

Member Calendar February 2024



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|--|---|
| Weekday In-Person Classes: \$40/class Discount Rate: \$30/class - Register for 4 or more classes per month - Receive 4 or more 1:1 service hours/week - Live in JCHAI Supported Apartments Weekend Programs Pricing as indicated Virtual By Zoom Connect: \$10/week Affinity/Caregiver: Free Community Dinners | | | | 1 10am-1pm Garden Club (JCHAI Garden in NE Philly) 4:30-6 pm Black History Month Activity | 2 | 3 12-5 pm Villanova Basketball \$60 |
| | 5 3-4 pm JCHAI Connect 4:30-6 pm Cooking w/ Liane | 6 1-2:30 pm BuxMont Cooking, Art, & More 6-8 pm New Hub Community Dinner + | 7 5:15-7:15 pm Member Happy Hour "Homemade Chili" | 8 10am-1pm Garden Club (JCHAI Garden in NE Philly) 4:30-6 pm Main Line Art Center Cardboard Sculptures | | 10 |
| | 12 3-4 pm JCHAI Connect 4:30-6 pm Mindful Monday | 13 6-8 pm New Hub Community Dinner + (YMCA) | 14 4:45-7:30 pm Member Happy Hour Dave & Buster's \$50 for all members | 15 10am-1pm Garden Club (4:30-6 pm Pet Therapy 7:30-8:30 pm Caregiver Support | | 17 African American Museum of Philadelphia Trip 11 am – 4 pm \$70 |
| 11 Brunch & ❤️ day Crafts 12 pm – 4 pm \$45 | 19 PRESIDENTS DAY 3-4 pm JCHAI Connect 4:30-6 pm Cooking w/ Keri | 20 1-2:30 pm BuxMont Cooking, Art, & More 6-8 pm New Hub Community Dinner + (Historical Society) | 21 5:15-7:15 pm Member Happy Hour "M&M Cinema" | 22 10am-1pm Garden Club (JCHAI Garden in NE Philly) 4:30-6 pm Pick Your Own Project | | 24 6-9 pm JCHAI Friday Fun Night \$40 for all members |
| 25 4:30-5:30 pm SOCIAL CIRCLE Rap Groups | 26 3-4 pm JCHAI Connect 4:30-6 pm IMRPOV! | 27 | 28 4:45-7:30 pm Member Happy Hour Bowling \$45 for all members | 29 10am-1pm Garden Club (JCHAI Garden in NE Philly) 4:30-6 pm Pet Therapy | Curious about JCHAI Offerings for Neurodiverse Adults? Contact our Director of Community Engagement Dr. Beth Rosenwasser BethRosenwasser@jchai.org / 215-498-1270 We offer supported independent living, professional 1:1 coaching, and support, instructional classes, social & community engagement, and vocational internships. | |

Key to Color-Coded Text

Black = JCHAI in Bryn Mawr

Red = Virtual/online

Green = Weekend activity
(Location on p.2)

Blue = Buxmont area
(Location on calendar)

Learn More about Membership at www.jchai.org



Member Calendar Trip & Event Details

February 2024

*All cost-based programs require 1 week notice for cancellation except in cases of emergency or illness.

Saturday, February 3rd, 12-5 pm: Villanova Wildcats vs Seton Hall Pirates Women's Basketball!

Cost \$60

Join us as we cheer on Villanova's women's basketball team. Go Nova!

Pick up and drop off at JCHAI's education center. Lunch will be included.

Thursday, February 8th, 4:30-6pm: Main Line Art

We will make imaginative, colorful, 3-D art using reclaimed cardboard, tempera paints, & chalk pastels.

Sunday, February 11th, 12 pm-4 pm: Brunch and Crafts at JCHAI's Education Center

Cost \$45

Join us for a bagel brunch and art projects to celebrate Valentine's Day. We will learn and create together.

Monday, February 12th, 4:30-6 pm: Mindful Goal-Setting with Tina

Let's celebrate Awesomeness! We'll focus on the awesome ways we learn new things and create positive experiences in our lives.

We will ALSO celebrate awesome people by recognizing the accomplishments of people of color.

Saturday, February 17th, 11 am-4 pm: African American Museum of Philadelphia

Cost \$70

In honor of black history month, we will take a trip to the museum and participate in a guided tour.

Pick up and drop off at JCHAI's education center. Lunch will be included.

Thursday, February 22nd, 5:45-8:15 pm: Babka Bake at The Rohr Center for Jewish Life

Join us for an evening of friendship and babka making! Pick up and drop off at JCHAI's education center.

Friday, February 23rd, 6-9 pm: JCHAI Friday Fun Night: our monthly center-based gathering. Come for dinner and a movie

Cost \$40

at the JCHAI Education Center. Make a meal, hang out, play games and watch a movie together with your friends.

