



**HELP of Ojai, Inc.**

July/August 2018

*Neighbors HELPing Neighbors*

## Community Bulletin

### *A Word From Terri Wolfe, Executive Director*

Happy Summer,

It's hard to believe fall is quickly approaching. The year has flown by and we are already preparing for our Annual Meeting in November. We would like to have more people involved in the election process, so last year we made a voting opportunity change. In the past a member had to attend the Annual Meeting to cast a vote. We have made the process easier by encouraging folks to vote by mail or by dropping off a ballot at HELP's Little House location.

When voting for a Director, members are voting for the following position and terms:

From HELP's Bylaws:

*"The management of all the affairs, property and business of the Corporation shall be vested in a Board of Directors, consisting of not less than five (5) members nor more than fifteen (15) members who shall be elected for three (3) year terms. Elections shall be by a majority vote by ballots submitted each year prior to the date specified by the Board of Directors."*

We are announcing via this article that nominations are open for one Director for the term beginning January 1, 2019. If you would like to nominate someone (or yourself), send by mail or email (HELP of Ojai Board Nomination, P.O. Box 621, Ojai, CA 93024, or [terriw@helpofojai.org](mailto:terriw@helpofojai.org)) her/his name and contact information to be received no later than September 7, 2018. Members of the Board will meet with each nominee to discuss and describe the responsibilities. Candidate(s) will also be nominated by the Board. Those nominees interested in being included on the ballot will then be listed on a ballot that will be in the September/October edition of this bulletin. You may vote and mail/drop off the ballot by October 31st. The ballots will be tallied and the newly elected Board members will be notified in advance and then invited for the public announcement at the November Annual meeting. Please note that depending upon number of nominees, this may be a competitive process whereby fewer seats are available than nominees. The top vote-getter will be elected to the open Board seat.

We hope you will participate in this process. Our Board of Directors is a talented and dedicated group and is always welcoming to new ideas and expertise.

Have a great month.

Terri Wolfe

Executive Director

**July/August Activities Update • Little House, 111 W. Santa Ana Street, Ojai • (805) 646-5122**

**HELP of Ojai offers activities to meet the interest and schedules of active seniors. Whether it is an activity for the brain; an activity for the body; or an activity that brings people together, we hope you find something to meet your wants and needs. Included below is a short description of the typical monthly activities. The days and times of the classes/activities are listed on the accompanying calendar. Unless specified, all classes are donation-based. Please notice the Activity Calendar is a two-month format. Please keep it through August when the next calendar will be published for September and October 2018.**

**The appointment-necessary or series-based activities beginning at Little House for July/August are:**

**AARP Smart Driving Course** on Monday & Tuesday, July 9th & 10th, from 9:00am-1:00pm. Cost is \$15 for AARP Members/\$20 for non-AARP members. Make checks payable to AARP and give to your instructor. Register in advance at Little House 646-5122.

**Beginner Watercolor Class** with Julie Merrill will be held Friday, July 6th & August 3rd from 10:00am-noon. Please call 646-5122 to reserve your spot.

**Foot Care** Nail Trimming & Leg Massage available on Tuesdays. Cost is \$15. Please call 646-5122 for an appointment.

**Hearing Screening** A free screening at My Hearing Center, located at 1211 Maricopa Hwy, #109 on Wednesday, August 15th, from 9:00am-11:00am. Please call 646-5122 for an appointment.

**HICAP** (Health Insurance Counseling & Advocacy Program) appointments are available on Tuesdays, from 8:15am-9:45am and Thursdays, from 11:00am-2:00pm. This program provides free and objective information and counseling about Medicare. Please call 646-5122 for an appointment.

**HICAP-One Stop** (Health Insurance Counseling & Advocacy Program) on Thursday, August 16th from 1:00pm-2:00pm. **“Social Security Colored Letters & What They Mean to YOU; New Medicare Card Information; Update on Medicare/Public benefits; Free Preventive Services”** will be the Presentation topics. Drop-ins welcome. Please call 646-5122 for more information.

