



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	1 3-4 pm JCHAI Connect 4:30-6 pm IMPROV	2 1-2:30 pm BuxMont Cooking, Art, & More	3 5:15-7:15 pm Member Happy Hour Cooking w/ Byron	4 10am-1pm Garden Club (Ominsky House in NE Philly) 4:30-6 pm Pet Therapy	5	6 12-4 pm Tie Dye Party! \$60
	8 3-4 pm JCHAI Connect 4:30-6 pm Pick Your Own Project	9 6-8 pm New Hub Community Dinner + (YMCA)	10 4:45-7:30 pm Member Happy Hour Dave & Buster's \$50 for all members	11 10am-1pm Garden Club (Ominsky House in NE Philly) 4:30-6 pm MLAC	12	13 3:30-9 pm Flyers Game! \$150 
	15 3-4 pm JCHAI Connect 4:30-6 pm Baking w/ Liane 7-8 pm Jewish Affinity Zoom	16 1-2:30 pm BuxMont Cooking, Art, & More 6-8 pm New Hub Community Dinner +	17 5:15-7:15 pm Member Happy Hour M & M Cinema	18 10am-1pm Garden Club 4:30-6 pm Pet Therapy 7:30-8:30pm Caregiver Support	19 6-9 pm JCHAI Friday Fun Night \$40	20
	21	22 PASSOVER BEGINS 3-4 pm JCHAI Connect 4:30-6 pm Mindful Monday	23 6-8 pm New Hub Community Dinner + (Historical Society)	24 4:45-7:30 pm Member Happy Hour Bowling \$45 for all members	25 10am-1pm Garden Club (Ominsky House in NE Philly) 4:30-6 pm Pick Your Own Project	26
28 JCHAI PARTNER PROGRAM Social Circle RAP Groups	29 3-4 pm JCHAI Connect 4:30-6 pm Short Films & Discussion	30 1-2:30 pm BuxMont Cooking, Art, & More	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.			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

April 2024

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

Saturday, April 6th, 12-4 pm: Tie Dye Party @ JCHAI Education Center

Cost \$60

Join us at the Education Center for lunch and tie dye craft projects! Choose from a variety of items.

Thursday, April 11th, 4:30-6pm: Main Line Art Center Project at JCHAI. Mixed media, mark-making and collage. Come make media-art with your friends.

Saturday, April 13th, 3:30-9:00 pm: Philadelphia Flyers vs New Jersey Devils @ Wells Fargo Center

Cost \$150

Join us as we cheer on the Flyers and hope to get a glimpse of Gritty! Section 120, rows 18 & 19.

Pick up and drop off at JCHAI's Education Center. Cost includes \$25 gift card for food or merchandise.

Wells Fargo Center does not accept cash, please remember to bring a card if you think you will need more money.

Friday, April 19th, 6-9 pm: JCHAI Friday Fun Night: Our monthly center-based gathering. Come for dinner and a movie at the JCHAI Education Center. Enjoy a meal, hang out and watch a movie together with friends.

Cost \$40

Monday, April 22nd, 4:30-6 pm: Mindful Goal-Setting with Tina

Spring is a wonderful time to continue our mindful connection with nature. We will take a nature walk, practice our breath work, and learn the number one tool for calming our bodies when they need it!

Saturday, April 27th, 10:30 am– 3 pm: Art of the Brick @ Franklin Institute

Cost \$80

We will see the world's largest display of LEGO art ever featuring re-imagined famous masterpieces like Van Gogh's Starry Night. Pick up and drop off at JCHAI's Education Center. Lunch will be provided.

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. If interested, contact us for details and garden address.

