yoga Story telling group</i></p> <p>1:00 <i>Mike's Sweet Songs Art w/Abby</i></p> <p>2:15 <i>Yoga w/Elizabeth Nisei group w/Juliet</i></p> <p>2:45 <i>Piano concert w/ Malou and Moo</i></p> <p style="text-align: right;">11</p>	<p>10:15 <i>Badminton</i></p> <p>11:00 <i>Take control with exercise Music group</i></p> <p>1:00 <i>Matt's Motown Music</i></p> <p>2:15 <i>Tai Chi w/Brian Art Lounge</i></p> <p>2:45 <i>Sing Along w/Malou and Moo</i></p> <p>4:00 <i>Video</i></p> <p style="text-align: right;">12</p>	<p>10:15 <i>Fall Fun on the Patio Ladies' Lounge</i></p> <p>11:00 <i>Laughter exercise Friendship group</i></p> <p>1:00 <i>Brian's Afternoon Hootenanny Art w/Abby</i></p> <p>2:15 <i>Video, Drama Group Art Lounge</i></p> <p>2:45 <i>Sing along w/Malou Table games</i></p> <p style="text-align: right;">13</p>
<p>10:15 <i>Brain fitness w/Julie</i></p> <p>11:00 <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i></p> <p>1:00 <i>Bingo / Art w/Abby Music group</i></p> <p>2:15 <i>Tai Chi w/Iren Open Art Studio</i></p> <p>2:45 <i>Delightful Piano w/ Malou and Moo and sing along</i></p> <p style="text-align: right;">16</p>	<p>10:15 <i>Darts Spirit Builders</i></p> <p>11:00 <i>Walk &amp; strengthen Friendship group</i></p> <p>1:00 <i>CC Strummers' Spectacular ukulele Show Open Art Studio</i></p> <p>2:15 <i>Yoga w/Elizabeth Men's group</i></p> <p>2:45 <i>Sing along w/Malou</i></p> <p>4:00 <i>Table games</i></p> <p style="text-align: right;">17</p>	<p>10:15 <i>Spruce up the Garden</i></p> <p>11:00 <i>Fit and Fabulous Laughter Yoga Story telling group</i></p> <p>1:00 <i>Bruce's Laidback Tunes Art w/Abby</i></p> <p>2:15 <i>Yoga w/Elizabeth Nisei group w/Juliet</i></p> <p>2:45 <i>Piano concert w/ Malou and Moo</i></p> <p style="text-align: right;">18</p>	<p>10:15 <i>Sing, Sing, Sing!</i></p> <p>11:00 <i>Take control with exercise Music group</i></p> <p>1:00 <i>Doug's Fantastic Piano</i></p> <p>2:15 <i>Tai Chi w/Brian Art Lounge</i></p> <p>2:45 <i>Sing Along w/Malou and Moo</i></p> <p>4:00 <i>Video</i></p> <p style="text-align: right;">19</p>	<p>10:15 <i>Play with Words Ladies' Lounge</i></p> <p>11:00 <i>Laughter exercise Friendship group</i></p> <p>1:00 <i>Bob &amp; Bernie's Show Art w/Abby</i></p> <p>2:15 <i>Video, Drama Group Art Lounge</i></p> <p>2:45 <i>Sing along w/Malou Table games</i></p> <p style="text-align: right;">20</p>
<p>10:15 <i>Brain fitness w/Julie</i></p> <p>11:00 <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i></p> <p>1:00 <i>Bingo / Art w/Abby Music group</i></p> <p>2:15 <i>Tai Chi w/Iren Open Art Studio</i></p> <p>2:45 <i>Delightful Piano w/ Malou and Moo and sing along</i></p> <p style="text-align: right;">23</p>	<p>10:15 <i>Little Learners Music for all Spirit Builders</i></p> <p>11:00 <i>Walk &amp; strengthen Friendship group</i></p> <p>1:00 <i>Memory Enhancement W/Larry Open Art Studio</i></p> <p>2:15 <i>Yoga w/Elizabeth Men's group</i></p> <p>2:45 <i>Sing along w/Malou</i></p> <p>4:00 <i>Table games</i></p> <p style="text-align: right;">24</p>	<p>10:15 <i>Leaves of Autumn</i></p> <p>11:00 <i>Fit and Fabulous Laughter Yoga Story telling group</i></p> <p>1:00 <i>Irby Swings the Classics Art w/Abby</i></p> <p>2:15 <i>Yoga w/Elizabeth Nisei group w/Juliet</i></p> <p>2:45 <i>Piano concert w/ Malou and Moo</i></p> <p style="text-align: right;">25</p>	<p>10:15 <i>Volleyball</i></p> <p>11:00 <i>Take control with exercise Music group</i></p> <p>1:00 <i>Patrick Von Wiegat's classy Music Show</i></p> <p>2:15 <i>Tai Chi w/Brian Art Lounge</i></p> <p>2:45 <i>Sing Along w/Malou and Moo</i></p> <p>4:00 <i>Video</i></p> <p style="text-align: right;">26</p>	<p>10:15 <i>Rush Hashanah Ladies' Lounge</i></p> <p>11:00 <i>Laughter exercise Friendship group</i></p> <p>1:00 <i>Nathalie's Sweet French Melodies Art w/Abby</i></p> <p>2:15 <i>Video, Drama Group Art Lounge</i></p> <p>2:45 <i>Sing along w/Malou Table games</i></p> <p style="text-align: right;">27</p>
<p>10:15 <i>Brain fitness w/Julie</i></p> <p>11:00 <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i></p> <p>1:00 <i>Bingo / Art w/Abby Music group</i></p> <p>2:15 <i>Tai Chi w/Iren Open Art Studio</i></p> <p>2:45 <i>Delightful Piano w/ Malou and Moo and sing along</i></p> <p style="text-align: right;">30</p>			<p style="text-align: center;"><b>Ongoing daily activities</b></p> <p>9:00 - 10:00 <i>Social time: meet, greet and eat</i></p> <p>10:00 - 10:15 <i>Warm-up</i></p> <p>12:00 - 1:00 <i>Lunch</i></p> <p>2:00 - 2:15 <i>Snack</i></p>	<p style="text-align: center;"><b>Programs subject to change without Notice</b></p> <p style="text-align: center;"><i>Italics denote simultaneous activities</i></p>