**Make 5/Take 5** IS BACK ON! Come learn the basics of jewelry making with our very own Karen Kaminsky on Friday, August 3rd from 1:00pm-3:30pm. Make 5 items for HELP, Take 5 items home and pay only \$10—perfect for gift giving or to keep for yourself. Pre-Register by Wednesday, August 1st. Please call 646-5122 to reserve your spot.

**Skin Cancer Check** with Dr. Thacher will be held Tuesday, July 10th, 8:30am-9:45am. Please call 646-5122 for an appointment.

**Yoga** Classes are held at Ojai Yoga Shala Studio, 305 E. Matilija St. Cost is \$45 for six sessions. Space is limited/no drop-ins. Classes will take place on Tuesday & Wednesday from 1:30pm-2:45pm. **Our Next Registration will be Friday, August 24th at Little House from 9:00am-NOON for class dates 9/11 & 9/12—10/16 & 10/17.** Please mark your calendars!

**The drop-in classes and activities held at Little House available in July/August are:**

**Alignment for Dynamic Living** meets Wed. from 1:30pm-2:30pm. Newcomers are requested to come at 1:00pm to learn the basics. These classes will teach you to stand taller, walk stronger and promote better alignment in your body. Bring a yoga mat.

**Bridge Group** meets Monday and Thursday from 9:00am-12:00pm.

**Chair Yoga** is currently on hiatus for the Summer. Class will reconvene Wednesday, September 12th.

**Creative Writing Group** meets Thursdays from 10:00am-12:00pm. A self-guided group.

**Free Blood Pressure Screening** takes place Wednesdays from 8:30am-10:30am. Facilitated by Lavonne Theriault.

**Guitar** is currently on hiatus for the Summer. Class will reconvene Thursday, September 13th.

**Mah Jongg Group** meets Mondays from 1:00pm-3:30pm. A self-guided, social group.

**Parkinson's Support Group** meets Tuesday, July 10th & August 14th from 1:30pm-3:30pm. Occasional guest speakers.

**Senior Dance Class** with Janine Ames meets on the third Tuesday monthly. Please join us on July 17th & August 21st from 2:30pm-3:30pm for this new, fun class, featuring various styles of dance, modified to be done in a chair or on your feet. Individuals and couples at all levels welcome.

**Spanish** is currently on hiatus for the Summer. Class will reconvene Monday, October 1st.

**Activities held at West Campus, 370 W. Baldwin Rd., Ojai (805) 649-9218 for July/August are:**

**Adult Bereavement Support Group** meets on the second and fourth Tuesday of each month. The group meets from 10:30am-12:00pm in the Support Center Conference Room. Please join us on July 10th & 24th and August 14th & 28th.

**The Caregiver's Haven Support Group** now meets at the Gables of Ojai on the second and fourth Monday and first Tuesday of each month. Please join us on July 9th & 23rd and August 13th & 27th from 10:00am-11:30am and July 3rd & August 7th at 6:00pm. Please call Deirdre at 640-5717 for more information.

**Grey Law at West Campus** on Wed., July 18th & August 15th from 9:00am-12:00pm. Please call 658-2266 for an appointment.

**Future classes to look for in September are:**

**AARP Smart Driving Course** will be held on Monday & Tuesday, September 10th & 11th, from 9:00am-1:00pm. Cost is \$15 for AARP Members/\$20 for non-AARP members. Make checks payable to AARP and give to your instructor. Register in advance at Little House 646-5122.

**Skin Cancer Check** with Dr. Thacher on Tuesday, September 11th, 8:30am-9:45am. Please call 646-5122 for an appointment.

**Tai Chi MFBB** is back on Tuesdays & Thursdays from 9:00-10:30am, starting Sept. 11th-Dec. 6th. Please call 646-5122 to register.

