



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

# Schedule of Events September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>CLOSED FOR LABOR DAY</b>	<b>3</b> 11 Baking <b>12 Mindfulness Meditation</b> 1 O.T. Interventions Group 2:30 Restorative Yoga	<b>4</b> 11 Reiki <b>12 Communication Skills</b> 1:15 Percussion 2:30 Peer Support Group	<b>5</b> 11:30 Musical Mind Workout 12:30 iPad Exploration <b>1 Planning Workshop</b> 2:15 Neighborhood Walk	<b>6</b> <b>11 Therapeutic Massage</b> 12 Language Class 1 Qigong 2 Art Class
<b>9</b> 11 Rhythm & Movement 12 Brain Workout <b>1 Self Defense Workshop</b> 2 Jodi's Book Club	<b>10</b> 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group <b>2:15 Peer Support Group</b>	<b>11</b> 11 Reiki 12 Memory Strategies <b>1:15 Percussion</b> 2:30 Restorative Yoga	<b>12</b> 11:30 Musical Mind Workout 12:30 Birthday Party! <b>1 Pragmatic Mathematics</b> 2:15 Brain & Body Workout	<b>13</b> 11 Therapeutic Massage <b>12 Language Class</b> 1 Qigong 2 Art Class
<b>16</b> <b>11 Rhythm &amp; Movement</b> 12 Brain Workout 1 Self Defense Workshop 2 Current Events	<b>17</b> 11 Breaking Down the Brain 12 Mindfulness Meditation 1 O.T. Interventions Group <b>2:30 Restorative Yoga</b>	<b>18</b> 11 Reiki <b>12 Therapy Dog Visit</b> 1:15 Percussion 2:30 Peer Support Group 	<b>19</b> 11:30 Musical Mind Workout 12:30 Upstairs Update 1 Healthy Cooking <b>2:15 Posture &amp; Stability</b>	<b>20</b> 11 Therapeutic Massage 12 Language Class 1 Qigong <b>2 Ceramics</b>
<b>23</b> 11 Rhythm & Movement 12 Brain Workout 1 Neighborhood Walk <b>2 Jodi's Book Club</b>	<b>24</b> 11 Baking 12 Mindfulness Meditation <b>1 O.T. Interventions Group</b> 2:15 Peer Support Group	<b>25</b> <b>11 Reiki</b> 12 Communication Skills 1:15 Percussion 2:30 Restorative Yoga	<b>26</b> 11:30 Musical Mind Workout 12:30 iPad Exploration <b>1 Presentation: Nutrition</b> 2:15 Posture & Stability	<b>27</b> 11 Therapeutic Massage 12 Language Class <b>1 Qigong</b> 2 Ceramics
<b>30</b> 11 Rhythm & Movement <b>12 Brain Workout</b> 1 Self Defense Workshop 2 Current Events	<b>Please see the reverse side of the calendar for additional information!</b>			

# What's Happening at Jodi House this Month?

## Planning Workshop



**Thursday, September 5th at 1 PM**

Between difficulties with short-term memory, struggles with multi-tasking, intense fatigue, and trouble with organization, planning after a brain injury can be *extremely* hard. Using a planner is one strategy that can help keep you organized and ensure that you don't miss important obligations. Passion Planner, a company dedicated to helping people follow their passions and achieve their goals, has generously donated 30 planners to Jodi House members. In this workshop, we will explore the weekly, monthly, and long-term elements of these planners and practice using them for our specific needs. To learn more about Passion Planner, please visit <https://passionplanner.com/>. We hope you can join us for this helpful workshop!

## Presentation: Introduction to Nutrition



**Thursday, September 26<sup>th</sup> at 1 PM**

Proper nutrition can seem overwhelming and inaccessible. Everyone knows that it's important to eat healthy, but what does that actually mean? What exactly does proper nutrition do for our bodies? How can we best fuel our brains for recovery after a brain injury? Petra Deker, Jodi House's yoga teacher and certified Nutritionist, is going to come to Jodi House to help us answer these questions and more with an introductory presentation on nutrition. There's a lot of information out there, so Petra will help us break it down into digestible pieces and differentiate fact from myth. We hope you can join us for this informative presentation!

## Therapy Dog Visit

**Wednesday, September 18th at 12 PM**

Therapy Dog, Lily Rose, and her owner, Kim Lieberman, will be back at Jodi House for another round of happiness-inducing dog therapy! Lily Rose and Kim are part of Therapy Dogs of Santa Barbara, a nonprofit organization that empowers people to live more fulfilling lives through the human-animal bond. To learn more about their work, please visit <https://therapydogssb.org/>. We hope you can join us for this special visit!

## Coming up in September:

### New Instructors: Language Class

**Fridays, September 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup> at 12 PM**

There are so many benefits to learning a new language: in addition to increasing our ability to communicate with one another, it can improve memory, enhance concentration, and increase the ability to multitask! To help us reap these benefits, we are welcoming two new instructors, Daniela Riva and Tegan Raleigh, into the Jodi House community! Daniela will help us develop our Spanish-speaking abilities and Tegan will introduce us to French. Both Daniela and Tegan have extensive teaching and traveling experience, and we are so excited to have the opportunity to learn from them! We hope you can join us for these new classes!

### Program Closure:

The Jodi House Program will be closed on Monday, September 2<sup>nd</sup> in observance of Labor Day. We apologize for any inconvenience and wish you a happy holiday weekend.

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.