



**HELP of Ojai, Inc.**

March/April 2019

*Neighbors HELPing Neighbors*

## *Community Bulletin*

*A Word From Terri Wolfe, Executive Director*

Happy March,

As the clocks change this month, we are all looking forward to the longer afternoon and evenings. As we enter the spring season, we find people refocusing on activities that get one out into the community and experiencing this great area.

A great way to get out and experience the community is through volunteering at any of the wonderful service agencies in the valley. While we hope you come to HELP of Ojai to volunteer, there are so many worthy and helpful groups we simply want to encourage you to get out and get involved.

At HELP of Ojai we need your expertise as we serve hundreds of Ojai Valley residents every day. From helping prepare meals to answering phones and fielding questions to providing entertainment and activities for our Oak Tree House participants, spring is a great time to get out and serve the community. I just spent a delightful hour at Oak Tree House while Don Anderson was in attendance as our volunteer activity leader. His funny stories, tall tales and engaging discussion were fun for us all. Don serves as a perfect example of how giving an hour to our memory-care seniors nourishes all of us.

Another area to volunteer is delivering lunches to our home-bound neighbors. Every day four to five volunteers each deliver from 10-20 meals around the valley. It is very fulfilling. It is often the only hot meal one receives and may be their only personal contact that day. If you are interested in volunteering, call us at 805-646-5122 and we will gladly put you to work in whatever way fits your schedule.

Finally, for March, if you haven't been to lunch at West Campus lately, we invite you to join us and enjoy the wonderful food prepared by our new Program Director, Barbara O'Grady. Also be sure to join us for the St. Patrick's Day dinner on Thursday, March 14th, at 5:30 at West Campus. We hope to see you there for a traditional Irish corned beef dinner. A \$10 donation is appreciated.

Best wishes for a glorious and warm spring.

Terri Wolfe  
Executive Director

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

***HELP of Ojai offers activities to meet the interests 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 March when the next calendar will be published for May and June 2019.***

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

**AARP Smart Driving Course** on Monday & Tuesday, March 11th & 12th, 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.

**AARP TAX-AIDE: through April 2019** starts February 7th through April 11th on Thursdays from 12:00pm-4:00pm. If you are a senior or have low to moderate income and do not have rental property or greater than \$10k in self-employment expenses, you can meet with one of our trained tax volunteers to file your tax returns. You will need to bring all information pertaining to your 2018 income (W-2's and 1099 forms), I.D. and Social Security card, a copy of last year's income tax filing and amounts/dates of estimated tax payments. Please call 646-5122 for an appointment.

**End Of Life Series** is a free speaker series on Life's Final Chapter with Teri Helton, RN from Livingston Memorial from 10:00-11:30 on Thursday, March 7th, March 14th, and March 21st. The discussions presented are Consider the Conversation (3/7), Advance Directives & POLST (3/14), and Home Health, Palliative, and Hospice Care (3/21). Please call 646-5122 to reserve your space.

**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 Presentation** on March 14th from 1:00-2:00 on 2019 Medicare Changes, Medicare Fraud Scams, and Services of the VCAA. Please call 646-5122 to reserve your space.

**OLLI** with Jinny Webber on April 26th-May 17th, from 10:00am-12:00pm. "**Mary Shelley's Frankenstein**" will be the topic. Please call 437-2748 or visit <http://go.csuci.edu/olli-enroll> to register

**Skin Cancer Check** with Dr. Thacher will be held Tuesday, March 5th, 8:30am-9:45am. Please call 646-5122 for an appointment.

**Tech Class: A Senior Helping Seniors**: Wednesday March 6th and 20th from 1:30-3:30. Sign up for a 20 minute time slot to receive technology help from a senior from Oak Grove School.

**VCAA Living Within Your Means Workshop** on Tuesday, April 16th from 10:00-11:00. Please call 646-5122 to reserve your spot.

**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. Please call 646-5122 for more information. **Our Next Registration will be Friday, March 29th at Little House from 9:00am until all spots are filled for class dates 4/16 & 4/17 — 5/21 & 5/22.** Please mark your calendars!

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

**Bridge Group** meets Monday and Thursday from 9:00am-12:00pm. Both groups are looking to expand, if interested please call for more information or stop by Little House.

