



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

# Schedule of Events May 2019



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 11 Reiki 12 Pragmatic Mathematics 1:15 Percussion <b>2:30 Peer Support Group</b>	<b>2</b> 11:30 Musical Mind Workout 12:30 iPad Exploration <b>1 Memory Strategies</b> 2:15 Posture & Stability	<b>3</b> 11 Therapeutic Massage 12 Language Class 1 Qigong <b>2 Ceramics</b>
<b>6</b> <b>11 Rhythm &amp; Movement</b> 12 Brain Workout 1 Self Defense Workshop 2 Jodi's Book Club	<b>7</b> 11 Baking 12 Mindfulness Meditation <b>1 O.T. Interventions Group</b> 2:15 Peer Support Group	<b>8</b> 11 Reiki <b>12 Healthy Cooking</b> 1:15 Percussion 2:30 Restorative Yoga	<b>9</b> 11:30 Musical Mind Workout 12:30 Birthday Party! <b>1 Therapy Dog Visit</b>  2:15 Posture & Stability	<b>10</b> 11 Therapeutic Massage 12 Language Class 1 Qigong <b>2 Mother's Day Craft</b>
<b>13</b> 11 Rhythm & Movement <b>12 Brain Workout</b> 1 Self Defense Workshop 2 Current Events	<b>14</b> 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group <b>2:30 Restorative Yoga</b>	<b>15</b>  11 Reiki <b>12 Pragmatic Mathematics</b> 1:15 Percussion 2:30 Peer Support Group	<b>16</b> 11:30 Musical Mind Workout 12:30 iPad Exploration <b>1 Communication Skills</b> 2:15 Posture & Stability	<b>17</b> 11 Therapeutic Massage 12 Language Class 1 Qigong <b>1 Q&amp;A with Carol Baizer</b> 2 Ceramics
<b>20</b> <b>11 Rhythm &amp; Movement</b> 12 Brain Workout 1 Self Defense Workshop 2 Jodi's Book Club	<b>21</b> <b>11 Baking</b> 12 Mindfulness Meditation 1 O.T. Interventions Group 2:15 Peer Support Group	<b>22</b> 11 Reiki <b>12 Presentation: Identities</b> 1:15 Percussion 2:30 Restorative Yoga	<b>23</b> 11:30 Musical Mind Workout 12:30 iPad Exploration 1 Memory Strategies <b>2:15 Brain Games</b>	<b>24</b> 11 Therapeutic Massage 12 Language Class <b>1 Qigong</b> 2 Art Class
<b>27</b> <b>Closed for Memorial Day</b>	<b>28</b> 11 Breaking Down the Brain <b>12 Mindfulness Meditation</b> 1 O.T. Interventions Group 2:30 Restorative Yoga	<b>29</b> <b>11 Reiki</b> 12 Pragmatic Mathematics 1:15 Percussion 2:30 Peer Support Group	<b>30</b> 11:30 Musical Mind Workout <b>12:30 Upstairs Update</b> 1 Communication Skills 2:15 Posture & Stability	<b>31</b> <b>11 Therapeutic Massage</b> 12 Language Class 1 Qigong 2 Ceramics

# What's Happening at Jodi House this Month?

## Therapy Dog Visit: Kim and Lily Rose



**Thursday, May 9th at 1 PM**

We know that dogs make us happy, but did you know that interacting with therapy dogs is proven to have immense physical and mental health benefits? From lowering blood pressure and releasing calming endorphins to decreasing feelings of isolation and anxiety, therapy dogs can help us in so many ways. Therapy Dogs of Santa Barbara is a nonprofit organization that empowers people to live more fulfilling lives through the human-animal bond. Volunteer Kim Lieberman and Therapy Dog Lily Rose will come to Jodi House so we can experience all these benefits firsthand. Friends and family are welcome to attend. To learn more about the work of Therapy Dogs of Santa Barbara, please visit <https://therapydogssb.org/>. We hope you can join us for this special visit!

## Presentation: LGBTQ Identities

**Wednesday, May 22nd at 12 PM**

As we all know, brain injuries can happen to anyone, anytime. Because of this non-discriminating nature of brain injury, Jodi House has such a diverse group of members from all walks of life. This diversity allows us the important opportunity to learn about and from one another that we might not get otherwise. Hanna Koehler, Jodi House's Case Manager, will provide members and their families with an introduction to the identities within the LGBTQ Community. This is a great opportunity to ask questions and learn more about this community of people. We hope to see you there!

## Coming in May:

### Mother's Day Craft

**Friday, May 10<sup>th</sup> at 2 PM**



With Mother's Day just around the corner, we would like to do something for the special ladies in our lives, whether it be your mother, sister, daughter, caregiver or friend. Be prepared to channel your inner florist for the afternoon, as we will be crafting flowers to arrange in personalized bouquets to give to our loved ones.

### Q&A with Carol Baizer

**Friday, May 17<sup>th</sup> 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.

### Breaking Down the Brain

**Tuesday, May 28<sup>th</sup> at 11 AM**

If you haven't been able to check out this new class, you will have another chance to do so this month! In May, we will continue to "break down the brain" and focus on a different brain part, system or mechanism each class. As we progress, we will continue to gain insight into the connection between our brains and our everyday experiences.

Jodi House, 625 Chapala St, Santa Barbara CA 93101

Are you interested in membership? Please visit [www.jodihouse.org](http://www.jodihouse.org) or call 805-563-2882 x3 to schedule a visit.