



Community Bulletin

A Word From Terri Wolfe, Executive Director

It's already September. The year has been unusual and busy, and we are already preparing for our Annual Meeting in November. Last year HELP's Board of Directors changed the voting process for how new Board members are elected. Last year's process was a great success with many more people casting votes and greatly expanding participation in the process. Recall we made the process easier by enabling members 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 have two candidates for **ONE** Board of Directors seat. One candidate is nominated by the current Board of Directors; the other candidate is nominated by self or by an individual community member. The two candidates are listed below in Section One.

Don Reed -- "Serving on the HELP of Ojai Board of Directors would enable me to assist an organization that I believe provides critical support to the Ojai Community in ways not well addressed by other organizations in the Valley. HELP of Ojai's recent work for those in desperate need after the Thomas fire is just such an example. I have used my educational and professional background in administration and financial management of nonprofits for a variety of organizations in Ojai, including Monica Ros School, Ojai Valley Land Conservancy, and the Rotary Club of Ojai Educational Foundation. In each of these, I have served terms as board treasurer and as board president. Prior to retirement, I was headmaster of several independent schools where I worked in a leadership position with each school's nonprofit board of trustees. I believe combining my experience serving on nonprofit boards with my years working with nonprofit boards gives me a breadth and depth of perspective that can be of use to the HELP of Ojai Board of Directors. I would be honored to serve in that capacity."

Kristi Walsh, Ph.D. -- "I bring to HELP of Ojai a 40-year career in social service and academia. I am a Marriage and Family Therapist, with a doctorate and certification in Psychoanalysis, having maintained a private practice for the bulk of my professional life. I enjoy training psychotherapists as a faculty member of Pacifica Graduate Institute and I've taught in a variety of schools of higher education for over 20 years. As the Clinical Supervisor of the Santa Barbara Rescue Mission, I support the staff and doctoral students who serve the homeless and individuals in recovery from substance abuse. Over the course of my profession, I have spent ten years on the Board of Directors of an academic training institute, and as the CEO/CFO of an addiction recovery center. My activism interests are wide, mainly defending the disenfranchised -- the homeless, the working poor, seniors, addicts and people of color. I have volunteered with HELP of Ojai for 15 years. I live in Ojai with my husband, Jim Mannes, and my son, Nikolai, a Junior at Nordhoff High School. In my off hours, I can be found hiking my dogs on the local trails, or in the lap pool at the Ojai Valley Athletic Club."

In addition, we have Charley Sledd up for re-election to a second three-year term. **Charley Sledd** serves as our legal expert on the Board as well as all around great contributor. Charley Sledd is listed in Section Two.

Ballot

Vote in each Sections One and Two.

Section One

Don Reed, Board Nominee

Kristi Walsh, Community/Self nominee

Please mark your **ONE** vote for a new Director (above) with an "X".

Section Two

Charley Sledd, Re-election to current Board of Directors

Please mark and "X" if you are voting to have Charley Sledd continue for the second of two three-year terms.

Please drop off or otherwise return this ballot to **Little House, HELP of Ojai, 111 West Santa Ana Street, Ojai, CA 93023 by October 31st**. If you receive this electronically, please print, mark your ballot and return as outlined above. The ballots will be tallied, and the newly elected Board member will be notified in advance and then invited for the public announcement at the November Annual Meeting.

Terri Wolfe, Executive Director

Sept/October 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 October when the next calendar will be published for November and December 2018.

The appointment-necessary or series-based activities beginning at Little House for Sept/October are:

AARP Smart Driving Course on Monday & Tuesday, Sept 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.

Beginning Watercolor Class with Julie Merrill will be held Friday, October 5th from 10:00am-noon (no class in September). 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.

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 on Thursday, October 11th from 1:00pm-2:00pm. *"2019 Medicare Changes: Medicare Comparisons for Prescription Plans; New Medicare Card Info; Open Enrollment Dates & Locations"* will be the presentation topics. Drop-ins welcome.

HICAP ONE-STOP 2019 Medicare Open Enrollment on Wednesday, October 24th & Wednesday, November 28th from 10:00am-1:00pm. One stop shop for Medicare Counseling and Benefit Enrollment Assistance. Please call 646-5122 for an appointment.

