

Zoom into JCHAI

Unlimited Weekly Online Learning & Fun with Friends
For ALL Ages 18 and older: 15 classes/week is \$50
May 2020 Sample Week

Monday

- 11 am: History of Rock & Roll w/ Dave
- 1 pm: Gratitude w/ Candy (how to stay thankful & positive)
- 3 pm: Ways to fill your free time w/ Byron

Tuesday

- 11 am: Trust & Relationship Building w/ Byron
- 1 pm: Games w/ Andi
- 3 pm: "Do Dogs Love Us?" w/ Josh Brockman
(What can we learn about the human-dog connection?)

Wednesday

- 11 am: Let's Talk About Feelings &
Travel on a Guided Meditation w/Dr. Beth Rosenwasser
- 1 pm: "If You Could" questions w/ Andi
- 3 pm: Dr. Seuss fun w/ Candy

Thursday

- 11 am: Positive thinking strategies w/ Byron
- 1 pm: Pictionary w/ Candy
- 3 pm: Dance moves w/Janie (Cha Cha Slide, Eclectic Slide,
Macarena, and more!!)

Friday

- 11 am: Friday Riddles & Spring Holidays w/ Dr. Beth Rosenwasser
- 1 pm: Easy Spanish lesson w/ Candy (learn easy words & phrases!)
- 3 pm: Planning for the weekend (ways to stay busy & have fun)

Curious about joining JCHAI's programs?

Virtual JCHAI classes require an intake

Intake inquiries contact: Dr. Beth Rosenwasser,
Director of Community Engagement & Program Development

BethRosenwasser@jchai.org / 215-498-1270

RSVP to our Virtual Open House

Thursday, May 14th, 6-7pm