**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, March 12th & April 9th from 1:30pm-3:30pm. Occasional guest speakers.

**Qi Gong** is back on Tuesdays from 9:00am-9:45am led by Jan Reason. Suggested donation of \$5.00 per class.

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

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

**Adult Bereavement Support Group** meets each Tuesday from 10:30am-12:00pm in the Support Center Conference Room.

**Grey Law at West Campus** on Wednesday, March 20th & April 17th from 9:00am-12:00pm. Please call 658-2266 for an appointment.

**The Caregiver's Haven Support Group** now meets at the Gables of Ojai on the second and fourth Monday of each month. Please join us on Monday, March 11th & 25th and April 8th & 22nd from 10:00am-11:30am. Please call Deirdre at 640-5717 for more information.

**Future classes to look for are:**

**AARP Smart Driving Refresher Course** will be held on Monday, May 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.

**HICAP Presentation** on Thursday, May 9th from 1:00-2:00 on Preventive Services, What is Long Term Medi-Cal?, How does Durable Medical Equipment work in Ventura County, and other services of the VCAAA.

**Skin Cancer Check** with Dr. Thacher on Tuesday, May 14th, 8:30am-9:45am. Please call 646-5122 for an appointment.

**VCAAA Classes:** Tai Chi: Moving for Better Balance is an evidence-based class offered by the VCAAA Fall Prevention Program. DEEP (Diabetes Education Empowerment Program): A once-per week, 6-week long evidence based class for people with diabetes. Matter of Balance: 8 week, 2-hour per week class that includes chair-based exercise. Participants should expect to begin an easy-to-do exercise regimen to improve balance, strength, flexibility, and self-confidence. For more information please call 646-5122 and ask to speak with Megan.

◇ 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 • Barbara O'Grady, Program Director**

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



**The luck of the Irish is upon us once again!**

**Please join us for our**

**Annual St. Patrick's Day Dinner**

**Thursday, March 14<sup>th</sup> at 5:30 p.m.  
West Campus Dining Room.**

Our menu will include:  
corned beef brisket, cabbage,  
red potatoes, carrots and Irish Soda Bread.

A \$10.00 donation is appreciated.

All are welcome.

HELP's Senior Nutrition Program serves lunch Monday through Friday at noon. Suggested donation is \$3.00 per meal. 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.

**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**

**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. The next sale will be held Saturday, March 2nd, 2019.

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

That was some rain we had! Thank you to our drivers who took the extra time and care to get our riders to their destinations safely. HELP of Ojai's Transportation would like to continue to thank all our volunteer drivers. Both Charley and Randy have put in hundreds of hours serving on the board as well as driving. They are both very nice guys and really enjoy helping others.

**Randy R.** – “I started volunteering as a driver around 7-8 years ago and also served on the board for six years. I enjoy the friendships and relationships I have developed with the clients and community. I am always amazed by those who continue to face difficulties with remarkable grace and determination.”

**Charley S.** – “In 2009 I had just retired and moved to Ojai from Seattle. For several years I'd wanted to get out from behind a desk and help people. I enjoy driving and had driven a Gray Line tour bus in San Francisco one summer. So, when I saw the HELP vans around town, I volunteered. I've been driving since then. I have also served on the board for four years.”

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

At Oak Tree House we believe strongly in the importance of light physical exercise being incorporated into the daily lives of aging seniors, especially those who have been diagnosed with Alzheimer's, or have a family history indicating risk for the disease. Regular physical exercise has been proven to be a beneficial strategy in lowering the risks and cognitive complications associated with Alzheimer's and vascular dementia. Research published by the Alzheimer's Association shows that exercise directly benefits brain cells by increasing blood and oxygen flow in the brain, which correlates with improved memory, and a slowing down of mental decline.

Based on this knowledge, Oak Tree House incorporates a great variety of physical activities for the participants. An exercise activity is provided during both the morning and afternoon, and games promoting movement are provided throughout the day as well. Most recently, Oak Tree House has been graced with the volunteer effort of Bob Andre, a chair yoga instructor who specializes in teaching seniors. Bob sought out volunteering for HELP of Ojai recently to give back to the organization. He lost his home during the Thomas fire, and HELP of Ojai provided services to him during his time of need. We are so thankful to have him volunteer his time with us every two weeks, and the seniors really enjoy the mellow yoga stretches he is helping them learn to do.