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

OLLI with Jinny Webber starting September 7th-October 26th, from 10:00am-12:00pm. *"Banned then Honored: The Rainbow by DH Lawrence"* will be the topic. Please call (805) 437-2748 or visit <http://go.csuci.edu/olli-enroll> to register.

Skin Cancer Check with Dr. Thacher will be held Tuesday, Sept 11th, 8:30am-9:45am. Please call 646-5122 for an appointment.

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

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, October 19th at Little House from 9:00am-NOON for class dates 11/6 & 11/7—12/18 & 12/19.** Please mark your calendars!

The drop-in classes and activities held at Little House available in Sept/October 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 how 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 meets Wednesdays from 11:00am-12:00pm. Designed for seniors with very limited mobility. Certified instruction.

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

Guitar meets Fridays, 1:00pm-2:00pm, for intermediate; 2:00pm-3:00pm, for beginners. Learn guitar in a supportive environment. Cost is \$5.00 per class. Drop-ins welcome.

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

Parkinson's Support Group meets Tuesday, September 11th & October 9th from 1:30pm-3:30pm. Occasional guest speakers.

Qi Gong is back on Tuesdays from 9:00am-9:45am with Jan Reason, beginning October 2nd.

Spanish at the intermediate level meets Mondays from 10:30am-12:00pm. The cost is \$5.00 per class, beginning October 1st.

Ukulele meets Fridays, 12:15pm-1:00pm. Learn ukulele in a supportive environment. Cost is \$5.00 per class. Drop-ins welcome.

Activities held at West Campus, 370 W. Baldwin Rd., Ojai (805) 649-9218 for Sept/October 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 September 11th & 25th and October 9th & 23rd.

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 Monday, September 10th & 24th and October 8th & 22nd from 10:00am-11:30am and Tuesday, September 4th & October 2nd at 6:00pm. Please call Deirdre at 640-5717 for more information.

Grey Law at West Campus on Wed., Sept. 19th & October 17th from 9:00am-12:00pm. Please call 658-2266 for an appointment.

Future classes to look for in November are:

AARP Smart Driving Course will be held on Monday & Tuesday, November 12th & 13th, 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.

Hearing Screening A free screening at My Hearing Center, located at 1211 Maricopa Hwy, #109 on Wednesday, November 14th, from 9:00am-11:00am. Please call 646-5122 for an appointment.

Skin Cancer Check with Dr. Thacher on Tuesday, November 6th, 8:30am-9:45am. Please call 646-5122 for an appointment.

◆ 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

Getting older doesn't necessarily mean a person's driving days are over. But it's important to plan ahead and take steps to ensure the safety of you or your loved ones on the road. Here are some questions that may help you decide if a conversation with an older driver and their safety is needed:

1. Does he or she get lost on routes that should be familiar?
2. Has his or her doctor advised him or her to limit or stop driving due to a health reason?
3. Does he or she take any medication that might affect his or her capacity to drive safely?
4. Has he or she received a ticket for a driving violation?
5. Does he or she stop inappropriately and/or speed or drive too slowly, preventing the safe flow of traffic?

*This is a portion of an article that was posted in USA Today, August 14th.

Thank you to all our volunteer drivers and their countless hours of dedication to HELP of Ojai. We are thankful to be part of such a wonderful team!

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

FRIDAY UKULELE LESSONS

WITH RAY SULLIVAN

Have you been looking for a place to play your Ukulele? Or maybe just looking for new folks to play with? Here's your opportunity to learn how to play or refresh your skills in a fun, supportive environment. Make new friends, maybe even start a band!

Fridays 12:15 – 1:00 P.M. at Little House, 111 W. Santa Ana St.

Cost is \$5.00 per class. No pre-registration necessary.

Drop-ins welcome. Please join us!



HELP  **jai**

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

Oak Tree House is open four days a week -- Tuesday, Wednesday, Thursday, and Friday. If you are a family caregiver that is caring for a loved one who is suffering from cognitive problems that cause memory impairment and you could use some respite, please call us.