Thursdays, 10am- 1pm: Garden Club at JCHAI's Ominsky House in NE Philadelphia. Come learn all about indoor and outdoor gardening. Members will plant and care for garden plots and flower pots. Lunch included.

Monday, February 26th, 4:30-6pm: IMRPOV!

Explore real-world situations through fun improv activities led by professional actor Shea Shonsky.

Please register at least one week in advance.

All cost-based programs require 1 week notice for cancellation; except cases of emergency or illness.

JCHAI Member Programs

Questions or additional information?

Kathryn Adams, MSW


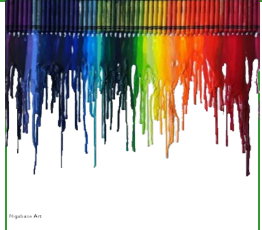

KAdams@jchai.org / 215-498-6510

Learn More at www.jchai.org

Member Calendar

March 2024



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|--|--|--|
| Weekday In-Person Classes: \$40/class Discount Rate: \$30/class - Register for 4 or more classes per month - Receive 4 or more 1:1 service hours/week - Live in JCHAI Supported Apartments Weekend Programs Pricing as indicated Virtual By Zoom Connect: \$10/week Affinity/Caregiver: Free Community Dinners Pricing varies | Curious about JCHAI Offerings for Neurodiverse Adults? Contact our Director of Community Engagement Dr. Beth Rosenwasser BethRosenwasser@jchai.org / 215-498-1270 We offer supported independent living, professional 1:1 coaching & support, instructional classes, social & community engagement, and vocational internships. | | | | 1 | 2 |
| | 4 3-4 pm JCHAI Connect 4:30-6 pm Mindful Monday | 5 1-2:30 pm BuxMont Cooking, Art & More (Regency Towers) 4:30-6 pm DAWGMA trip! 6-8 pm D-Hub Community Dinner + | 6 5:15-7:15 pm Member Happy Hour | 7 10am-1pm Garden Club (Ominsky House in NE Philly) 4:30-6 pm Pet Therapy | 8  | 9 11:15 am—3:45 pm ACCT Animal Shelter Volunteer Project \$50 |
| | 11 3-4 pm JCHAI Connect 4:30-6 pm IMPROV! | 12 6-8 pm D-Hub Community Dinner + (Doylestown YMCA) | 13 4:45-7:30 pm Member Happy Hour Dave & Buster's \$50 for all members | 14 10am-1pm Garden Club 4:30-6 pm Main Line Art Class Tooling Foil 7:30-8:30 pm Caregiver Support | 15 | 16 5-8 pm Evening of Elegance Member Formal \$70 |
| | 17 | 18 3-4 pm JCHAI Connect 4:30-6 pm Cooking with Keri | 19 1-2:30 pm BuxMont Cooking, Art & More (Regency Towers) 6-8 pm D-Hub Community Dinner + (Doylestown Historical Society) | 20 5:45-8:15 pm Member Happy Hour <i>Hamantash Bake!</i> | 21 10am-1pm Garden Club (Ominsky House in NE Philly) 4:30-6 pm Pet Therapy | 22 |
| | 24 11 am – 1 pm JCHAI & NEXTGEN Bagel Brunch & Purim Basket Making \$40 JCHAI Partner Program SOCIAL CIRCLE Rap Groups | 25 3-4 pm JCHAI Connect 4:30-6 pm Melted Crayon Art |  | 27 4:45-7:30 pm Member Happy Hour Bowling \$45 for all members | 28 10am-1pm Garden Club (Ominsky House in NE Philly) 4:30-6 pm Game Night! | 29 6-9 pm JCHAI Friday Fun Night \$40 <i>Talent Show!</i>  |
| Learn More about Membership at www.jchai.org | | | | | | Key to Color-Coded Text Black = JCHAI in Bryn Mawr Red = Virtual/online Green = Weekend activity (Location on p.2) Blue = Buxmont area (Location on calendar) |



Member Calendar Trip & Event Details

March 2024

***All cost-based programs require 1 week notice for cancellation except in cases of emergency or illness.**

Friday, March 1st, 6-9 pm: JCHAI Friday Fun Night: Our monthly center-based gathering. Come for dinner and a talent show at the JCHAI Education Center. Enjoy dinner, showcase your talents, or just hang out with your friends.

Cost \$40

Monday, March 4th, 4:30-6 pm: Mindful Goal-Setting with Tina

Let's build our mindfulness skills by connecting with nature! We will learn about nature, check out our beautiful backyard, and use journals to help us observe and appreciate nature!

Saturday, March 9th, 11:15 am - 3:45 pm: Volunteering @ ACCT Animal Shelter

Cost \$50

Join us for a day of volunteering at an animal shelter. We will be helping make treats for the animals and spend time with them. Pickup and drop off at JCHAI's Education Center. Lunch will be provided.