**Matter of Balance** on Tuesdays from 1:00pm-3:00pm, starting Sept. 11th-Oct. 30th. Please call 646-5122 to register.

◇ PROGRAM UPDATES ◇

**West Campus • Kerry Ballantine Bensen • 370 W. Baldwin Rd., Ojai • (805) 649-9218**

HELP's West Campus is open to the public Monday through Friday, from 8—4 and Saturday, from 9—3. The campus is closed to the public on Sundays. If you are interested in volunteering some of your time at West Campus, or have any general questions, please feel free to call Kerry Ballantine Bensen at 649-9218.

**Senior Nutrition Program • Lili Vazquez, Program Director**

**370 W. Baldwin Rd., Ojai • (805) 649-8018**

HELP's Senior Nutrition Program serves lunch Monday through Friday at noon. Same location as above. Come enjoy a great meal, make a new friend or run into a friend you haven't seen in a while.

Home Delivered Meals are also available through our Senior Nutrition Program. To qualify, recipients must be 60 years of age or older and homebound by reason of function and/or disability and/or isolation. The spouse of a person that qualifies for a home-delivered meal also qualifies, regardless of age.

**Transportation • Tina Rosas, Transportation Director • (805) 646-7787**

Transportation has been fairly busy the last couple of months with 10 new riders and working with The Lavender Festival on shuttling riders to the event. Thank you to **Fred, David, Bill & Terri** for volunteering extra on a Saturday to make this happen.

**Fred R.** has been driving with HELP of Ojai for about 15 yrs. "I enjoy providing a service to those who need it and I really enjoy the positive reaction from our riders."

**Lawrence B.** has been driving for about 5 yrs. "I started driving for HELP of Ojai because it gives back to our community."

**Tom M.** has been driving for about 12 yrs. "I find places I didn't even know existed here in Ojai and I get to meet a lot of neat people."

We are always recruiting for regular and substitute drivers to join our team.

**If you are an active volunteer, please be on the lookout for your invitation to our Annual Volunteer Recognition event.**

***"We couldn't do it without you!"***

Enjoy a BBQ meal, beer & wine garden,  
live music, and a special presentation

**HELP's West Campus, 370 Baldwin Road, Ojai**

**Oak Tree House Adult Day Support Center • Erin Miller, Program Coordinator • (805) 646-0161**

“Happy Summer!” to all our readers from Anne B., a participant of five years here at Oak Tree House. We celebrated her 92<sup>nd</sup> birthday this week, and all participants were involved in the planning, decorating, and baking festivities involved in making it a special day for her. We love parties, creative projects, garden adventures, visitors, and occasional field trips, and have been partaking in a variety of activities of that sort. Recently the “Rockin’ it Old School” seniors chorus, directed by Smitty West and Julija Zonic came to Oak Tree House and put on a live performance for us. The seniors really appreciated the entertainment.



*Oak Tree House participants enjoying a live performance by the “Rockin’it Old School” seniors chorus.*

Oak Tree House participants would also like to announce that they have started a garden club! We received a donation of garden pots and soil, and we have another donor (thanks, Sid!) who is bringing us succulent cuttings. The extra craft room has been converted into an indoor green room with potting and watering stations set up for seniors to work at. Their creations will soon be up for sale at the utility desk at Little House, and there may be more sale locations in the future. All proceeds will go to the Oak Tree House Adventure/Outings Fund.

If you have ideas, activities, or adventures to share with participants at Oak Tree House please contact Erin Miller 646-0661.

**Valley Outreach & Community Assistance Program • Kesha Davis, Program Director  
(805) 640-3320 • 108 Fox St., Ojai 93023 • Fax: (805) 640-3322**

The CAP staff would like to recognize all of our outstanding volunteers. To those who assist with Thomas Fire relief efforts, pick up donated food, assist in our front office and support our isolated senior program, we thank you! Our office couldn’t do it without your support.

With sadness in our hearts, we say goodbye and good luck to Darcy, our Augustinian intern. She officially completed her year of service and will be heading back home to the East Coast. We wish her the best in her future endeavors!

