



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

Schedule of Events January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED FOR NEW YEAR'S DAY	2  11 Reiki 12 Healthy Cooking 1:15 Percussion 2:30 Restorative Yoga	3 11:30 Musical Mind Workout 12:30 iPad Exploration 1 Communication Skills 2:15 Peer Support Group	4 11 Therapeutic Massage 12 Language Class 1 Qigong 2 Ceramics
7 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Current Events	8 11 Article Discussion 12 Mindfulness Meditation 1 Financial Wellness 2:15 Posture & Stability	9 11 Reiki 12 Pragmatic Mathematics 1:15 Percussion 2:30 Restorative Yoga	10 11:30 Musical Mind Workout 12:30 Birthday Party! 1 Memory Strategies 2:15 Peer Support Group	11 11 Therapeutic Massage 12 Language Class 1 Qigong 2 Art Class
14 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Jodi's Book Club	15 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:15 Posture & Stability	16 11 Reiki 12 Presentation: SBWCN 1:15 Percussion 2:30 Restorative Yoga	17 11:30 Musical Mind Workout 12:30 iPad Exploration 1 Communication Skills 2:15 Peer Support Group	18 11 Therapeutic Massage 12 Language Class 1 Qigong 2 Art Class 
21 CLOSED FOR MLK JR. DAY	22 11 Volunteer Project 12 Mindfulness Meditation 1 O.T. Interventions Group 2:15 Posture & Stability	23 11 Reiki 12 Pragmatic Mathematics 1:15 Percussion 2:30 Restorative Yoga	24 11:30 Musical Mind Workout 12:30 Upstairs Update 1 Memory Strategies 2:15 Peer Support Group	25 11 Therapeutic Massage 12 Language Class 1 Qigong 2 Ceramics
28 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Current Events	29 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions 2:15 Presentation: Braille	30 11 Reiki 12 Pragmatic Mathematics 1:15 Percussion 2:30 Restorative Yoga	31 11:30 Musical Mind Workout 12:30 iPad Exploration 1 Communication Skills 2:15 Peer Support Group	

What's Happening at Jodi House this Month?

Presentation: Santa Barbara Wildlife Care Network (SBWCN)

Wednesday, January 16th at 12 PM



While rehabilitation and reintegration are central to life at Jodi House, we have yet to talk about how the same principles can apply to wildlife. Claire Garvais, the Communications and Development Coordinator from Santa Barbara Wildlife Care Network (SBWCN), will be at Jodi House to teach us about the variety of animals living in Santa Barbara, how they help us, and what we can do to help them. To learn more about the work of SBWCN, please visit <https://www.sbwcn.org/>. We hope you can join us for this exciting and informative presentation!

Presentation: Braille Institute

Tuesday, January 29th at 2:15 PM

Visual impairment is one of the top ten most common disabilities among adults. More specifically, about 30% of individuals who have survived a brain injury experience vision loss or impairment. Braille Institute is a nonprofit organization dedicated to supporting and empowering individuals of all ages with blindness and vision loss. Susan Cass, Braille's Executive Director, will inform Jodi House members about their wide range of free services. To learn more about Braille Institute, please visit <https://www.brailleinstitute.org/>. We hope to see you there!

Coming in January:

Financial Wellness

Tuesday, January 8th at 1 PM

Nearly one-third of Americans have a money-related resolution for 2019. Irene Kelly, Financial Advisor at Edward Jones, will be back at Jodi House this month to continue to teach us strategies we need to be successful in achieving our financial goals. Friends and family are welcome to join for another informative workshop!

Volunteer Project: Friendship Center

Tuesday, January 22nd at 11 AM

For January's volunteer project, we will have the opportunity to bake cookies to give to the members of Friendship Center. Friendship Center works to enrich the lives of the aging and dependent adults through their Day Program, excursions, and intergenerational visits. To find out more about what they do, please visit <http://www.friendshipcentersb.org/>. We hope you can join us for this project!



Jodi House Case Management:

The New Year is the perfect time to make some new goals for yourself! Jodi House offers one-on-one, individualized case management services for our members. To make an appointment, please contact program staff at 805-563-2882 ext. 3.

Jodi House, 625 Chapala St, Santa Barbara CA 93101

Are you interested in membership? Please visit www.jodihouse.org or call 805-563-2882 x3 to schedule a visit.