

Calendar Guide

Virtual Only

In-Person Only

*See Page 2 for Zoom
Information



September 2023



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