Oak Tree House operates Tuesday-Friday from 9:00 a.m.-3:00 p.m., and we invite anyone who is interested in our program to stop in a check us out or call Erin Miller at (805) 646-0161 Ext 151 to set up an appointment. Also, if you are interested in providing volunteer services to the Oak Tree House please feel free to do the same.

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

The Community Assistance Program food pantry serves approximately 100 families every month. In 2016, CAP started the Ojai Food Project (OFP) to help our food pantry become more sustainable, offer more variety in our food boxes, and to be able to offer non-food essential items (e.g. shampoo, toilet paper, laundry detergent, dish soap).

OFP consists of hubs, each led by a “hub master.” Hubs are groups of friends, work colleagues, church congregations, or any other organization or group that is interested in supporting CAP's food pantry. Each hub member is asked to purchase one extra item every time they go to the grocery store and collect the items in a designated bag. Hub masters collect the bags from members at a pre-determined time and then drop the donations off at West Campus on the second Saturday of every other month.

CAP is currently recruiting volunteers for the Ojai Food Project! We are seeking groups and organizations to start new hubs as well as individuals who would like to be connected to existing hubs. Our next drop-off date for OFP is **Saturday, March 9<sup>th</sup>**. Contact Julia Shults at [julias@helpofojai.org](mailto:julias@helpofojai.org) for more information or to join!

