



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

Schedule of Events June 2019



Monday	Tuesday	Wednesday	Thursday	Friday
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You're Invited to Jodi House's Summer Soiree!
When: Thursday, June 6th from 5-7 PM
Where: Jodi House Brain Injury Support Center
***Please RSVP by June 3rd to nadia@jodihouse.org**

<p>3</p> <p>11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Current Events</p>	<p>4</p> <p>11 Neuroscience of Eating 12 Mindfulness Meditation 1 O.T. Interventions Group 2:30 Restorative Yoga</p>	<p>5</p> <p>11 Reiki 12 Pragmatic Mathematics 1:15 Percussion 2:30 Peer Support Group</p>	<p>6</p> <p>11:30 Musical Mind Workout 12:30 iPad Exploration 1 Memory Strategies 2:15 Posture & Stability</p>	<p>7</p> <p>11 Therapeutic Massage 12 Language Class 1 Qigong 2 Healing Horticulture</p>
<p>10</p> <p>11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Jodi's Book Club</p>	<p>11</p> <p>11-1:30 Field Trip: Zodo's Bowling & Beyond! 2 Brain Workout </p>	<p>12</p> <p>11 Reiki 12 Breaking Down the Brain 1:15 Percussion 2:30 Restorative Yoga</p>	<p>13</p> <p>11:30 Musical Mind Workout 12:30 Birthday Party! 1 Communication Skills 2:15 Posture & Stability</p>	<p>14</p> <p>11 Therapeutic Massage 12 Language Class 1 Qigong 2 Ceramics</p>
<p>17</p> <p>11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Current Events</p>	<p>18</p> <p>11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:30 Restorative Yoga</p>	<p>19</p> <p>11 Reiki 12 Pragmatic Mathematics 1:15 Percussion 2:30 Peer Support Group</p>	<p>20</p> <p>11:30 Musical Mind Workout 12:30 Upstairs Update 1 Memory Strategies 2:15 Posture & Stability</p>	<p>21</p> <p>11 Therapeutic Massage 12 Language Class 1 Qigong 2 Art Class</p>
<p>24</p> <p>11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Jodi's Book Club</p>	<p>25</p> <p>11 Breaking Down the Brain 12 Mindfulness Meditation 1 O.T. Interventions Group 2:15 Presentation: Bike Safety & Helmet Fitting</p>	<p>26</p> <p>11 Reiki 12 Healthy Cooking 1:15 Percussion 2:30 Restorative Yoga</p>	<p>27</p> <p>11:30 Musical Mind Workout 12:30 iPad Exploration 1 Communication Skills 2:15 Posture & Stability</p>	<p>28</p> <p>11 Therapeutic Massage 12 Language Class 1 Qigong 2 Ceramics</p>

What's Happening at Jodi House this Month?

Field Trip: Zodo's Bowling and Beyond!

Tuesday, June 11th from 11 AM-1:30 PM

Back by popular demand and thanks to the generosity of the Zodo's Staff, we will be taking a second field trip to Zodo's Bowling and Beyond! If you didn't get the chance to join us last year, you're in for a treat. Bowling is a great fusion of physical challenge and fun, so it's an ideal Jodi House activity! With the help of our friends at Easy Lift, we will be taking a bus there and back, but **space is limited so please sign up on the sheet posted in the kitchen. Please meet promptly at Jodi House for our 11 AM pickup time.** If you have your own transportation, please meet outside of Zodo's at 11:15 AM. We hope you can join us for this fun field trip!

Please note: The Jodi House program will be closed between the hours of 11 and 1:30 on the day of this field trip.

Presentation: Bike Safety & Helmet Fitting

Tuesday, June 25th at 2:15 PM

In addition to all the work they do to treat injuries, Cottage Hospital Trauma Services is also committed to preventing injuries through education and outreach. Injury Prevention Specialists, Gena Topping and Jessica Aten, will present to Jodi House members and their families on the importance of bike safety and ways in which we can prevent injuries in ourselves and in others. Along with this vital information, Cottage Hospital Trauma Services will also provide members with brand new helmets. We hope you can join us for this important presentation!



Coming up in June:



Healing Horticulture Friday, June 7th at 2 PM

There are countless cognitive, psychological, social and physical benefits to human interaction with plants and gardens. To experience these benefits, please join us in revamping the Jodi House Garden! Tim Sisneros, from the SBCC Environmental Horticulture Department, will help us tend our garden and provide us with helpful information about the plants we're growing. We hope to see you there!

Pragmatic Mathematics Wednesdays, June 5th and 19th at 12 PM

Math affects our daily lives in a lot of ways: we use fractions when we cook, we have to add and subtract when we budget, and we have to calculate percentages when we eat out at restaurants. Practicing math is also a great way to increase the growth of brain cells and protect our brains against diseases like Alzheimer's. Join us in learning practical, useful math skills while simultaneously bolstering our brains!



Jodi House's Summer Soiree Thursday, June 6th from 5-7 PM



Please join us in inviting the Santa Barbara community to Jodi House for a casual celebration to welcome the summer season! Light refreshments will be served. Please RSVP by June 3rd to staff, by emailing nadia@jodihouse.org, or by calling 805-563-2882.

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.