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

May 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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 5:15-7:15 pm Member Happy Hour Cooking w/ Byron	2 10am-1pm Garden Club (Ominsky House in NE Philly) 4:30-6 pm Pet Therapy	3 	4 10:30am—3pm Spirit of Philadelphia Lunch Cruise \$135
5 	6 3-4 pm JCHAI Connect 4:30-6 pm IMPROV!	7 6-8 pm D-HUB Community Dinner +	8 5:15-7:15 pm Member Happy Hour Cooking w/ Byron	9 10am-1pm Garden Club (Ominsky House in NE Philly) 4:30-6 pm Pick Your Own Project Caregiver Support Zoom	10 6-9pm JCHAI Friday Fun Night \$40	11 
12 If no price is listed on calendar, weekday in-person classes are \$40/class or \$30 if eligible for discount rate. Discount Rate of \$30/class applies if: -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	13 3-4 pm JCHAI Connect 4:30-6 pm Cooking w/ Keri	14 1-2:30 pm BuxMont Cooking, Art, & More (Regency Towers) 6-8 pm D-HUB Community Dinner + (Doylestown YMCA)	15 4:45-7:30 pm Member Happy Hour Dave & Buster's \$50 for all members	16 10am-1pm Garden Club (Ominsky House in NE Philly) 4:30-6 pm Pet Therapy	17 	18 11am—3pm Chanticleer Garden \$55
	20 3-4 pm JCHAI Connect 4:30-6 pm Mindful Monday	21 6-8 pm D-HUB Community Dinner + (Doylestown Historical Society)	22 5:15-7:15 pm Member Happy Hour M & M Cinema	23 10am-1pm Garden Club (Ominsky House in NE Philly) 4:00—6:30 pm Main Line Art Center Connecting Movement with Art	24 	25 9:30 am—1:30pm Devon Horse Show \$65 
	27 MEMORIAL DAY OFFICE CLOSED	28 1-2:30 pm BuxMont Cooking, Art, & More (Regency Towers)	29 4:45-7:30 pm Member Happy Hour Bowling \$45 for all members	30 10am-1pm Garden Club (Ominsky House in NE Philly) 4:30-6 pm Bingo w/ Prizes	31 	

Learn More about Membership at www.jchai.org



Member Calendar Trip & Event Details

May 2024

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

Saturday, May 4th, 10:30 am-3 pm: Spirit of Philadelphia Brunch Cruise. Joint outing with AADD! Cost \$135

Enjoy delicious brunch food, fun deck games, a narrated tour, and unbeatable skyline views while you cruise the Delaware River.

Pick up and drop off at JCHAI's Education Center. Water, iced tea, coffee provided. Bring extra money for a soda.

Friday, May 10th, 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. Enjoy a meal, hang out and watch a movie together with friends.

Saturday, May 18th, 11am—3 pm: Chanticleer Garden Cost \$55

Join us as we stroll through the beautiful gardens and enjoy the beautiful flowers and trees growing.

Pick up and drop off at JCHAI's Education Center. We will enjoy a picnic lunch at Chanticleer Garden.

Thursday May 23rd, 4:00–6:30 pm: Main Line Art Center Outing. Segni Mossi: Connecting Movement with Art

Segni Mossi is a movement and graphic design project by artists Alessandro Lumare and Simona Lobefaro.

This style of art encourages artists to make their mark with the whole body through rolling, jumping, laughing, and moving in the space around them. This art form provides an opportunity to experience together the unity between visual art and movement.

We will create amazing and unique life-sized pieces of wall art. Pick up and drop off at JCHAI's Education Center.

Saturday, May 25th, 9:30am—1:30pm : T.R.D. (Therapeutic Riders Division) of Devon Horse Show at Thorncroft Equestrian Center Cost \$65

Join us as we support our fellow JCHAI member who is competing at the Devon Horse Show! Be sure to wear comfortable shoes;

this event takes place outdoors on uneven terrain. Pick up and drop off at JCHAI's Education Center. Lunch provided.

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. If interested, please inquire for details and garden address. Lunch included.

Mindful Monday: Everyone's heard of meditation, right? And mindfulness? Are you one of the MANY people who have a hard time with either? Tried it and it didn't work? Join us for a "try it out" session, where different practices are explored AFTER we learn why the BREATH is the key to managing stress, anxiety and learning to live with more confidence and satisfaction. Now THAT'S something we all want!

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

MLAC AT JCHAI

Art Workshops with **Main Line Arts Center**
Led by Teaching Artist Gavi Kestenbaum



Thursday, March 14th, 4:30-6 PM
Etching & Engraving @ JCHAI

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



Thursday, April 11th, 4:30-6 PM
Mixed Media Mark Making & Collage @ JCHAI

We will explore the patterns and textures of expressive mark making with playful mixed media approaches using acrylics and a variety of tools. These works on paper will then be transformed into imaginative collages. Participants will have the opportunity to include their own personal narratives into their finished pieces using a technique called asemic writing which combines art and text.

SIGN UP FOR ONE OR BOTH. JCHAI IS PROUD AND GRATEFUL TO PARTNER WITH MLAC.

Classes cost \$40 per session. You must be a JCHAI member to attend. To learn more about becoming a member, contact Dr. Beth Rosenwasser at:

BethRosenwasser@jchai.org or (215) 498-1270

JCHAI
JUDITH CREED HORIZONS FOR
ACHIEVING INDEPENDENCE



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/3SlJThJ>



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