Are you interested in volunteering? We are currently seeking a morning receptionist, pantry volunteers and Farmers’ Market pick-up driver.

For the summer, the CAP office will be making a change. Why? Because change is good! Free food (Farmer’s Market, Vons and Sprouts) will be available on MONDAYS from 9:00am – Noon only.

HELP’s Community Assistance Program provides the following services for low income families and individuals of all ages residing in the Ojai Valley: monthly food box from our food pantry, daily lunches for homeless clients (you must have become homeless in Ojai to qualify), donation-based notary services, medical assistance and advocacy (Medi-Cal, Social Security, ACE), prescription and eyeglass assistance, case management, and at times, rental assistance (one-time only) and referrals for other services. For questions about any of these programs please contact us at (805) 640-3320.

**2<sup>nd</sup> HELPiNGs Thrift Store • Naiomi Babcock • 841 E. Ojai Ave., Ojai • (805) 646-5812**

**2<sup>nd</sup> HELPiNGs Donation Center • Tobias Minniear • 370 W. Baldwin Road, Ojai • (805) 649-8750**

**2<sup>nd</sup> HELPiNGs Thrift Store**, 841 E. Ojai Avenue, Ojai, CA 93023. The phone number is (805) 646-5812. The store is open Monday – Friday, 9:00—4:00, and Saturday, 10:00—4:00.

**2<sup>nd</sup> HELPiNGs Donation Center**, 370 Baldwin Road, Ojai, CA 93023. For information please call (805) 649-8750. **Donation Center is open for drop-offs** Wednesday – Saturday, 9:00—3:00.

**2<sup>nd</sup> HELPiNGs 1<sup>st</sup> Saturday Sale**, 370 Baldwin Road, Ojai, CA 93023. There will be no sale in the month of July. Our next sale will be on Saturday, August 4th.

***Our deepest appreciation to those who made contributions in the months of April and May, 2018.***

***Your donation in support of HELP's programs is valued greatly.***


***Contributions and Memorials will be published two months from date of receipt at HELP of Ojai.***

***If your name is misspelled or omitted, please call Kerry Ballantine Bensen at 649-9218.***

⌘ You may send your Memorial or General Operating Fund contributions to: HELP of Ojai, Inc., P.O. Box 621, Ojai, CA 93024 ⌘