We are also seeking volunteers who would enjoy making a difference in our participants' lives. Program participants are at different levels of memory impairment and/or other related conditions. If you would enjoy leading or assisting a group activity, sharing a special skill or talent such as singing, reading stories/poetry, playing an instrument, presenting current events, or just like to come in for a few hours to help, we would like to introduce you to our program.

State licensed, we provide mental (memory), social and physical activities designed to "meet the needs and interests" of each participant.

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

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 pantry
- Daily lunches for homeless clients (you must have become homeless in Ojai to qualify)
- Donation-based notary services
- Medical assistance and advocacy (Media-Cal, Social Security, ACE)
- Prescription and eyeglass assistance
- Case management
- Rental assistance (limited and one-time only)
- Referrals to outside agencies

For questions about any of these programs please contact us at (805) 640-3320.

New office hours:

Mondays: 9:00am – 12:00pm

Tuesdays: 8:30am – 4:00pm

Wednesdays: 8:30am – 4:00pm

Thursdays: 8:30am – 4:00pm

Fridays: 8:30am – 12:00pm

We are closed from 12:00pm – 1:00pm daily for lunch

Due to the increase in clients being served, please call ahead to schedule an appointment with a case manager.

2nd HELPiNGs Thrift Store • Naomi Babcock • 841 E. Ojai Ave., Ojai • (805) 646-5812

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

2nd 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.

2nd 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.

2nd HELPiNGs 1st Saturday Sale, 370 Baldwin Road, Ojai, CA 93023. The next sale will be held Saturday, September 1st, 2018.

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.

Our deepest appreciation to those who made contributions in the months of June and July, 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* ⌘

Phil and Tucker Adams	Diana Feinberg	Maria Nava	Dan and Margo Svikhart	In memory of Robert Chesley
Anonymous	Helen Gehrke	Jeannie Nickerson	Bob Tallyn and Betsy Bachman	Fred Keeler
Terry Arousse	Chris and Cathy Gonzales	Bill and Linda Nugent	Jonathan and Julie Teichert	In memory of Patsy Glenn
Ross and Patty Atkinson	Richard Gould	Angela Ocone	Bruce Tomkinson	Harold Glenn
Patricia Bailey	Linda Grauel and Denise	Ojai Certified Farmer's Market	John and Helene Vachet	In memory of Carl Huntsinger
Beth Barnes	Brennecke	Ojai Presbyterian Church	Phill and Judy Walker	Fred Keeler
Chuck Barnett	Anne Grupp	Linda Olive	Michael and Susan Weaver	In memory of Jerry Kaplan
Steve Bennett and Leslie Ogden	Marge Hackett	Bill and Phyllis Paredes	Lorraine West	Shed and June Behar
Anne Berkovitz	Randy Haney	Debra Peters	Huora Williams	In memory of Fred Keeler II
Donald and Mary Betlach	Ann Henning	Ron and Judi Polito	Debra Wilson	Fred Keeler
Katherine Bliss	Sue Horgan	Marty and Barbara Pops	Ralph and Sarah Wood	In memory of Jean Krieger
Phillip Bradley	Scott Immergut	Helen Randopoulos	Terry and Cindy Wright	The Strickland Family
Rene Briggs	Richard Keller	Norman Reccius	Sienna Yoast	Foundation
Sandy Buechley	Tim and Jane Kenney	Sidney and Jayne Rice	Larry Yuva and Carol Smith	In memory of Robert Miller
California Solar Electric	Greg Kimura	Robert Rosenthal	Dudley and Mareen Zoll	Fred Keeler
Church of the Living Christ	George Kinoshita	Rotary Club of Ojai West		
Don and Sheila Cluff	Diane Kinzek	Foundation		
County of Ventura	Muriel Lavender	Ruth Sayre		
Sheila Cox	Tim and Gloria Lawson	Paul and Mary Ann Scheele	<i>In Memory/Honor</i>	In memory of Richard Paige
Mike Cromer	Charlotte Leonard	Clella Schneider		Fred Keeler
Randall and Donna De Smidt	Douglas Levee	Howard and Bette Schneider	In memory of Lerie Bjornstedt	In honor of Charley Sledd's
Edward Demmond and Kathryn McEachern	Little House Bridge Group	Dewey Schorre	Bill and Cookie Miley	Birthday
Ed and Nancy Dennis	Little House Chair Yoga Group	Larry Scott		Bob and Valerie Tholl
Lanyard and Mary Dial	Little House Qi Gong Group	Jim and Connie Seebirt	In memory of Richard Bogart	
Harriet DiCapua	David and Lisa Luckenbach	Mara Shankin	Casey Andrews	In honor of David Lee Smith
Robert Dreger	Mah Jongg Mavens	Geri Singer	Linda Bogart	Sally Magill
Bill and Juanita Elliott	Mia Marlett	Charley and Sandy Sledd	Nancy Bogart	
Chris Feddersen	Curt Mossestad and Carol Peterson	Gerald Stanek	Jeff Goldberg	In memory of Edith Lynn
	Beverly Nathan	Ray Sullivan	Candice Kretschmer	Sommer
		Barbara Sunderland	Robert and Diana Petropulos	Ruth Owens
			Holly Sanford	

