





# 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><b>Discount Rate of \$30/class applies if:</b></p> <ul style="list-style-type: none"> <li>- Register for 4 or more classes per month</li> <li>- Receive 4 or more 1:1 service hours/week</li> <li>- Live in JCHAI Supported Apartments</li> </ul> <p><b>Weekend Programs</b> Pricing as indicated</p> <p><b>Virtual By Zoom</b> 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, &amp; 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 &amp; Laura</p>	<p>11</p> <p>10 am -1 pm Garden Club Morris Arboretum Trip</p> <p>4:30-6 pm Meditation &amp; 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 + Dinner Out in Doylestown \$65</p>	<p>17</p> <p>4:45 - 7:30 pm Member Happy Hour <b>Dave &amp; Buster's</b> \$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>22</p> <p>3-4 pm JCHAI Connect with Byron</p> <p>4:30-6 pm Meditation &amp; Exercise with Empower U's Coach Joe</p>	<p>23</p> <p>1-2:30 pm BuxMont Cooking, Art, &amp; 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 &amp; 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>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 <b>Bowling</b> \$45 for all members</p> 	<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 We offer supported independent living, professional 1:1 coaching &amp; support,</p>		



# Member Calendar Trip & Event Details

## July 2024

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

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

To be added to the list to received the CONNECT weekly Zoom link, email [programs@JCHAI.org](mailto: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](mailto:KAdams@jchai.org) / 215-498-6510

Learn More at [www.jchai.org](http://www.jchai.org)

# Member Calendar

## August 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 career success internships.</p>				<p><i>1</i> 10am-1pm Garden Club (Ominsky House in NE Philly)</p> <p>5—8:30 pm Rose Tree Park Concert <b>\$40 for all members</b></p>	<p><i>2</i></p> 	<p>If no price is listed on calendar, <b>weekday in-person classes are \$40/class or \$30 if eligible for discount.</b></p> <p><b>Discount Rate of \$30/class applies if:</b></p> <ul style="list-style-type: none"> <li>- Register for 4 or more classes per month</li> <li>- Receive 4 or more 1:1 service hours/week</li> <li>- Live in JCHAI Supported Apartments</li> </ul> <p><b>Weekday Activities</b> <b>Black:</b> meet at JCHAI Bryn Mawr <b>Blue:</b> location on calendar</p> <p><b>Weekend Programs</b> Pricing as indicated Meet at JCHAI Bryn Mawr</p> <p><b>Virtual By Zoom</b> Connect: \$10/week Affinity/Caregiver: Free</p>
<i>4</i>	<p><i>5</i></p> <p>3-4 pm JCHAI Connect</p> <p>4:30-6 pm Cooking w/ Laura</p>	<p><i>6</i> 1-2:30 pm BuxMont Cooking &amp; More (Regency Towers Apts)</p> <p>6-8 pm D-Hub Community Dinner + <b>\$50 (Doylestown Hist Socy)</b></p>	<p><i>7</i></p> <p>9:30—5:15 pm <b>Trenton Thunder Game</b> \$95</p> <p>5:15-7:15 pm Member Happy Hour <b>Cooking w/ Byron</b></p>	<p><i>8</i> 10am-1pm Garden Club (Ominsky House in NE Philly)</p> <p>4:30-6 pm Main Line Art: Flow with Acrylics</p>		
<p><i>11</i></p> <p>9 am—2:30 pm JRA Volunteering <b>\$65</b></p>	<p><i>12</i></p> <p>3-4 pm JCHAI Connect</p> <p>4:30-6 pm Cooking w/ Laura</p>	<p><i>13</i></p> <p>6-8 pm D-Hub Community Dinner + (Doylestown Historical Society) <b>\$50</b></p>	<p><i>14</i></p> <p>4:45 - 7:30 pm Member Happy Hour <b>Dave &amp; Buster's</b> <b>\$50 for all members</b></p>	<p><i>15</i></p> <p>10am-1pm Garden Club (Ominsky House in NE Philly)</p> <p>4:30-6 pm Technology Thursday</p>	<p><i>16</i></p>	
<p><i>18</i></p> <p>12—6 pm The Fantasticks <b>\$120</b></p> 	<p><i>19</i></p> <p>3-4 pm JCHAI Connect</p> <p>4:30-6 pm IMPROV</p>	<p><i>20</i></p> <p>1-2:30 pm BuxMont Cooking, Art, &amp; More (Regency Towers Apts)</p>	<p><i>21</i></p> <p>5:15-7:15 pm Member Happy Hour <b>M &amp; M Cinema</b></p>	<p><i>22</i> 10am-1pm Garden Club (Ominsky House in NE Philly)</p> <p>4:30-6 pm Exercise Class with EmpowerU</p> <p>Caregiver Support Zoom</p>	<p><i>23</i></p> <p>6-9pm Friday Fun Night <b>\$40</b></p>	
<p><i>25</i></p>	<p><i>26</i></p> <p>3-4 pm JCHAI Connect</p> <p>4:30-6 pm Exercise Class with EmpowerU</p>	<p><i>27</i></p>	<p><i>28</i> 4:45 - 7:30 pm Member Happy Hour <b>Bowling</b> <b>\$45 for all members</b></p> <p>6-8 pm Doylestown D-Hub Community Outing <b>\$50 (concert)</b></p>	<p><i>29</i> 10am-1pm Garden Club (Ominsky House in NE Philly)</p> <p>4:30-6 pm Clip Board Art Project</p>	<p><i>30</i></p>	<p><i>31</i></p>



# Member Calendar Trip & Event Details

## August 2024

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**Wednesday August 7th, 9:30 am—5:15 pm:** Trenton Thunder vs Mahoning Valley Scrappers Cost: \$95

JCHAI & AADD will enjoy an all-you-can-eat picnic buffet while watching the Trenton Thunder take on the Mahoning Valley Scrappers. Be sure to bring a hat, sunscreen.. The venue is cashless, so members who plan to make purchases need to bring credit/debit cards or activated gift cards. Pick up and drop off at JCHAI's Education Center.

**Thursday August 8th, 4:30—6:00 pm:** Welcome to the enchanting world of flowing art! This workshop will explore the mesmerizing beauty of fluid acrylic. Discover the fascinating yet simple techniques used to create stunning abstract masterpieces with captivating color combinations. Activity is at JCHAI Education Center.

**Sunday, August 11th, 9:00 am—2:30 pm:** Volunteering at Jewish Relief Agency and Lunch Cost \$65

Join us at the Jewish Relief Agency to pack nutritious kosher food and household items for low-income individuals across Philadelphia. When we are done, we will have lunch at Chickie's & Pete's . Pick up and drop off at JCHAI's Education Center.

**Sunday, August 18th, 12—6 pm:** The Fantasticks @ Candlelight Dinner Theatre Cost \$120

Come join us for a delicious lunch and a wonderful show that will take us on a magical journey that is part fairy tale and part fable. Pick up and drop off at JCHAI's Education Center.

**Friday, August 25th, 6-9 pm:** JCHAI Friday Fun Night: Our monthly center-based gathering. Come for dinner and a karaoke Cost \$40  
at the JCHAI Education Center. Enjoy a meal, hang out and showcase your talent with 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. If interested, please inquire for details and garden address. Lunch included.

**Technology Thursday:** During this class we are going to be teaching the basics of different ways to use your cellphone. We can show you a variety of useful tips, including setting a medication reminder, adding an appointment to your calendar, and adding new contacts to your phone. Feel free to come with any questions or skills you would like to be taught. Activity is at JCHAI Education Center.

**Please register at least one week in advance.**

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**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)**



## 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/3SlJThJ>



**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