



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

Schedule of Events February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Save the Date: Jodi House's 5th Annual 5k and 1-miler Beach Walk & Roll will take place on <u>Saturday, April 6th</u>!</p>				<p>1 11 Therapeutic Massage 12 German Cooking 1 Qigong 2 Art Class</p>
<p>4 11 Rhythm & Movement 12 Brain Workout 1 Breathing Basics 2 Jodi's Book Club</p>	<p>5 11 Baking 12 Mindfulness Meditation 1 Financial Wellness 2:30 Restorative Yoga</p>	<p>6 11 Reiki 12 Intro to Mindful Eating 1:15 Percussion 2:30 Peer Support Group</p>	<p>7 11:30 Musical Mind Workout 12:30 Birthday Party! 1 Memory Strategies 2:15 Posture & Stability</p>	<p>8 11 Therapeutic Massage 12 Language Class 1 Qigong 2 Ceramics</p>
<p>11 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Current Events</p>	<p>12 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:15 Peer Support Group</p>	<p>13 11 Reiki 12 Pragmatic Mathematics 1:15 Percussion 2:30 Restorative Yoga</p>	<p>14 11 Musical Mind Workout 12:30 iPad Exploration 1 "Talentine's Day" Talent Show & Pizza Party!</p>	<p>15 11 Therapeutic Massage 12 Language Class 1 Qigong 2 Art Class</p>
<p>18 CLOSED FOR PRESIDENTS' DAY</p>	<p>19 11 "Habit Tracker" 12 Mindfulness Meditation 1 O.T. Interventions Group 2:30 Restorative Yoga</p>	<p>20 11 Reiki 12 Healthy Cooking 1:15 Percussion 2:30 Peer Support Group</p>	<p>21 11:30 Musical Mind Workout 12:30 iPad Exploration 1 Communication Skills 2:15 Posture & Stability</p>	<p>22 11 Therapeutic Massage 12 Language Class 1 Qigong 2 Ceramics</p>
<p>25 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Jodi's Book Club</p>	<p>26 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:15 Neighborhood Walk</p>	<p>27 11 Reiki 12 Pragmatic Mathematics 1:15 Percussion 2:30 Restorative Yoga</p>	<p>28 10:30* Field Trip: Hearts Therapeutic Equestrian Center 2 Brain Workout</p>	

What's Happening at Jodi House this Month?

Presentation: Introduction to Mindful Eating

Wednesday, February 6th at 12 PM

As we know from our Mindfulness Meditation class, being mindful is about being aware. Petra Beumer, the owner of the Mindful Eating Institute, will help us apply this concept to what and why we eat. Friends and family are welcome to join us as we explore what mindful eating means, how to practice it in our daily lives, and how to manage the relationship between food and emotions.

"Talentine's Day" Talent Show & Pizza Party!

Thursday, February 14th from 1-3 PM

Join us in celebrating Valentine's Day with pizza, friends, and quality entertainment at Jodi House! Rusty's heart-shaped pizzas will be generously provided by Jodi House Board Member, Jim Cook, for lunch. At 2 PM, we'll come together to celebrate the many talents of our Jodi House family at the annual "Talentine's Day" Talent Show. Please add your name to the list posted in the kitchen if you'd like to perform. Friends and family are welcome to join too, whether it be as performers or audience members. All talents, big or small, are welcome!



Field Trip: Hearts Therapeutic Equestrian Center

Thursday, February 28th at 10:30 AM*

Hearts Therapeutic Equestrian Center gives people with disabilities the empowering opportunity to experience therapeutic horsemanship. With the help of our friends at Easy Lift, we will be taking a group to Hearts to view a lesson and learn about the benefits of equine therapy. **Please meet promptly at Jodi House by 10:30 AM so we can arrive to Hearts by 11. Please sign up if you would like to attend, as space on the Easy Lift bus is limited.** If you have your own transportation, please meet at Hearts at 11. We hope you can join us for this special field trip!

Please note: The Jodi House program will be closed between the hours of 11 and 1 on the day of this field trip.

Coming in February:

German Cooking

Friday, February 1st at 12 PM

Learning how to cook a traditional dish is not only an effective way to learn a new language, but it's also a great way to immerse yourself in a different culture! Please join us in learning some new vocabulary and making Kase Spaetzle, a vegetarian German pasta dish.

Financial Wellness

Tuesday, February 5th at 1 PM

Financial advisor at Edward Jones, Irene Kelly, will be back at Jodi House this month for another informative workshop! She will build upon concepts from previous presentations to help us continue our journeys toward financial independence. We hope to see you there!



Musical Mind Workout

Thursday, February 14th at 11 AM

Please note that on Thursday the 14th, Musical Mind Workout will start at 11 instead of 11:30. On this day from 11-11:30, we will be adding a special class to enhance our understanding of music. "The Language of Music" will teach us the fundamentals of reading music. We hope you'll join us for this special class!

Registration for Jodi House's 5th Annual 5k and 1-miler **Beach Walk & Roll** is now open! Please ask staff for help registering and for additional details!

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.