A big shout out to our #1 Volunteer.

Ed Farris recently celebrated ten years of volunteer service to HELP of Ojai. While many people have volunteered for ten years and more, Ed is a bit different. Ed comes in and works virtually EVERY DAY of the year at HELP's Little House. He has probably taken one or two vacations in ten years. Instead, he may take a day a month to visit a special cousin or take his dad, Tom, on an outing. That's it...every other day he's here. With that kind of dedication, HELP's Little House staff truly says, "We couldn't do it without him."


Ed began his volunteer work with HELP in 2008, after moving back to Ojai to help his dad following the passing of his loving mother. Ed had spent many vacations in Ojai when visiting his grandparents who lived in the house Ed lives in now. Coming back to Ojai in 2008 was a commitment after living on the east coast for many years. A commitment well worth it to spend quality time with his dad.

Ed's work at HELP includes daily mail runs, utility bill pick up, working on Senior Nutrition client record keeping and many other duties. Ed even has his own office. Once he finishes his Little House work, Ed moves over the West Campus where he helps keep the Senior Nutrition program participants registered and logged. Ed provides invaluable assistance to all of us at HELP and the entire community. Plus, every HELP staff member just loves to see his smiling face as he delivers and picks up things or other errands between buildings.

Congratulations Ed, "Thank you for your service...we look forward to 10 more years."



