



Member Calendar

May 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Curious about JCHAI Offerings for Neurodiverse Adults? Contact our Director of Community Engagement Dr. Beth Rosenwasser BethRosenwasser@jchai.org / 215-498-1270</p> <p>We offer supported independent living, professional 1:1 coaching & support, instructional classes, social & community engagement, and vocational internships.</p>			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 
<p>If no price is listed on calendar, weekday in-person classes are \$40/class or \$30 if eligible for discount rate.</p> <p>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</p> <p>Weekend Programs Pricing as indicated Virtual By Zoom Connect: \$10/week Affinity/Caregiver: Free</p>	12	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 11am—3pm Chanticleer Garden \$55
	18	19 3-4 pm JCHAI Connect 4:30-6 pm Mindful Monday	20 6-8 pm D-HUB Community Dinner + (Doylestown Historical Society)	21 5:15-7:15 pm Member Happy Hour M & M Cinema	22 10am-1pm Garden Club (Ominsky House in NE Philly) 4:00—6:30 pm Main Line Art Center <i>Connecting Movement with Art</i>	23 9:30 am—1:30pm Devon Horse Show \$65 
	24	25 MEMORIAL DAY OFFICE CLOSED	26 1-2:30 pm BuxMont Cooking, Art, & More (Regency Towers)	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 Bingo w/ Prizes	29



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 tress 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

Member Calendar

June 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Curious about JCHAI Offerings for Neurodiverse Adults? Contact our Director of Community Engagement Dr. Beth Rosenwasser BethRosenwasser@jchai.org / 215-498-1270</p> <p>We offer supported independent living, professional 1:1 coaching & support, instructional classes, social & community engagement, and vocational internships.</p>					1
	3 3-4 pm JCHAI Connect 4:30-6 pm Exercise w/ EmpowerU	4 6-8 pm D-HUB Community Dinner + Bowling	5 NO HAPPY HOUR STAFF TRAINING	6 10am-1pm Garden Club (Ominsky House in NE Philly) 4:30-6 pm Main Line Art Fun with Watercolor	7	8
9 Trenton Thunder Game 11am—5:30pm \$85 JCHAI PARTNER PROGRAM Social Circle RAP Groups	10 3-4 pm JCHAI Connect 4:30-6 pm Cooking w/ Keri	11 1-2:30 pm BuxMont Cooking, Art, & More	12 4:45 - 7:30 pm Member Happy Hour Dave & Buster's \$50 for all members	13 10am-1p m Garden Club (Ominsky House in NE Philly) 4:30-6 pm IMPROV w/ Cass	14	15 1-4 pm JCHAI CARNIVAL Free Event!
16	17 3-4 pm JCHAI Connect 4:30-6 pm Mindful Monday	18 6-8 pm D-HUB Community Dinner + (Doylestown Historical Society)	19 5:15-7:15 pm Member Happy Hour M & M Cinema	20 10am-1pm Garden Club (Ominsky House in NE Philly) 4:30-6 pm Pet Therapy Caregiver Support Zoom	21	<p>If no price is listed on calendar, weekday in-person classes are \$40/class or \$30 if eligible for discount rate.</p> <p>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</p> <p>Weekend Programs Pricing as indicated Virtual By Zoom Connect: \$10/week Affinity/Caregiver: Free</p>
23	24 3-4 pm JCHAI Connect 4:30-6 pm Succulent Planting	25 1-2:30 pm BuxMont Cooking, Art, & More	26 4:45 - 7:30 pm Member Happy Hour Bowling \$45 for all members 6-8 pm D-HUB Community Dinner +	27 10am-1pm Garden Club (Ominsky House in NE Philly) 4:30-6 pm Pet Therapy	28 6-9pm JCHAI Friday Fun Night Outdoor Concert \$40 	

Learn More about Membership at www.jchai.org



Member Calendar Trip & Event Details

June 2024

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Monday June 3rd, 4:30– 6 pm: Exercise Class with EmpowerU @ JCHAI’s Education Center

Join us for a fitness class with one of the coaches from EmpowerU. Start the summer in a healthy way!

Thursday June 6th, 4:30– 6 pm: Main Line Art @ JCHAI’s Education Center

Discover the enchanting world of watercolors. Learn the basics of watercolor painting and delve into the intricacies of color blending. We will work with three different types of watercolors to create your very own masterpiece.

Sunday June 9th, 11am—5:30 pm: Special Needs Awareness Day @ Trenton Thunder

Cost: \$85

JCHAI & AADD will enjoy an all-you-can-eat picnic buffet while watching the Trenton Thunder take on the Williamsport Crosscutters . You will have the opportunity to go out on the field before the game. **All attendees will receive a T-Shirt, please provide your shirt size.** Pick up and drop off at JCHAI’s Education Center.

