



HOURS
 Monday – Friday / 11 am - 4 pm
 9-11 am by appointment.
 805-563-2882 x3

Schedule of Events December 2018



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 3 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Jodi's Book Club | 4 11 Baking 12 Mindfulness Meditation 1 Financial Wellness 2:15 Posture & Stability | 5 11 Reiki 12 Pragmatic Mathematics 1:15 Percussion 2:30 Restorative Yoga | 6 11:30 Musical Mind Workout 12:30 iPad Exploration 1 Communication Skills 2:15 Peer Support Group | 7 11 Therapeutic Massage 12 Language Class 1 Holiday Decorating! 2 Art Class |
| 10 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Current Events | 11 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:15 Volunteer Project | 12 11 Reiki 12 Healthy Cooking 1:15 Percussion 2:30 Restorative Yoga | 13 11:30 Musical Mind Workout 12:30 Birthday Party! 1 Memory Strategies 2:15 Peer Support Group  | 14 11 Therapeutic Massage 12 Breathing Basics 1 Q&A with Carol Baizer 2 Art Class |
| 17 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Jodi's Book Club | 18 11 Holiday Carols 12 Mindfulness Meditation 1 Holly Jolly Holiday Potluck & Party! | 19 11 Reiki 12 Presentation: A.T. 1:15 Percussion 2:30 Restorative Yoga | 20 11:30 Musical Mind Workout 12:30 iPad Exploration 1 Communication Skills 2:15 Posture & Stability | 21 11 Therapeutic Massage 12 Language Class 1 Neighborhood Walk 2 Ceramics |
| 24 25 26 CLOSED FOR THE HOLIDAYS! | | | 27 11:30 Musical Mind Workout 12:30 Upstairs Update 1 Memory Strategies 2:15 Peer Support Group | 28 11 Therapeutic Massage 12 Breathing Basics 1 Decoration Cleanup 2 Ceramics |
| 31 11 Rhythm & Movement 12 Brain Workout 1 SMART Goal Setting | Jodi House wishes you a safe and happy holiday season! | | |  |

What's Happening at Jodi House this Month?

Presentation: Assistive Technology

Wednesday, December 19th at 12 PM

Assistive Technology has the potential to boost one's independence drastically. From common tools like eyeglasses and modified cell phones to advanced assistive software and speech devices, there are so many resources to help survivors of brain injury. Jim Cencer, the Assistive Technology Advocate from the Independent Living Resource Center, will be at Jodi House to speak to members and their families about the tools and gadgets available to them. For more information about the services offered by the Independent Living Resource Center, please visit <https://ilrc-trico.org/>. We hope to see you there!

You won't want to miss...

Volunteer Project: Angels Bearing Gifts

Tuesday, December 11th at 2:15

For December's volunteer project, Jodi House will have the opportunity to wrap presents for people with developmental disabilities who don't have anyone in their lives to remember them. Angels Bearing Gifts is a nonprofit organization dedicated to helping members of the developmentally disabled community feel loved on birthdays and holidays by providing them with gifts. To find out more about what they do, please visit <https://www.angelsbearinggifts.org/>. We hope you can join us for this special project!



Holly Jolly Holiday Potluck & Party!

Tuesday, December 18th from 1-3 PM

Join us in celebrating the holiday season with themed games, delicious food, and great company. Please bring your favorite entrée, side dish, or dessert to share with the group. Members, family, and friends are welcome to attend and holiday wear is encouraged! Please contact program staff with any questions and we hope to see you there!

Coming up in December...

Financial Wellness with Irene Kelly

Tuesday, December 4th at 1 PM

Financial management can be stressful, but it is so important in achieving increased independence and a sense of security. Irene Kelly, former Jodi House instructor and Financial Advisor at Edward Jones, will teach us the fundamentals of financial management and strategies for maintaining financial stability. Friends and family are welcome to join for this informative workshop!



Holiday Decorating!

Friday, December 7th at 1 PM

Help us get into the holiday spirit by putting ornaments on the tree and decorating the house!

Q&A with Carol Baizer

Friday, December 14th at 1 PM

Do you have questions about the benefits available to you? Carol Baizer, Benefits Counselor at the Independent Living Resource Center, will be at Jodi House to answer those questions and to help you navigate the application process. Please bring any important documents or notices so she can best assist you.

Jodi House will be closed on the following dates in observance of the winter holidays:

- Monday-Wednesday, December 24th-December 26th
- We will close at 2 PM on Monday, December 31st
- Tuesday, January 1st

Jodi House, 625 Chapala St, Santa Barbara CA 93101

Are you interested in membership? Please call 805-563-2882 x3 or visit www.jodihouse.org for more information.