

# Calendar Guide

Virtual Only

In-Person Only

\*See Page 2 for Zoom Information



# September 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Happy September! Please see Page 2 of the calendar for additional information about this month's workshop and presentation!</b>				<b>1</b> <u>11 Joint Support Group</u> <u>1 Book Club</u> <u>2 Restorative Yoga</u> 
<b>4</b>  <b>CLOSED for Labor Day</b>	<b>5</b> <u>11 Morning Meditation</u> <u>12 O.T. Interventions</u> <u>2 O.T. Interventions</u> <u>*3 Brain Injury ID Card Workshop</u> <i>*Workshop</i>	<b>6</b> <u>11 Book Club</u> <u>*12 Presentation: Nutrition &amp; Exercise</u> <u>2 Self-Defense</u> <u>3 Percussion</u> <i>*Presentation</i>	<b>7</b> <u>11 Brain Workout</u> <u>12 Memory Strategies</u> <u>2 Communication Skills</u> <u>3 Music Class</u>	<b>8</b> <u>11 Joint Support Group</u> <u>1 Book Club</u> <u>2 Restorative Yoga</u>
<b>11</b> <u>10 Weekly Wake Up</u> <u>11 Brain Workout</u> <u>12 Peer Support Group</u> <u>2 Posture &amp; Stability</u> <u>3 Art Class</u>	<b>12</b> <u>11 Morning Meditation</u> <u>12 O.T. Interventions</u> <u>2 O.T. Interventions</u> <u>3 Peer Support Group</u>	<b>13</b> <u>11 Book Club</u> <u>12 Virtual Hangout</u> <u>2 Self-Defense</u> <u>3 Percussion</u> 	<b>14</b> <u>11 Brain Workout</u> <u>12 Communication Skills</u> <u>2 Memory Strategies</u> <u>3 Music Class</u>	<b>15</b> <u>11 Joint Support Group</u> <u>1 Book Club</u> <u>2 Restorative Yoga</u>
<b>18</b> <u>10 Weekly Wake Up</u> <u>11 Brain Workout</u> <u>12 Peer Support Group</u> <u>2 Posture &amp; Stability</u> <u>3 Art Class</u>	<b>19</b> <u>11 Morning Meditation</u> <u>12 O.T. Interventions</u> <u>2 O.T. Interventions</u> <u>3 Peer Support Group</u>	<b>20</b> <u>11 Book Club</u> <u>12 Virtual Hangout</u> <u>2 Brain &amp; Body Workout</u> <u>3 Percussion</u>	<b>21</b> <u>11 Brain Workout</u> <u>12 Memory Strategies</u> <u>2 Communication Skills</u> <u>3 Music Class</u>	<b>22</b> <u>11 Joint Support Group</u> <u>1 Book Club</u> <u>2 Restorative Yoga</u>
<b>25</b> <u>10 Weekly Wake Up</u> <u>11 Brain Workout</u> <u>12 Peer Support Group</u> <u>2 Posture &amp; Stability</u> <u>3 Art Class</u> 	<b>26</b> <u>11 Morning Meditation</u> <u>12 O.T. Interventions</u> <u>2 O.T. Interventions</u> <u>3 Peer Support Group</u>	<b>27</b> <u>11 Book Club</u> <u>12 Virtual Hangout</u> <u>2 Self-Defense</u> <u>3 Percussion</u>	<b>28</b> <u>11 Brain Workout</u> <u>12 Communication Skills</u> <u>2 Memory Strategies</u> <u>3 Music Class</u>	<b>29</b> <u>11 Joint Support Group</u> <u>1 Book Club</u> <u>2 Restorative Yoga</u>

# September 2023 at Jodi House

## Presentation: Nutrition & Exercise for Brain Health

The impact that our lifestyle choices can have on brain health is significant. Choices like how we eat and move our bodies can either support our brain health or contribute to cognitive and mental dysfunction. Beth Alexander, Jodi House Board Member and Personal Trainer, will speak to us about how to promote cognitive and mental health through nutrition and exercise practices. Join us via Zoom on Wednesday, September 6th at 12 PM for this helpful and practical presentation!

## Brain Injury ID Card Workshop

As we know, brain injuries are not well understood by many people. Symptoms such as poor balance, memory loss, confusion, slurred speech, and increased frustration can potentially lead to misunderstandings with law enforcement, medical professionals, and the general public. Brain Injury ID Cards can help prevent those misunderstandings and can be used as a tool to help you express yourself and your needs. Jodi House will supply all necessary materials to create your ID Card. While this workshop will take place in person, our virtual members will also have the opportunity to create an ID card, and staff will provide the necessary information via email. We hope to see you there!

## Class of the Month: Restorative Yoga

Yoga has a myriad of physical and mental benefits, so adding a yoga practice into your weekly routine can be extremely beneficial after brain injury. This restorative online class features a short meditation, gentle functional movements, and breathing techniques to help both the brain and body relax. All movements are seated and are adaptable to your unique physical needs. Join us on Fridays at 2 PM via Zoom for this grounding class!

## Online Class Zoom Information

### Mondays at 10 AM

Zoom Link: <https://us06web.zoom.us/j/85220113783>  
Meeting ID: 852 2011 3783

### Mondays at 11 AM

Zoom Link: <https://zoom.us/j/98039472331>  
Meeting ID: 980 3947 2331

### Mondays at 12 PM

Zoom Link: <https://zoom.us/j/94810594028>  
Meeting ID: 948 1059 4028

### Tuesdays at 11 AM

Zoom Link: <https://us06web.zoom.us/j/87161170728>  
Meeting ID: 871 6117 0728

### Tuesdays at 12 PM

Zoom Link: <https://zoom.us/j/91388651721>  
Meeting ID: 913 8865 1721

### Wednesdays at 11 AM

Zoom Link: <https://zoom.us/j/94283966834>  
Meeting ID: 942 8396 6834

### Wednesdays at 12 PM

Zoom Link: <https://zoom.us/j/98277079105>  
Meeting ID: 982 7707 9105

### Thursdays at 11 AM

Zoom Link: <https://us06web.zoom.us/j/89753644072>  
Meeting ID: 897 5364 4072

### Thursdays at 12 PM

Zoom Link: <https://zoom.us/j/95535426112>  
Meeting ID: 955 3542 6112

### Fridays at 11 AM

Zoom Link: <https://psjhealth.zoom.us/j/3105339940>  
Meeting ID: 310 533 9940

### Fridays at 2 PM

Zoom Link: <https://us06web.zoom.us/j/84204309359>  
Meeting ID: 842 0430 9359