**Our deepest appreciation to those who made contributions in the months of December, 2018 and January, 2019.**

**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** ☞

2000 I.C.	Pauline Duffy	Lon and Margarita Kirkgaard	Angela Ocone	Alan Thornhill and Denise Steurer	In memory of Robert and Helene Hamm
Sierra Alder	Richard Ehrman	Steve and Roz Kraus	Ojai Certified Farmer's Market	Jennifer Tidwell-Kennedy	Kimberly Booth
Dolli Alexander	Judy Eldeb	Michael and Nancy Krumpfschmidt	Ojai Presbyterian Church	Kaarina Tienhaara	Sharon Booth
Kathleen Alstot	Elixir Technologies Corporation	Brigitte Kueppers	Ojai Valley Woman's Club	Theresa Tilmont	
American Legion Post 482	Yvonne Elias	Louis Kuhlman	Connie Olivas	Adam Tolmach and Helen Hardenbergh	In memory of Bill Hammond
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Bobbi Balderman	Fred and Dana Fleet	Lions Club of Ojai Valley	Helen Petroff	Phil and Judy Walker	In memory of Tod and Carolyn Kuhn
Denise Barnes	Boyd and Gwen Ford	Little House Bridge Group	Ron and Linda Phillips	Elizabeth Watson	Mike and Kelly Laber
Jane Bear	Terilyn Ford	Little House Qi Gong Group	Ron and Judi Polito	Ed and Marguerite Webster	
Susan Bee	Sue Francis	Little House Chair Yoga Group	Caitlin Praetorius	Dick and Jane Weirick	In memory of Lavon Lucking
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Mary Bergen	Geraldine Gama	Keith and Betty Loomis	Darrell Ralston	Diane White	In memory of Charles "Chuck" Moore
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R.A. Bernhoff	Angele Gfeller	David and Lisa Luckenbach	Walter and Bita Ratkevich	Duane and Margaret Williamson	In honor of Bill Nugent
Donald and Mary Betlach	Bill and Karen Ghormley	Roger Macura	Norman Reccius	David and Kit Willis	Shirley McClung
Erik Beukenkamp and Margarita Suner	Lee and Betty Gibson	Julia Macy	Donald and Susan Reed	Jay and Pamela Windsor	In honor of Ted and Donna Prell
Connie Biggers	Bill Girvitz	Mah Jongg Mavens	Ted and Debra Reed	Ed and Melinda Wittwer	Derby & Derby, Inc.
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Susan Blackwell	Mark and Dawn Golden	Cindy Marshall	Kim Rimes-Rapholz	The WRG Foundation	Derby & Derby, Inc.
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Mike and Michele Briley	Russell Hall	Dwayne and Susan McCulloch	Sam Samaniego		Maruja Real
David and Anne Brown	Randy Haney	Timothy and Kathleen McHugh	Shirley Saxby		
Robert and June Bryden	Linda Hansen	Gillian McManus and Christopher Newell	Jo Schaden		In memory of Arlene Roper
Thelma Burman	Dale Hanson	Isabel McPherson	Kristi Schoeld		Dick Roper
Michael and Joanne Caldwell	Marvin and Patty Hanson	Stuart Meiklejohn and Mary Ann O'Connor	William Schrader		
Nancy Callis Cutler	William and Diane Harkins	Doris Mendel	Larry Scott		In honor of Amy Schneider
Allen and Marilyn Camp	Karen Harrison	Robert Meyer	Jim and Connie Seebirt	In honor of Ross and Patty Atkinson	Derby & Derby, Inc.
Annette Campbell	Sachiko Hayden	Tom and Nancy Michali	Ernie and Sally Seidenkranz		In honor of Bob and Punky Soares
Connie Campbell	Kathleen Hellwitz	P. Lyn Middleton and Geoffrey Wardle	Lu Setnicka		Karla Wanee
Colt Canyon	Herbert Hemming	George Miller	Louise Shaffer		
Chad Carper	Richard and Judy Henderson	Nancy Miller	Larry and Chris Simpson	In memory of Dave Baker	Ojai Photography Club
Diana Carper	Jeff and Marla Hennessee	Ted and Donna Miller	Jeffrey and Pegi Skoff		
Emily Chacon	Herring Law Group	Donald Mills and Rena Randall- Mills	Charley and Sandy Sledd	In honor of Barney and Kate Barnhart	Derby & Derby, Inc.
Church of the Living Christ	Bruce and Virginia Hibberd	JoAnn Monak	Gail Smith		
Harold and Mary Lou Clapperton	Deborah Hill	Chris and Mary Moore	Graham Smith		
David and Jackie Lyn Clark	Toni Hille	Lily Mordasini	Isla Claire Smith	In memory of Herb and Betty Beckman	
Dwight and Judy Clements	Tony and Barbara Hirsch	Judi Morningstar	Smith-Hobson Foundation	Bonnie Beckman	
Margo Clements	Doug and Barbara Hoff	Brenda Morrison	Andrew Snett		
Garrett and Anne Clifford	Barbara Hoffman	Bill and Maggie Mors	William Sniveley		
Jocelyn Coggeshell	Jeff and Kara Hooper	Walter and Rebecca Mosher	Charlie and Babara Snyder	In memory of Andy Bisaccia and their 65th Wedding Anniversary	Sharon Bisaccia
Mary Cogswell	Sue Horgan	Tom and Judy Munzig	Peter and Alice Soracco		
Carol Cohen	Norma Hughes	Vickie Muth	Angelo and Brenda Spandiro		
Michelle Cowens	Robert and Gerry Hunsaker	Robin Nahin	Beverly Spurgeon		
Sheila Cox	Carole Iles	John and Jessica Nava	Gerald Stanek		
Mike Cromer	Marion Inchaustegui	Phil and Mary Nelson	Jeff and Pat Stone		
Barbara Crowder	Jaspa	Scott Nelson	Duane Storhaug		
H.E. Cullom Estate	John and Kitty Johnston	Stuart Niebel	Peter Strauss and Rachel Ticotini		
Mary Cummings	Glenda Jones	Christine Nielsen	G.S. Stuart		
John and Mary Cuthbert	Karen Kaminsky	Keith and Victoria Nightingale	Mark and Caroline Stubbs	In honor of Sid Cohn's 90th birthday	Nancy Pepper
Peter and Linda D'Aprix	Mary Kazmer	Jennifer Niles	Ray and Carol Sullivan		
Bob Davis	Fred Keeler	Chuck and Nancy Nordstrom	Dan and Margo Svikhart	In memory of Lucille Conforti	Peter Conforti
Susan Davis	Dolores Keith	Timothy Norian	Dr. Dan Swanner		
Jennifer Day	Dan and Jane Kelly	William and Judith Norris	Swift Memorial Health Care Foundation	In honor of Barbara Deal	Derby & Derby, Inc.
Wade Dazey	David and Ruth Kille	Bill and Linda Nugent	Michael and Erika Swimmer		
Nancy DeGroot	Randy and Glenda King	Jane O'Dell	Terry and Holly Tatroe		
Linda Desch	Ray King		Jonathan and Julie Teichert		
Joe DeVito	Marilyn Kinyon		Tony and Anne Thacher	In memory of Aleta Friend	Ruth Milner
Roger and Susan Dickens	Diane Kinzek		Sharon Thames		
Cathy Diorio					

