





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
	3 3-4 pm JCHAI Connect 4:30-6:00 pm Exercise with EmpowerU	4 6-8 pm D-HUB Community Dinner + Bowling \$50	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 11am—5:30pm Trenton Thunder Game  \$85 JCHAI PARTNER PROGRAM Social Circle RAP Groups	10 3-4 pm JCHAI Connect 4:30-6:00 pm Cooking w/ Keri	11 1:00-2:30 pm BuxMont Cooking, Art, & More (Regency Towers)	12 4:45 - 7:30 pm Member Happy Hour Dave & Buster's \$50 for all members	13 10am-1pm Garden Club (Ominsky House in NE Philly) 4:30-6 pm IMPROV with Cass	14	15 1-4 pm JCHAI CARNIVAL Free Event! 
16	17 3-4 pm JCHAI Connect 4:30-6:00 pm Mindful Monday with Tina	18 6-8 pm D-HUB Community Dinner + (Doylestown Historical Society) \$50	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	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 <u>Weekend Programs</u> Pricing as indicated <u>Virtual By Zoom</u> Connect: \$10/week Affinity/Caregiver: Free
23	24 3-4 pm JCHAI Connect 4:30-6:00 pm Succulent Planting	25 1:00-2:30 pm BuxMont Cooking, Art, & More (Regency Towers)	26 4:45 - 7:30 pm Member Happy Hour Bowling \$45 for all members 6-8:30pm D-HUB Community Dinner + \$30	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

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

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

Member Calendar

July 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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:</p> <ul style="list-style-type: none"> - Register for 4 or more classes per month - Receive 4 or more 1:1 service hours/week - Live in JCHAI Supported Apartments <p>Weekend Programs Pricing as indicated</p> <p>Virtual By Zoom Connect: \$10/week Affinity/Caregiver: Free</p>	<p>1</p> <p>3-4 pm JCHAI Connect with Byron</p> <p>4:30-6 pm Coffee Bean Art Project</p>	<p>2</p>	<p>3</p> <p>5:15-7:15 pm Member Happy Hour Let's Discuss with Byron: Learning Self Regulation</p>	<p>4</p> <p>Happy Independence Day!</p> 	<p>5</p>	<p>6</p>
	<p>8</p> <p>3-4 pm JCHAI Connect with Byron</p> <p>4:30-6 pm Pet Therapy</p>	<p>9</p> <p>1-2:30 pm BuxMont Cooking, Art, & More</p> <p>6-8 pm D-HUB Community Dinner + \$50</p>	<p>10</p> <p>5:15-7:15 pm Member Happy Hour Cooking with Byron & Laura</p>	<p>11</p> <p>10 am -1 pm Garden Club Morris Arboretum Trip</p> <p>4:30-6 pm Meditation & Exercise with Empower U's Coach Joe</p>	<p>12</p>	<p>13</p> <p>1:45 -5:30 pm Elmwood Park Zoo \$65</p>
	<p>15</p> <p>3-4 pm JCHAI Connect with Byron</p> <p>4:30-6 pm Mindful Monday with Tina</p>	<p>16</p> <p>6-8 pm D-HUB Community Dinner + \$50</p>	<p>17</p> <p>4:45 - 7:30 pm Member Happy Hour Dave & Buster's \$50 for all members</p>	<p>18</p> <p>10 am -1 pm Garden Club</p> <p>4:30-6 pm Main Line Art: Funky Chalk Pastels</p> <p>Caregiver Support Zoom</p> 	<p>19</p>	<p>20</p> <p>11:15 am—3:45 pm Line Dance Party \$100</p>
<p>21</p> 	<p>2</p> <p>3-4 pm JCHAI Connect with Byron</p> <p>4:30-6 pm Meditation & Exercise with Empower U's Coach Joe</p>	<p>23</p> <p>1-2:30 pm BuxMont Cooking, Art, & More</p> <p>6-8 pm D-HUB Community Dinner + \$50</p>	<p>24</p> <p>5:15-7:15 pm Member Happy Hour M & M Cinema</p>	<p>25</p> <p>10 am -1 pm Garden Club (Ominsky House in NE Philly)</p> <p>4:30-6 pm Pet Therapy</p>	<p>26</p> <p>6-9pm Friday Fun Night \$40</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>3-4 pm JCHAI Connect with Byron</p> <p>4:30-6 pm IMPROV!</p>	<p>30</p>	<p>31</p> <p>4:45 - 7:30 pm Member Happy Hour Bowling \$45 for all members</p> 	<p>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,</p>		



Member Calendar Trip & Event Details

July 2024

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<p>Thursday, July 11th, 10:00 am—1:00 pm: Garden Club: Trip to Morris Arboretum</p> <p>Join us for an in person, interactive tour of Morris Arboretum, a botanical gem in Philadelphia!</p> <p>We will explore the connections of our worlds- humans, plants and animals.</p> <p><u>Just \$5 per person! (must sign up by June 26th to get this pricing)</u></p>	Cost \$5
<p>Saturday, July 13th, 1:45-5:30 pm: Elmwood Park Zoo</p> <p>Enjoy a trip to see over 100 different animals, including giraffes, zebras, bald and golden eagles, jaguars, and red pandas.</p> <p>Pick up and drop off at JCHAI's Education Center. Lunch included.</p>	Cost \$65
<p>Saturday, July 20th, 11:15 am—3:45 pm: Line Dance Party @ Green Valley Country Club</p> <p>Electric Slide, Boot Scootin' Boogie, and MORE! We will join our friends from AADD at the Green Valley Country Club.</p> <p>We will dine and dance the afternoon away. Be sure to dress to impress! Pick up and drop off at JCHAI's Education Center.</p> <p>Lunch will be provided: Please note whether you'd like (1) chicken, (2) salmon or (3) pasta when registering.</p>	Cost \$100
<p>Friday, July 26th, 6-9 pm: JCHAI Friday Fun Night: Our monthly center-based gathering. Come for dinner, games , a movie and more at the JCHAI Education Center. Hang out with your friends for an evening of fun!</p>	Cost \$40
<p>Thursdays, 10 am– 1 pm: Garden Club at JCHAI's Ominsky House in NE Philadelphia.</p> <p>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.</p>	
<p>Mondays, 3-4pm: JCHAI CONNECT (via Zoom). Join Byron's group for lively discussions, games and more.</p> <p>July 1: JCHAI Family Feud</p> <p>July 8: Life Lessons with Byron-Workplace Conflict part 3</p> <p>July 15: Cultural Awareness</p> <p>July 22: Life Lessons with Byron</p> <p>July 29: Where is your FAVORITE place to vacation?</p>	

To be added to the list to received the CONNECT weekly Zoom link, email programs@JCHAI.org.

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