Robert and Carole Adams	Frank and Pauline Duffy	Fred Keeler	Dr. and Mrs. Andrew Nielsen	Larry Scott	Terry and Cindy Wright
Joseph Adinolf	Robert and Gracia Ellwood	Joel Keeler	Peggy Nielsen	Jim and Connie Seebirt	Ward and Margaret Wright
Khalid and Sheryl Al-Awar	Lucille Elrod	Joan Kemper	Bruce and Linda Nofrey	Keith and Jane Seymour	William and Karen Wu
Kristan Altimus	Glenn and Kassy Erickson	Tim and Jane Kenney	Chuck and Nancy Nordstrom	Louise Shaffer	Bob and Dixie Yanez
Jackie Amorteguy	Roger and Patricia Essick	Jeanne Keyser	William and Judith Norris	Larry and Peggy Shellnut	Dudley and Mareen Zoll
Sondra Anderson	Bill and Karen Evenden	Randy and Glenda King	Steven North and	Shelter Social Club, LLC	Eugene Zubrinsky
Jean Angle	Theodor and Lore Exner	Marilyn Kinyon	Becky Beckett	Jan O. Simis Trust	
Carol Annable	Franceen Fallett	Margaret Kirchner	Greg and Donna Nowland	Larry and Chris Simpson	<i>In Memory/Honor</i>
Anonymous	Gary and Brenda Farr	Lon and Margareta	Bill and Linda Nugent	Lee Ann Skylstad	
Ross and Patty Atkinson	Tom and Ed Farris	Kirkgaard	Angela Ocone	Charley and Sandy Sledd	In memory of Casey
Les and Mary Baker	Fred and Shirle Favre	David Korse	Mike and Kathy Ogden	Sharon Sloan	Andrews
Larilyn Bangs	John Fay	Steve and Roz Kraus	Ojai Presbyterian Church	James Smallwood	Linda Bogart
Bank of the Sierra	Barbara Field	John Krist	Connie Olivas	Gail Smith	
Jerry and Dolores Barnes	Mark and Shelly Felton	Allen and Ruth Kroger	Linda Olive	Jo Smith	In memory of Linda,
Jean Barry	Boyd and Gwen Ford	Louis and Pamela Kuhlman	David Pacheco	Nona Lee Smith	Nancy and Richard Bogart
Bonnie Bartling	Wendy Ford	Ed and Connie Kurtenbach	Shirley Palmer	Andrew Snett	Linda Bogart
Jane Bear	Marlene Fowler	Anne Marie Kyle	Barbara Parsons	William Snively	
Steve and Briana Beebe	Linda Fox and Joy Young	Maree LaChaine	Jack and Simone Patterson	Charlie and Barbara Snyder	In honor of M. Dickason
Tom and Nanette Benbrook	Dominic and Judith Fragale	Roberta Lattimer	Claire Paulson	Charlene Spretnak	Ojai Valley Women's Club
Dario and Linda Benedetti	Sandra Freetly	Wayne and Marlene Lattimer	Rosemary Payne	Beverly Spurgeon	In memory of Jeff Goldberg
Kathryn Bennett	Celeste Gabriele	Don and Linda Law	PayPal Charitable Giving	Gerald Stanek	Linda Bogart
Steve Bennett and	Don and Michal Gaidano	Charlotte Leonard	Fund	Darlene Stanworth	
Leslie Ogden	Lynn Gardner	Carol Lilly	Malinda Pennoyer Chouinard	Noreen Stewart	In memory of Charles
Anne Berkovitz	Rowena Garner	Limoneira Foundation Fund	Debra Peters	Kim Stroud	Hollingsworth
Bob and Judy Billett	Ann Gartrell	Little House Bridge Group	Helen Petroff	Ray Sullivan	Marvin and Patty Hanson
Sharon Bisaccia	Bill and Karen Ghormley	Little House Chair Yoga	Irene Petroff	Dr. Dan Swanner	In memory of Catherine Kiehl
Lerie Bjornstedt	Harold and Patsy Glenn	Group	Richard Petropulos	Michael and Erika Swimmer	Don and Mary Heidt
William Blackburn	Richard and Joan Glenn	Little House Qi Gong Group	Ron and Linda Phillips	Aryna Swope and	In memory of Candice
Susan Blackburn	Mark and Dawn Golden	Livingston Memorial	Arlene Pinkerton	Phil Caruthers	Kretschmer
Katherine Bliss	Chris and Cathy Gonzales	Foundation	James and Deborah Pio	Tery and Holly Tatroe	Linda Bogart
Mel Bloom	Paul and Theresa Gorey	David and Lisa Luckenbach	Ron and Judi Polito	Sharon Thames	
Rose Boggs	Robert Graham	Lucy Lucking	Elfriede Porter	The Cespomat Trust	In memory of Tod Kuhn
Bob Bonewitz and	Alan Greenberg	Bent and Else Lundbye	Pat Powers Shaw	The Nordhoff Parent	Mike and Kelly Laber
Ruth Lasell	Lois Grieg	Ian and Ginny MacLean	Emily Prather	Association	
Ann Bowles	Charles and Joan Grove	Roger Macura	Stella Preston	LaVonne Theriault	In memory of Eleanor Land
Mike and Michele Briley	Marilyn Guenther	Julia Macy	Andrew and Pierette	Thrive Family Care	Eleanorius Fund
Beverly Broadbent Casper	Erin Hall Mills	Socorro Madrigal	Prestridge	Dave Townley	In memory of John and Norma
Lois Brown	Michael and Carol	Frances Mages	Stephen and RoseMarie	Sandy and Libby Treadwell	Magill
Kay Burdick	Hall-Mounsey	Joy Magruder	Pronovost	Michael Trudell	Katherine Pilcher
Thelma Burman	Jim and Robyn Halverson	Mah Jongg Mavens	Mary Quail	Gary and Pat Tucker	In memory of Gwen Nye
Nancy Callis Cutler	Randy Haney	Jackie Marks	James and Shirley Quinn	Tery and Cricket Twichell	Maruja Real
Annette Campbell	Sylvia Hansen	Cindy Marshall	Alan and Jan Rains	Whit and Kay Ulrich	Allen and Kathryn Urban
Otis & Bettina Chandler	Dale Hanson	John and Ann Mason	Darrell Ralston	United Way of Ventura	
Foundation	Jan and Patti Harmonson	Gary McCaskill	Dela Ramirez	County	In honor of Nancy Pepper
Charles Chapman	Mary-John Hart	Shirley McClung	Rena Randall	Allen Vail	Mary Leibman
Church of the Living Christ	Suzanne Harvey	Paul and Elizabeth	Lakshman and Kirupa	Barbara Villierme	In memory of Robert and
John Clause	Judee Hauer	McConnaughey	Rasihah	Jakob and Marianne Vos	Diana Petropulos
Dwight and Judy Clements	Sachiko Hayden	Mary McConnel	Kirsten Rayner	Roger and Kathy Wachtell	Linda Bogart
Jocelyn Coggeshall	Jeff and Marla Hennessee	Sharon McCormick	Norman Reccius	Ruth Walker	
Mary Cogswell	Connor Hill	Dan and Ann McLaughlin	Julie Rischer	Betsy Watson	In memory of Alice Reed
Carol Cohen	Toni Hille	Clark and Audrey	Reynaldo and Patricia Rivera	Barry and Paula Wayne	Don and Mary Heidt
Sid and Sheila Cohn	Barbara Hoffman	McPherson	Joan Roberts	Dick and Jane Weirick	In honor of Bob Rene's
Peter Conforti	John Horwick	Oscar and Gloria Melendez	Esther Robinson	Marvin Werber	Birthday
Peter and Ann Costigan	John and Jo Ann Howard	Peggy Melton	Richard and Sharon	Allan and Joyce West	Dottie Loebel
Mike Cromer	Norma Hughes	David and Aimee Mendoza	Rockefeller	Phil and Suzanne White	
Sharon Cunningham	Ed and Donna Hunt	Roz Milbank-Tuttle	Rick Roper	John and Laura Whyte	In memory of Holly Sanford
Duane Dammeyer and	Betty Iwerks	Bill and Cookie Miley	Randy and Renee Roth	Allyn Wilde and Kathy	Linda Bogart
Marty Bonvechio	Karin James	Geraldine Miner	Bud and Christine Rowe	Leary-Wilde	
Susan Davis	Stephen and Denise James	Spence and Millie Mitchell	John and Peggy Russell	Allyn Wilkinson	In memory of Nona Smith
Lynne Day	Judy Jansson	Jo Ann Monak	Alan and Carol Saltzman	Veronica Williams	Jackie Marks
Wade Dazey	Kaitiin Jaquez	Drew Moody	J.B. Santoyo, Jr.	David and Kit Willis	In memory of Edie Sommer
Bob and Amy Dennis	Jaspa	Anne Morris	Nancy Scantlebury	Debra Wilson	Dottie Loebel
Patrick and Julie Dexter	Eric and Peggy Jenssen	Daniel Moses	Dick and Teddy Schneider	Ed and Melinda Wittwer	In memory of Harold Tindle
Gerri Dimmick	Wendell and Gai Jones	Nancy Necker	William Schrader	Robert Wolfe	Louise Tindle
Marguerite Duarte	Bill and Elise Kearney	Stuart Niebel	Jennie Scott	Soni Wright	