*In Memory/Honor*



# HELP of Ojai Monthly Activities Calendar for April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00—12:00 Bridge Group 10:30—12:00 Intermediate Spanish 1:00— 3:30 Mah Jongg Mavens</p>	<p>2</p> <p>8:15— 9:45 HICAP Counseling (by appt.) 9:00— 9:45 Qi Gong 10:30—12:00 Adult Bereavement (WC) 1:30— 2:45 Yoga - Ojai Yoga Shala</p>	<p>3</p> <p>11:00—12:00 Chair Yoga 1:30— 2:45 Yoga - Ojai Yoga Shala</p>	<p>4</p> <p>9:00—12:00 Bridge Group 10:00—12:00 Creative Writing 11:00—2:00 HICAP Counseling (by appt.) 12:00— 4:00 Tax Aide (by appt. @ LH)</p>	<p>5</p> <p>1:00— 2:00 Intermediate Guitar 2:00— 3:00 Beginning Guitar</p>
<p>8</p> <p>9:00—12:00 Bridge Group 10:30—12:00 Intermediate Spanish 1:00— 3:30 Mah Jongg Mavens</p>	<p>9</p> <p>8:15— 9:45 HICAP Counseling (by appt.) 9:00— 9:45 Qi Gong 9:00—1:30 Foot Care (by appt.) 10:30—12:00 Adult Bereavement (WC) 1:30— 3:30 Parkinson's Support Group</p>	<p>10</p> <p>11:00—12:00 Chair Yoga</p>	<p>11</p> <p>9:00—12:00 Bridge Group 10:00—12:00 Creative Writing 11:00—2:00 HICAP Counseling (by appt.) 12:00— 4:00 Tax Aide (by appt. @ LH)</p>	<p>12</p> <p>1:00— 2:00 Intermediate Guitar 2:00— 3:00 Beginning Guitar</p>
<p>15</p> <p>9:00—12:00 Bridge Group 10:30—12:00 Intermediate Spanish 1:00— 3:30 Mah Jongg Mavens</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— 11:00 VCAAA: Living within Your Means Workshop 10:30—12:00 Adult Bereavement (WC) 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 1:30— 2:45 Yoga - Ojai Yoga Shala</p>	<p>18</p> <p>9:00—12:00 Bridge Group 10:00—12:00 Creative Writing 11:00—2:00 HICAP Counseling (by appt.)</p>	<p>19</p> <p><b>HELP of Ojai Closed</b></p> 
<p>22</p> <p>9:00—12:00 Bridge Group 10:30—12:00 Intermediate Spanish 1:00— 3:30 Mah Jongg Mavens</p>	<p>23</p> <p>8:15— 9:45 HICAP Counseling (by appt.) 9:00— 9:45 Qi Gong 10:30—12:00 Adult Bereavement (WC) 1:30— 2:45 Yoga - Ojai Yoga Shala</p>	<p>24</p> <p>11:00—12:00 Chair Yoga 1:30— 2:45 Yoga - Ojai Yoga Shala</p>	<p>25</p> <p>9:00—12:00 Bridge Group 10:00—12:00 Creative Writing</p>	<p>26</p> <p>10:00—12:00 OLLI w/Jimmy Webber 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 Mavens</p>	<p>30</p> <p>8:15— 9:45 HICAP Counseling (by appt.) 9:00— 9:45 Qi Gong 10:30—12:00 Adult Bereavement (WC) 1:30— 2:45 Yoga - Ojai Yoga Shala</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*

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).



Please join us for our  
**Annual St. Patrick's Day Dinner**

Thursday, March 14<sup>th</sup> at 5:30 p.m.  
West Campus Dining Room.

Our menu will include:  
corned beef brisket, cabbage,  
red potatoes, carrots and Irish Soda Bread.

A \$10.00 donation is appreciated.

All are welcome.