Thursday, March 14th, 4:30-6pm: Main Line Art Center Project

In this workshop, we will use aluminum sheets for etching and engraving. Learn to use stencils and simple drawings to create textured works of art.

Saturday, March 16th, 4:30-7:30 pm: An Evening of Elegance @ JCHAI's Education Center

Cost \$70

Come join us for an evening of dinner & dancing. There will also be a DJ and photo booth.

Wednesday, March 20th, 5:45-8:15 pm: Hamantash Bake at The Rohr Center for Jewish Life

Join us for an evening of friendship and hamantash making! Pick up and drop off at JCHAI's Education Center.

Saturday, March 23rd, time TBD: DAWGMA Competition @ Bensalem High School

Cost \$50

Come and join us as we cheer on our friends during their first competition this year!

Pick up and drop off at JCHAI's Education Center. Food will be served.

Sunday, March 24th, 11 am– 1 pm: Brunch & Purim Baskets w/ NextGen Guests

Cost \$40

JCHAI members are joined by Jewish Federation's young adult leaders in the NextGen program. Together we will have brunch and learn about Purim and then collaborate to make "Shalach Manot" gift bags to be delivered to older adults.

Thursdays, 10am– 1pm: Garden Club at JCHAI's Ominsky House in NE Philadelphia. Come learn all about indoor and outdoor gardening. Members will plant and care for garden plots and flower pots. Lunch included.

Please register at least one week in advance.

All cost-based programs require 1 week notice for cancellation; except cases of emergency or illness.

JCHAI Member Programs

Questions or additional information?

Kathryn Adams, MSW

KAdams@jchai.org / 215-498-6510

Learn More at www.jchai.org



JCHAI's Monthly Drop-In Support For Parents & Other Caregivers

Join us for our free, virtual support group for family caregivers of neurodiverse adults. You do not need to be a JCHAI family or intend to be one — all caregivers of neurodiverse people 17+ are welcome!

This is drop-in, come as you are! Gently facilitated by JCHAI's Dr. Beth Rosenwasser. She ends with a 10-minute mindful meditation to leave us in a positive place. The link changes some months to prevent zoom-bombing. To get new links or reminders, email BethRosenwasser@jchai.org to join the list, or check the CAREGIVER button at www.jchai.org/events.

Thursdays, 7:30-8:30 PM ET: Jan 18, Feb 15, Mar 14, Apr 18, May 9



Zoom Link: <http://bit.ly/3SIJThJ>



274 S Bryn Mawr Ave
Bryn Mawr, PA 19010
JCHAI.org



**Neurodiversity
Consultants LLC**

6810 Emlen St
Philadelphia, PA 19119
(215) 356-8418

NeurodiversityConsultants.com

Social Circle Rap Groups (Free & In-Person — Light Snacks Served)

Neurodiverse Adults (ages 18+): Get together to chat, chill, meet others, learn about resources, and share what's going on. This is facilitated by a licensed professional.

Family Caregivers (of neurodiverse adults ages 18+): Join other family (parents, siblings, guardians) for resources and sharing experiences. This is facilitated by a licensed professional.

Location: JCHAI's Swartz Education Center, 274 S Bryn Mawr Ave, Bryn Mawr, PA 19010

Lost? Contact Dr. Beth Rosenwasser: (215) 498-1270

Social Circle Questions? Contact Dr. Eric Mitchell: info@neurodiversityconsultants.com

Neurodiversity Consultants is available to design collaborative consultation services that can promote individual and systemic supports for wide ranging needs, including assessment, behavioral services, special education needs, training, social skills, and more.

Sundays, 4:30-5:30 PM: Jan 21, Feb 25, Mar 24, Apr 28, Jun 9

IMPROVATHON 2024!

JOIN US FOR AN EXCITING AFTERNOON OF FUN,
COMMUNITY-BUILDING, AND IMPROV ACTIVITIES

@ THE SWARTZ EDUCATION CENTER
274 SOUTH BRYN MAWR AVENUE,
BRYN MAWR, PA 19010

1:00PM, SATURDAY, FEB 24TH, 2024
SNOW DATE FEB 25TH

DOORS OPEN AT 1:00,
SHOWS AND ACTIVITIES AT 1:30 AND 3:30
COME AND GO AS YOU PLEASE!

SUGGESTED DONATION \$15 PER PERSON
COMPLIMENTARY REFRESHMENTS PROVIDED

ADVANCE REGISTRATION IS ENCOURAGED, BUT NOT REQUIRED.
ALL FUNDS RAISED WILL DIRECTLY BENEFIT TWO AMAZING NOT-FOR-PROFIT
COMMUNITY ORGANIZATIONS:



SCAN THE QR CODE ABOVE OR VISIT IMPROVATHON.GODADDYSITES.COM
FOR MORE INFORMATION AND TO REGISTER