# HELP of Ojai Monthly Activities Calendar for July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00—12:00 Bridge Group 1:00—3:30 Mah Jongg MAVENS</p>	<p>3</p> <p>8:15—9:45 HICAP Counseling (by appt.)</p>	<p>4</p> <p> HELP of Ojai CLOSED</p>	<p>5</p> <p>9:00—12:00 Bridge Group 10:00—12:00 Creative Writing</p>	<p>6</p> <p>10:00—12:00 Beginner Watercolor Class w/Julie Merrill</p>
<p>9</p> <p>9:00—12:00 Bridge Group 9:00—1:00 AARP Smart Driving 1:00—3:30 Mah Jongg MAVENS</p>	<p>10</p> <p>8:15—9:45 HICAP Counseling (by appt.) 8:30—9:45 Skin Cancer Check w/Dr. Thacher 9:00—1:00 AARP Smart Driving 9:00—1:30 Foot Care (by appt.) 10:30—12:00 Adult Bereavement (W/C) 1:30—3:30 Parkinson's Support Group</p>	<p>11</p> <p>8:30—10:30 Blood Pressure Clinic 1:00—2:30 Alignment for Dynamic Living (Newcomers) 1:30—2:30 Alignment for Dynamic Living</p>	<p>12</p> <p>9:00—12:00 Bridge Group 10:00—12:00 Creative Writing</p>	<p>13</p>
<p>16</p> <p>9:00—12:00 Bridge Group 1:00—3:30 Mah Jongg MAVENS</p>	<p>17</p> <p>8:15—9:45 HICAP Counseling (by appt.) 9:00—1:30 Foot Care (by appt.) 2:30—3:30 Senior Dance Class w/Jeanine</p>	<p>18</p> <p>8:30—10:30 Blood Pressure Clinic 9:00—12:00 Grey Law (W/C - by appt.) 1:00—2:30 Alignment for Dynamic Living (Newcomers) 1:30—2:30 Alignment for Dynamic Living</p>	<p>19</p> <p>9:00—12:00 Bridge Group 10:00—12:00 Creative Writing 1:00—2:00 HICAP Counseling (by appt.)</p>	<p>20</p>
<p>23</p> <p>9:00—12:00 Bridge Group 1:00—3:30 Mah Jongg MAVENS</p>	<p>24</p> <p>8:15—9:45 HICAP Counseling (by appt.) 10:30—12:00 Adult Bereavement (W/C)</p>	<p>25</p> <p>8:30—10:30 Blood Pressure Clinic 1:00—2:30 Alignment for Dynamic Living (Newcomers) 1:30—2:30 Alignment for Dynamic Living</p>	<p>26</p> <p>9:00—12:00 Bridge Group 10:00—12:00 Creative Writing</p>	<p>27</p>
<p>30</p> <p>9:00—12:00 Bridge Group 1:00—3:30 Mah Jongg MAVENS</p>	<p>31</p> <p>8:15—9:45 HICAP Counseling (by appt.)</p>			

