

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>It's a new beginning!</b> <b>2010</b></p>				<p>1</p> <p><b>JODI HOUSE CLOSED</b> <b>Happy New Year!</b></p>
<p>4</p> <p>12:00- 12:30 <b>Brain Workout*</b> w/staff</p> <p>2-3 <b>Basics of Facebook</b> w/Monica</p>	<p>5</p> <p>11:30- 12 <b>Brain Work Out*</b></p> <p>12:30-1:30 <b>Arts &amp; Crafts</b> w/ Carol</p> <p>2-3 <b>Yoga</b> w/ Petra</p> <p>3-4 <b>Women's Group</b></p>	<p>6</p> <p>11:30- 12 <b>Brain Work Out*</b></p> <p>1-2 <b>Percussion</b> w/ Budhi</p> <p>2:30-3:30 <b>Yoga</b> w/ Jo</p>	<p>7</p> <p>12-1 <b>Communication sSkills</b> w/ Suzanne</p> <p>2-4 <b>Peer Support Group</b> members only</p>	<p>8</p> <p>11-12 <b>Member's Council</b></p> <p>12:30- 1:30 <b>Brain Workout *</b> w/staff</p> <p>1:30-3:30 <b>Reiki Meditation</b> w/Linea</p> <p>1-2 <b>Ceramics</b> w/ Deanna</p>
<p>11</p> <p>12:00- 12:30 <b>Brain Workout*</b> w/staff</p> <p>12:30-2 <b>Reiki</b> w/ Mareva &amp; Jeannette</p>	<p>12</p> <p>11:30- 12 <b>Brain Work Out*</b></p> <p>12:30-1:30 <b>Arts &amp; Crafts</b> w/ Carol</p> <p>3-4 <b>Members Volunteer Group meeting</b></p> <p>2-3 <b>Yoga</b> w/ Daniel</p>	<p>13</p> <p>11:30- 12 <b>Brain Work Out*</b></p> <p>1-2 <b>Percussion</b> w/ Budhi</p> <p>2:30-3:30 <b>Yoga</b> w/ Jo</p>	<p>14</p> <p>12-1 <b>Memory Strategies</b> w/ Suzanne</p> <p>2-4 <b>Peer Support Group</b> members only</p>	<p>15</p> <p>12:30-1:30 <b>Brain Workout</b> w/staff</p> <p>1:30-3:30 <b>Reiki Meditation</b> w/Linea</p>
<p>18</p> <p><b>Jodi House closed</b></p> <p>In observance of <b>Martin Luther King Day</b></p>	<p>19</p> <p>11:30- 12 <b>Brain Work Out*</b></p> <p>12:30-1:30 <b>Arts &amp; Crafts</b> w/ Carol</p> <p>2-3 <b>Yoga</b> w/ Petra</p> <p>3-4 <b>Women's Group</b></p>	<p>20</p> <p>11:30- 12 <b>Brain Work Out*</b></p> <p>1-2 <b>Percussion</b> w/ Budhi</p> <p>2:30- 4:00 <b>Gentle NIA</b> w/ Jo &amp; Joann</p>	<p>21</p> <p>12-1 <b>Communication Skills</b> w/ Suzanne</p> <p>2-2:45 <b>Speaker:</b> <b>Eryn Eckert</b> <b>Topic:</b> <b>Adult Protective Services</b></p>	<p>22</p> <p>12:30-1:30 <b>Brain Workout</b> w/staff</p> <p>1:30-3:30 <b>Reiki Meditation</b> w/Linea</p> <p>1-2 <b>Ceramics</b> w/ Deanna</p>
<p>25</p> <p>12:00- 12:30 <b>Brain Workout*</b> w/staff</p> <p>12:30-2 <b>Reiki</b> w/ Mareva &amp; Jeannette</p>	<p>26</p> <p>11:30- 12 <b>Brain Work Out*</b></p> <p>12:30-1:30 <b>Arts &amp; Crafts</b> w/ Carol</p> <p>2-3 <b>Yoga</b> w/ Daniel</p>	<p>27</p> <p>11:30- 12 <b>Brain Work Out*</b></p> <p>1-2 <b>Percussion</b> w/ Budhi</p> <p>2:30- 4:00 <b>Gentle NIA</b> w/ Jo &amp; Joann</p>	<p>28</p> <p>12-1 <b>Memory Strategies</b> w/ Suzanne</p> <p>2-4 <b>Peer Support Group</b> members only</p>	<p>29</p> <p>12:30-1:30 <b>Brain Workout</b> w/staff</p> <p>1:30-3:30 <b>Reiki Meditation</b> w/Linea</p>

