



# Member Calendar

## May 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Curious about JCHAI Offerings for Neurodiverse Adults?</b>            Contact our Director of Community Engagement  <b>Dr. Beth Rosenwasser</b>  <a href="mailto:BethRosenwasser@jchai.org">BethRosenwasser@jchai.org</a> / 215-498-1270</p> <p>We offer supported independent living, professional 1:1 coaching &amp; support, instructional classes, social &amp; community engagement, and vocational internships.</p>			1 5:15-7:15 pm Member Happy Hour <b>Cooking w/ Byron</b>	2 10am-1pm <b>Garden Club</b> (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	8 5:15-7:15 pm Member Happy Hour <b>Cooking w/ Byron</b>	9 10am-1pm <b>Garden Club</b> (Ominsky House in NE Philly) 4:30-6 pm Pick Your Own Project <b>Caregiver Support Zoom</b>	10 6-9pm JCHAI Friday Fun Night \$40	11 
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 <b>Dave &amp; Buster's</b> \$50 for all members	16 10am-1pm <b>Garden Club</b> (Ominsky House in NE Philly) 4:30-6 pm Pet Therapy	17	18 11am—3pm Chanticleer Garden \$55
<p>If no price is listed on calendar, weekday in-person classes are \$40/class or \$30 if eligible for discount rate.</p> <p><b>Discount Rate of \$30/class applies if:</b>            -Register for 4 or more classes per month            - Receive 4 or more 1:1 service hours/week            - Live in JCHAI Supported Apartments</p> <p><b>Weekend Programs</b>            Pricing as indicated  <b>Virtual By Zoom</b>            Connect: \$10/week            Affinity/Caregiver: Free</p>	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 <b>M &amp; M Cinema</b>	23 10am-1pm <b>Garden Club</b> (Ominsky House in NE Philly) 4:00—6:30 pm Main Line Art Center <i>Connecting Movement with Art</i>	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 <b>Bowling</b> \$45 for all members	30 10am-1pm <b>Garden Club</b> (Ominsky House in NE Philly) 4:30-6 pm Bingo w/ Prizes	31	



# 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](http://www.jchai.org)**

# Member Calendar

## June 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>Curious about JCHAI Offerings for Neurodiverse Adults?</b>            Contact our Director of Community Engagement  <b>Dr. Beth Rosenwasser</b>            BethRosenwasser@jchai.org / 215-498-1270</p> <p>We offer supported independent living, professional 1:1 coaching &amp; support, instructional classes, social &amp; 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><b>Weekend Programs</b> Pricing as indicated  <b>Virtual By Zoom</b>            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](http://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.**

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**JCHAI Member Programs**

Questions or additional information?

**Kathryn Adams, MSW**

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Learn More at [www.jchai.org](http://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](mailto: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](mailto:BethRosenwasser@jchai.org) to join the list, or download the calendar at [jchai.org/events](http://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](http://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](mailto: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