



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

Schedule of Events April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Current Events	2 11 Breaking Down the Brain 12 Mindfulness Meditation 1 O.T. Interventions Group 2:30 Restorative Yoga	3 11 Reiki 12 Pragmatic Mathematics 1:15 Percussion 2:30 Peer Support Group	4 11:30 Musical Mind Workout 12:30 iPad Exploration 1 Memory Strategies 2:15 Brain Games	5 11 Therapeutic Massage 12 Language Class 1 Qigong 2 Art Class
8 11 Rhythm & Movement 12 Brain Workout 1 Volunteer Project 2 Jodi's Book Club	9 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:15 Peer Support Group	10  11 Reiki 12 Presentation: SBCK 1:15 Percussion 2:30 Restorative Yoga	11 11 Musical Mind Workout 12:30 Birthday Party! 1 Communication Skills 2:15 Posture & Stability	12 11 Therapeutic Massage 12 Language Class 1 Qigong 2 Ceramics
15 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Current Events	16 11 Breaking Down the Brain 12 Mindfulness Meditation 1 O.T. Interventions Group 2:30 Restorative Yoga	17 11 Reiki 12 Pragmatic Mathematics 1:15 Percussion 2:30 Peer Support Group	18 11:30 Musical Mind Workout 12:30 iPad Exploration 1 Memory Strategies 2:15 Posture & Stability	19 11 Therapeutic Massage 12 Language Class 1 Volunteer Appreciation Party and Potluck!
22  11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Jodi's Book Club	23 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:15 Peer Support Group	24 11 Reiki 12 Healthy Cooking 1:15 Percussion 2:30 Restorative Yoga	25 11 Musical Mind Workout 12:30 Upstairs Update! 1 Communication Skills 2:15 Posture & Stability	26 11 Therapeutic Massage 12 Language Class 1 Qigong 2 Ceramics
29 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Current Events	30 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:30 Restorative Yoga	Jodi House's 5th Annual Beach Walk & Roll is on Saturday, April 6th! Have you registered yet?		

What's Happening at Jodi House this Month?

Presentation: Santa Barbara Channelkeeper

Wednesday, April 10th at 12 PM

We all know that Santa Barbara is a special place, but did you know that our channel is home to one of the most diverse and biologically productive ecosystems in the world? Santa Barbara Channelkeeper is a nonprofit organization dedicated to protecting our channel through advocacy, education, field work, and enforcement. Penny Owens, Education & Community Outreach Director, will educate us further about the Santa Barbara Channel and tell us about the many ways in which Channelkeeper defends and restores its delicate ecosystem. To learn more about what they do, please visit <https://www.sbck.org/>.

Coming up in April:

Jodi House Beach Walk & Roll!



Saturday, April 6th from 8:30-11 AM

Join us for our 5th Annual Beach Walk & Roll Fundraiser to support our community's brain injury survivors! This year in a new location, participants can choose to walk or roll a 1-mile or a 5K route in Chase Palm Park Plaza. The event will include snacks & coffee, music, a health & resource fair, lawn games, a raffle and more! To register, please visit www.jodihouse.org/walkroll/ or call 805-563-2882 x3. Feel free to contact staff with any questions. We hope you can join us for this fun event and thank you for your support!

Volunteer Project: Neighborhood Cleanup

Monday, April 8th at 1 PM

To ensure the safety of Santa Barbara's wildlife and in honor of Earth Day, the activity for this month's volunteer project is simple, yet impactful. Cleaning up litter is not only a great way to clean up our town, but it's also important in keeping our oceans free of trash. Whether you want to help us pick up litter or simply enjoy a walk, we hope to see you there!

New Class: Breaking Down the Brain

Tuesdays, April 2nd and 16th at 11 AM

The human brain is complex, but gaining an understanding of our brains is so important. From vision and hearing to thoughts and feelings, our brains dictate everything we do, say, and feel. Each class, we will "break down the brain" and focus on a different brain part, system or mechanism. As we progress, we will continue to gain insight into the connection between our brains and our everyday experiences.

Volunteer Appreciation Potluck & Party!

Friday, April 19th from 1-3 PM



To celebrate the many volunteers and interns who dedicate their time and talents to Jodi House, please join us for our annual Volunteer Appreciation Potluck & Party! April is National Volunteer Month, so there's no better time to express our gratitude for all they do. Please bring your favorite entrée, side dish, or dessert to share with the group. After lunch, we will enjoy a brief presentation dedicated to thanking our volunteers. Family and friends are welcome to attend. Please contact program staff with any questions and we hope to see you there!

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.