Jodi House II – Solvang

Open on Wednesdays - 12:00 to 4:00 PM - Peer Support Group: 1:00 to 3:00 PM

Meet at the SYV Nonprofit Center located at 595 Alamo Pintado. Walk-ins welcome!!! Call Cheryl @ 805- 563-2882 for more information

Jodi House (in Santa Barbara) and Jodi House II (in Solvang) are programs supported by generous contributions from people like you.

For enrollment and more information, please call 805.563.2882 or visit [www.jodihouse.org](http://www.jodihouse.org)

## CALENDAR'S SPECIAL EVENTS & NEW CLASS DESCRIPTIONS:

### **NEW! Facebook Basics class**-Monday 4<sup>th</sup> of January from 2 to 3pm

Facebook is a free-access social networking website that allows you to connect to friends, family, even your favorite non-profit, Jodi House! Whether you have never used Facebook before or simply want a deeper insight on some of the tools, this basic class will accommodate to all skill levels.

### **Brain Workout**- Four days a week- See calendar for times

During brain work out members engage in group activities that help enhance and maintain cognitive skills such as problem solving, memory, logic and reasoning, and attention. The activities vary according to the number of members present and are tailored to accommodate diverse learning styles.

### **Members Council**- Friday January 8<sup>th</sup> from 11 to 12 noon

Jodi House's Yoga room serves as the stage for a monthly forum in which Jodi House members gather their views and suggestions to benefit the day-to-day operations at Jodi House. The meeting will be facilitated by club members and the input will be shared with Jodi House staff.

### **Members Volunteer Group meeting**- Tuesday January 12<sup>th</sup> from 3 to 4pm

How do ideas come to life? Come to the Members Volunteer Group Meeting and find out what we can accomplish together! All Member Volunteers and those who wish to volunteer are welcome. (Formerly the Members Working Group.)

## SPECIAL EVENT

### **Speaker of the Month: Eryn Eckert**

**When:** Thursday January 21<sup>st</sup> from 2 to 3pm

**Description:** Eryn Eckert comes to us from the Friendship Center to tell us about Adult Protective Services. Find out more about their services and how to use them. Refreshments will be served.

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### **Jodi House closes on January 1<sup>st</sup> for New Year's Day & January 18<sup>th</sup> in observance of Martin Luther King's Day.**

*"I have Dream ... Our lives begin to end the day we become silent about things that matter... Injustice anywhere is a threat to justice everywhere... Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity... I believe that unarmed truth and unconditional love will have the final word in reality. That is why right, temporarily defeated, is stronger than evil triumphant."*



*-Quotes from Martin Luther King Speeches*

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**Jodi House in Solvang** is open on Wednesdays, from 12noon - 4pm in our new location at the SYV Nonprofit Center in Solvang. **We are no longer at the People Helping People location on Tuesdays.**

The SYV Nonprofit Center is located at 595 Alamo Pintado in the Montecito Bank/First Bank complex just east of downtown Solvang, on the southwest corner of Alamo Pintado and Hwy 246. The United Way of Northern Santa Barbara County is graciously offering us this new location. It is convenient, with plenty of level parking.

The Peer Support Group meets from 1pm -3 pm. You are always welcome to come before or stay after the group meets to discuss individual concerns, visit, work on the computer, or help with set-up/clean-up.

We look forward to seeing you now on Wednesdays. Come, check it out!