Saturday, June 15th, 1-4 pm: JCHAI-WIDE Member Summer Carnival @ JCHAI Education Center

Cost: FREE!

Come enjoy a fun afternoon of BBQ, dancing, carnival games, cotton candy, popcorn, face painting, and more!

Friday, June 28th, 6-9 pm: JCHAI Friday Fun Night: Our monthly center-based gathering.

Cost \$40

Join us for an outdoor concert at the Bryn Mawr Gazebo. We will have a picnic dinner while we enjoy the concert. Pick up and drop off at JCHAI’s Education Center. Please bring a blanket or towel to sit on.

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: Bring the journal you have been using for Mindful Monday and enjoy a time for reflection and art-making. We will use mindful questions and a non-judgmental attitude to bring ourselves closer to our deep inner self in a loving and compassionate way.

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 SUMMER CARNIVAL

FREE MEMBER EVENT!

Spin Art Truck

Dunk Tank

Face Painting

DJ & Dancing

Fresh Popcorn

BBQ Lunch

Cotton Candy Machine

Water Ice

JCHAI EDUCATION CENTER
JUNE 15TH, 2024
1:00 - 4:00 PM
PLEASE RSVP BY JUNE 4TH, 2024
RSVP BY EMAILING PROGRAMS@JCHAI.ORG
OR REGISTERING WITH YOUR JCHAI STAFF

JCHAI Presents...

Learn and Play D&D with Friends

*Winning the Day by Knowing
Yourself and the People Around You*



Together, we will learn about our strengths and practice gratitude as we play Dungeons and Dragons! This will be a journey into the Temple of the Four Elements.



Over 6 weeks of 2-hour sessions, you will create a character and tell a story as part of a group. This is a free program hosted by Dylan Mitchell, held at JCHAI's Ed Center in Bryn Mawr.

Thursdays
4-6 PM



Want to know more? Questions?
Want to sign up?
Contact Dr. Beth Rosenwasser:
BethRosenwasser@jchai.org

274 S Bryn Mawr Ave, Bryn Mawr, PA 19010





www.jchai.org

JCHAI PRESENTS...

Medicaid Waivers for Neurodiverse Adults:

What, Who, Why, When, and How?

TUESDAY, APRIL 30



7:00 PM - 8:15 PM ET

Join us to learn from a panel of parents and professionals about Medicaid waivers, the PUNS list, how to advocate, how ISPs work, and more!

About JCHAI: We inspire and empower individuals with developmental differences or disabilities to imagine and fulfill their life aspirations and be valued contributors in the community.

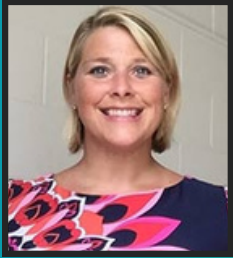
SCAN ME



REGISTER HERE: <http://bit.ly/3J6Kqie>

MEET OUR PRESENTERS...

CHERIE FISHBAUGH, HOST



Cherie Fishbaugh is a Board Certified Behavior Analyst. In 2016, she joined West Chester University as the Director of Autism Services and developed **Dub-C Autism Program (D-CAP)**. D-CAP provides supports to degree-seeking West Chester University students with Autism Spectrum Disorder (ASD).

BRITTNEY YANCHEK, PANELIST



Brittney Yancheck works as a transition consultant/advocate and a co-founder at **Thrive Advocacy Group**. She focuses on transition services and helping families navigate the complex process of planning for the future, including accessing supports and services for loved ones in their communities after leaving school age.

CYNDI SLOMOWITZ, PANELIST



Cyndi Slomowitz, DPT is a pediatric physical therapist and a mom of an adult with autism. Cyndi has been through all the stage of autism with her son since he was diagnosed at 2 years of age, and is grateful for all the warriors paving the way for good services to ensure success.

DR. BETH ROSENWASSER, MODERATOR



As **JCHAI's** Director of Community Engagement & Program Development, Dr. Rosenwasser introduces and helps people navigate JCHAI's individualized programs. A pragmatic cognitive behavioral therapist, she has also practiced as a clinician for over 20 years. Learn more about JCHAI: **BethRosenwasser@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 download the calendar at jchai.org/events.

Thursdays, 7:30-8:30 PM ET: May 9, June 20, July 18, Aug 22, Sept 12



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



**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: Feb 25, Mar 24, Apr 28, Jun 9, Sept 14