HELP of Ojai Monthly Activities Calendar for September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>HELP of Ojai CLOSED</p> 	<p>4</p> <p>8:15—9:45 HICAP Counseling (by appt.)</p>	<p>5</p> <p>1:00—2:30 Alignment for Dynamic Living (Newcomers) 1:30—2:30 Alignment for Dynamic Living</p>	<p>6</p> <p>9:00—12:00 Bridge Group 10:00—12:00 Creative Writing 11:00—2:00 HICAP Counseling (by appt.)</p>	<p>7</p> <p>10:00—12:00 OLLI w/Jimmy Webber</p>
<p>10</p> <p>9:00—12:00 Bridge Group 9:00—1:00 AARP Smart Driving 1:00—3:30 Mah Jongg Mavens</p>	<p>11</p> <p>8:15—9:45 HICAP Counseling (by appt.) 8:30—9:45 Skin Cancer Check/Dr. Thatcher 9:00—1:00 AARP Smart Driving 9:00—1:30 Foot Care (by appt.) 10:00—11:30 Tai Chi MFBFB 10:30—12:00 Adult Bereavement (WC) 1:00—3:00 Matter of Balance 1:30—3:30 Parkinson's Support Group 1:30—2:45 Yoga - Ojai Yoga Shala</p>	<p>12</p> <p>11:00—12:00 Chair Yoga 1:00—2:30 Alignment for Dynamic Living (Newcomers) 1:30—2:30 Alignment for Dynamic Living 1:30—2:45 Yoga - Ojai Yoga Shala</p>	<p>13</p> <p>9:00—12:00 Bridge Group 10:00—11:30 Tai Chi MFBFB 10:00—12:00 Creative Writing 11:00—2:00 HICAP Counseling (by appt.)</p>	<p>14</p> <p>10:00—12:00 OLLI w/Jimmy Webber 12:15—1:00 Ukulele 1:00—2:00 Intermediate Guitar 2:00—3:00 Beginning Guitar</p>
<p>17</p> <p>9:00—12:00 Bridge Group 1:00—3:30 Mah Jongg Mavens</p>	<p>18</p> <p>8:15—9:45 HICAP Counseling (by appt.) 9:00—1:30 Foot Care (by appt.) 10:00—11:30 Tai Chi MFBFB 1:00—3:00 Matter of Balance 1:30—2:45 Yoga - Ojai Yoga Shala</p>	<p>19</p> <p>9:00—12:00 Grey Law (WC - by appt.) 11:00—12:00 Chair Yoga 1:00—2:30 Alignment for Dynamic Living (Newcomers) 1:30—2:30 Alignment for Dynamic Living 1:30—2:45 Yoga - Ojai Yoga Shala</p>	<p>20</p> <p>9:00—12:00 Bridge Group 10:00—11:30 Tai Chi MFBFB 10:00—12:00 Creative Writing 11:00—2:00 HICAP Counseling (by appt.)</p>	<p>21</p> <p>10:00—12:00 OLLI w/Jimmy Webber 12:15—1:00 Ukulele 1:00—2:00 Intermediate Guitar 2:00—3:00 Beginning Guitar</p>
<p>24</p> <p>9:00—12:00 Bridge Group 1:00—3:30 Mah Jongg Mavens</p>	<p>25</p> <p>10:00—11:30 Tai Chi MFBFB 10:30—12:00 Adult Bereavement (WC) 1:00—3:00 Matter of Balance 1:30—2:45 Yoga - Ojai Yoga Shala</p>	<p>26</p> <p>11:00—12:00 Chair Yoga 1:00—2:30 Alignment for Dynamic Living (Newcomers) 1:30—2:30 Alignment for Dynamic Living 1:30—2:45 Yoga - Ojai Yoga Shala</p>	<p>27</p> <p>9:00—12:00 Bridge Group 10:00—11:30 Tai Chi MFBFB 10:00—12:00 Creative Writing</p>	<p>28</p> <p>10:00—12:00 OLLI w/Jimmy Webber 12:15—1:00 Ukulele 1:00—2:00 Intermediate Guitar 2:00—3:00 Beginning Guitar</p>