# HELP of Ojai Monthly Activities Calendar for August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		8:30—10:30 Blood Pressure Clinic 1:00—2:30 Alignment for Dynamic Living (Newcomers) 1:30—2:30 Alignment for Dynamic Living	9:00—12:00 Bridge Group 10:00—12:00 Creative Writing 11:00—2:00 HICAP Counseling (by appt.)	10:00—12:00 Beginner Watercolor Class w/Julie Merrill 1:00—3:30 Make 5—Take 5 w/Karen Karninsky
6	7	8	9	10
9:00—12:00 Bridge Group 1:00—3:30 Mah Jongg Mavens	8:15—9:45 HICAP Counseling (by appt.)	8:30—10:30 Blood Pressure Clinic 1:00—2:30 Alignment for Dynamic Living (Newcomers) 1:30—2:30 Alignment for Dynamic Living	9:00—12:00 Bridge Group 10:00—12:00 Creative Writing 11:00—2:00 HICAP Counseling (by appt.)	
13	14	15	16	17
9:00—12:00 Bridge Group 1:00—3:30 Mah Jongg Mavens	8:15—9:45 HICAP Counseling (by appt.) 9:00—1:30 Foot Care (by appt.) 10:30—12:00 Adult Bereavement (WC) 1:30—3:30 Parkinson's Support Group	8:30—10:30 Blood Pressure Clinic 9:00—11:00 Hearing Screening (by appt.) 9:00—12:00 Grey Law (WC - by appt.) 1:00—2:30 Alignment for Dynamic Living (Newcomers) 1:30—2:30 Alignment for Dynamic Living	9:00—12:00 Bridge Group 10:00—12:00 Creative Writing 11:00—2:00 HICAP Counseling (by appt.) 1:00—2:00 HICAP One Stop Presentation	
20	21	22	23	24
9:00—12:00 Bridge Group 1:00—3:30 Mah Jongg Mavens	8:15—9:45 HICAP Counseling (by appt.) 9:00—1:30 Foot Care (by appt.) 2:30—3:30 Senior Dance Class w/Janine	8:30—10:30 Blood Pressure Clinic 1:00—2:30 Alignment for Dynamic Living (Newcomers) 1:30—2:30 Alignment for Dynamic Living	9:00—12:00 Bridge Group 10:00—12:00 Creative Writing 11:00—2:00 HICAP Counseling (by appt.)	9:00—12:00 Yoga Registration
27	28	29	30	31
9:00—12:00 Bridge Group 1:00—3:30 Mah Jongg Mavens	8:15—9:45 HICAP Counseling (by appt.) 10:30—12:00 Adult Bereavement (WC)	8:30—10:30 Blood Pressure Clinic 1:00—2:30 Alignment for Dynamic Living (Newcomers) 1:30—2:30 Alignment for Dynamic Living	9:00—12:00 Bridge Group 10:00—12:00 Creative Writing	

