

JCHAI Connect Virtual Classes

Weekly Online Learning & Fun with Friends
For ALL Ages 18 & up: 5 classes/week for \$25

Weekly 3-4pm with Many Teachers & Topics

Monday Culture & Customs

American with Disabilities Act
Jewish "High Holidays"
Sacred Animals: Learn the Significance of Animals in Different Religions
Christmas Themed Karaoke
Self-Advocacy
American TV Themes Song - Guessing game with clips

Tuesday Animals & Nature

Pet Therapy with Nellies Schoolhouse
Natural Beauty: Outdoor Spaces to Visit Near Philadelphia
The Science of Storms, Hurricanes & Tornadoes
Best Places to See Leaves Changing Color (Peak Foliage)
Safety Tips for Outdoor Adventures

Wednesday Healthy Lifestyle

Chair Yoga
Simple Israeli Dance Steps
Kickboxing
Internet Safety
Let's Make Colorful, Delicious Soups & Salads

Thursdays Positive Wellbeing

What's Wrong with Sugar and Salt?
Learning About Self-Esteem
Workplace Do's & Don'ts
Building Strong Relationships
Staying Calm: Tips for Managing Stress and Anxiety
Family & Roommate Communications

Fridays Virtual Travel

Forged by the Sea: Our U.S. Navy
Let's Explore South Africa
Modern Day Countries of the Old Silk Road: Uzbekistan, Kazakhstan, and Afghanistan
Cold & Windy but Breathtakingly Beautiful: Antarctica
Food Tour of Moscow, Russia
Sailing in the Caribbean: All Aboard!

Curious about how to become a JCHAI Member?

Contact: Dr Beth Rosenwasser
Director of Community Engagement & Program Development
BethRosenwasser@jchai.org / 215-498-1270

RSVP to schedule a personal tour of
JCHAI Programs, in person & virtual