HELP of Ojai Monthly Activities Calendar for October 2018

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<p>1</p> <p>9:00—12:00 Bridge Group 10:30—12:00 Intermediate Spanish 1:00— 3:30 Mah Jongg Masters</p>	<p>2</p> <p>8:15—9:45 HICAP Counseling (by appt.) 9:00— 9:45 Qi Gong 10:00—11:30 Tai Chi MFBB 1:00— 3:00 Matter of Balance 1:30— 2:45 Yoga - Ojai Yoga Shala</p>	<p>3</p> <p>11:00—12:00 Chair Yoga 1:00— 2:30 Alignment for Dynamic Living (Newcomers) 1:30— 2:30 Alignment for Dynamic Living 1:30— 2:45 Yoga - Ojai Yoga Shala</p>	<p>4</p> <p>9:00—12:00 Bridge Group 10:00—11:30 Tai Chi MFBB 10:00—12:00 Creative Writing 11:00— 2:00 HICAP Counseling (by appt.)</p>	<p>5</p> <p>10:00—12:00 Beginner Watercolor Class w/Julie Merrill 10:00—12:00 OLLI w/Jimmy Webber 12:15— 1:00 Ukulele 1:00— 2:00 Intermediate Guitar 2:00— 3:00 Beginning Guitar</p>
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<p>15</p> <p>9:00—12:00 Bridge Group 10:30—12:00 Intermediate Spanish 1:00— 3:30 Mah Jongg Masters</p>	<p>16</p> <p>8:15—9:45 HICAP Counseling (by appt.) 9:00— 9:45 Qi Gong 9:00— 1:30 Foot Care (by appt.) 10:00—11:30 Tai Chi MFBB 1:00— 3:00 Matter of Balance 1:30— 2:45 Yoga - Ojai Yoga Shala</p>	<p>17</p> <p>9:00—12:00 Grey Law (WC - by appt.) 11:00—12:00 Chair Yoga 1:00— 2:30 Alignment for Dynamic Living (Newcomers) 1:30— 2:30 Alignment for Dynamic Living 1:30— 2:45 Yoga - Ojai Yoga Shala</p>	<p>18</p> <p>9:00—12:00 Bridge Group 10:00—11:30 Tai Chi MFBB 10:00—12:00 Creative Writing 11:00— 2:00 HICAP Counseling (by appt.)</p>	<p>19</p> <p>9:00—12:00 Yoga Registration 10:00—12:00 OLLI w/Jimmy Webber 12:15— 1:00 Ukulele 1:00— 2:00 Intermediate Guitar 2:00— 3:00 Beginning Guitar</p>
<p>22</p> <p>9:00—12:00 Bridge Group 10:30—12:00 Intermediate Spanish 1:00— 3:30 Mah Jongg Masters</p>	<p>23</p> <p>8:15— 9:45 HICAP Counseling (by appt.) 9:00— 9:45 Qi Gong 10:00—11:30 Tai Chi MFBB 10:30—12:00 Adult Bereavement (WC) 1:00— 3:00 Matter of Balance</p>	<p>24</p> <p>10:00—1:00 HICAP Open Enrollment 11:00—12:00 Chair Yoga 1:00— 2:30 Alignment for Dynamic Living (Newcomers) 1:30— 2:30 Alignment for Dynamic Living</p>	<p>25</p> <p>9:00—12:00 Bridge Group 10:00—11:30 Tai Chi MFBB 10:00—12:00 Creative Writing</p>	<p>26</p> <p>10:00—12:00 OLLI w/Jimmy Webber 12:15— 1:00 Ukulele 1:00— 2:00 Intermediate Guitar 2:00— 3:00 Beginning Guitar</p>
<p>29</p> <p>9:00—12:00 Bridge Group 10:30—12:00 Intermediate Spanish 1:00— 3:30 Mah Jongg Masters</p>	<p>30</p> <p>8:15—9:45 HICAP Counseling (by appt.) 9:00— 9:45 Qi Gong 10:00—11:30 Tai Chi MFBB 1:00— 3:00 Matter of Balance</p>	<p>31</p> <p>11:00—12:00 Chair Yoga 1:00— 2:30 Alignment for Dynamic Living (Newcomers) 1:30— 2:30 Alignment for Dynamic Living</p>		

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*

DO YOU HAVE concerns about falling?

A MATTER OF BALANCE

Strong, stable, and safe seniors are essential to our well-being and health. When we become frail, we need help. HELP of Ojai is an exceptional program designed to manage falls and related concerns for you.

Who are our participants?
Seniors who have had one or more falls in the last 12 months.

Who will benefit?
Seniors who are:
1. Frail
2. Have a history of falls
3. Have a fear of falling
4. Have a history of hospitalization due to falls
5. Have a history of falls that have caused injury

Who should attend?
Seniors who are:
1. Frail
2. Have a history of falls
3. Have a fear of falling
4. Have a history of hospitalization due to falls
5. Have a history of falls that have caused injury

Classes are held once per week on **FRIDAY, 10:00 AM - 11:30 AM** at **HELP of Ojai, 111 W. Santa Ana St., Ojai, CA 93024**.

FRIDAY, SEPTEMBER 11, 2015 THROUGH OCTOBER 30, 2015

For more information, please contact **Wendy Young, Area Agency on Aging, 805-475-7343**.




Registration for Tai Chi: Moving for Better Balance

11/19/2014 - 12/15/2014

10:00 AM - 11:30 AM

HELP of Ojai, 111 W. Santa Ana St., Ojai, CA 93024

Cost: \$100 (includes all materials)

Class Description:
This class is designed for seniors who are interested in learning Tai Chi. The class will focus on basic Tai Chi movements and breathing techniques. The class is suitable for all levels of fitness and is a great way to improve balance and coordination.

Class Objectives:
- Learn basic Tai Chi movements and breathing techniques.
- Improve balance and coordination.
- Increase flexibility and strength.
- Learn self-defense techniques.

Classroom: HELP of Ojai, 111 W. Santa Ana St., Ojai, CA 93024

Classroom: HELP of Ojai, 111 W. Santa Ana St., Ojai, CA 93024