HELP of Ojai, Inc.  
111 W. Santa Ana St.  
P.O. Box 621  
Ojai, CA 93024

ADDRESS SERVICE REQUESTED



# HELP of Ojai, Inc. — *Neighbors HELPing Neighbors*

If you would like to be removed from the Community Bulletin mailing list, or wish to receive your Bulletin via email, please call Kerry Ballantine Bensen at 649-9218 or email her at [kerryb@helpofojai.org](mailto:kerryb@helpofojai.org).



## BEGINNER WATERCOLOR CLASS

FRIDAYS (ONCE A MONTH)

1<sup>ST</sup> CLASS ON JULY 6TH

10:00 A.M. – NOON

@ LITTLE HOUSE

111 W. SANTA ANA ST.

(next to City Hall)

- No experience necessary
- Supplies provided
- Suggested Donation: \$15



CLASS TAUGHT BY JULIE MERRILL

PLEASE CALL HELP OF OJAI

@ (805) 646-5122

TO RESERVE YOUR SPOT!

Or contact Jody Brown for additional information @ [jodyb@helpofojai.org](mailto:jodyb@helpofojai.org)



1-Day Jewelry Making Workshop

Friday, August 3<sup>rd</sup>,  
1:00pm-3:30pm

Cost = \$10,  
includes all materials

Pre-Register by  
Wed., Aug. 1st

Please call (805)  
646-5122 to  
reserve your spot!

## FRIDAY, AUG.3 MAKE 5/TAKE 5

1-DAY JEWELRY MAKING WORKSHOP WITH  
KAREN KAMINSKY

Come join us for this fantastic opportunity to learn how to make your own jewelry – no experience needed! You'll make 5 items to take home, 5 items to leave for HELP and pay only \$10 – great for gift giving or to keep for yourself!

HELP OF OJAI  
LITTLE HOUSE

111 W. Santa Ana St.  
Ojai, CA. 93023  
(next to City Hall)

(805) 646-5122

