JUDITH CREED HORIZONS FOR ACHIEVING INDEPENDENCE		Member Calendar January 2025					
Sun	Mon	Tue	Wed	Thu	* * * * * * * ' * • Fri	Sat	
Weekday Activities: Black: JCHAI Bryn Mawr Blue: Location on calen- dar Orange: Joint w/ AADD Weekend Activities:	Goo	IS	Happy New Yearl	4:30-6 pm New Year Vision Boards	V Vision Base	4	
Pricing as indicated Virtual By Zoom	6 3-4 pm JCHAI Connect New Year, New You? 4:30-6 pm Mindful Monday Journaling	7 6-8 pm DHUB Community Dinner+ (Doylestown) \$50	4:30-7:30 pm Member Happy Hour Dave & Busters \$55 for all members	9 4:30-6 pm Pet Therapy	NEW YEAR - START!	11 6—9 pm DH Saturday Fun St. Mary's H \$50 (Doylesto	
12 1-4:45 pm Tennis & Fun w/ Cara & Tessa Germantown Cricket Club \$35	13 3-4 pm JCHAI Connect Life Lessons w/ Byron 4:30-6 pm Cooking w/ Keri	14 4:30-6 pm BuxMont Cooking, Art, & More (Regency Towers) 6-8 pm DHUB Community Dinner+ \$50 (Doylestown)	15 5:00-8:00 pm Member Happy Hour Donut Making \$35 for all members	 16 4:30-6 pm Needlepoint & Bookmarks w/ Judy W. Caregiver Support Zoom In the Kitchen at KI 	17 6-gpm Friday Fun Night JCHAI Education Center \$40	18 ******	
19 *Possible Eagles Playoff Watch Party*	20 3-4 pm JCHAI Connect JCHAI Family Feud 4:30-6 pm IMPROV w/ Shea MLK Day of Service	21 6-8 pm DHUB Community Dinner+ (Doylestown) \$50	22 4:45-7:30 pm Member Happy Hour Bowling \$50 for all members	23 4:30-6 pm Main Line Art Center Air Dry Clay Mosaic Tiles		25	
26 12:15–6:15 pm Something Rotten Candlelight Theatre \$125	27 3-4 pm JCHAI Connect Member Advisory Committee Meeting 4:30-6 pm Empower U	28 4:30-6 pm BuxMont Cooking, Art, & More (Regency Towers)	29 5:15-7:15 pm Member Happy Hour Dress for Success \$35 for all members	<i>30</i> 4:30-6 pm Pet Therapy	Member Questions Email: programs@jcha Want to Learn More Visit our website: https://j Email: questions@jcha Supported Independent Living Profes	i.org Call: 610-92: about joining JC chai.org/become-a-r i.org Call: 610-922-2	



Member Calendar Trip & Event Details January 2025

All activity registrations are due by the 15th day of the month (Registration Deadline: Sunday, December 15th**). **Credits will be provided for cancellations made before the registration deadline. Cancellations after the deadline will be determined on a case by case basis.

Cost \$50
Cost \$35
55
Cost \$35
Cost \$35
Cost \$40
Cost \$55
Cost \$35
FREE
Cost \$35



Member Calendar Trip & Event Details January 2025

All activity registrations are due by the 15th day of the month (Registration Deadline: Sunday, December 15th**). **Credits will be provided for cancellations made before the registration deadline. Cancellations after the deadline will be determined on a case by case basis.

JCHAI Education Center Activities Wednesday, January 29th, 5:15-7:15 pm: Member Happy Hour Dress for Success New Year, New Connections! Please join us as we Dress for Success and welcome new members to JCHAI. We will have food and participate in skill-building activities and games.	Cost \$35
Off-site Activities Sunday, January 12th, 1-4:45 pm: Tennis & Fun w/ Cara and Tessa @ Germantown Cricket Club Join us as we learn Tennis, enjoy games & snacks while making new friends. We will meet at the JCHAI Education Center at 1:00 pm and will return At approximately 4:45pm.	Cost \$35
Wednesday, January 15th, 5:00-8:00 pm: Member Happy Hour Donut Making @ Davis's House We are invited back to Davis's House to make donuts with friends. Dinner will be provided. We will meet at the JCHAI Education Center at 5:00 pm promptly and will return at 8:00 pm.	Cost \$35
Sunday, January 26th, 12:15-6:15 pm: Something Rotten @ Candlelight Theatre Start off with a delicious and plentiful lunch and dessert at the Candlelight Theatre (2208 Millers Rd, Wilmington, DE 19810). Then watch Something Rotten — Two brothers set out to write the world's first musical in this hilarious mash-up of sixteenth-century Shakespeare and twenty-first-century Broadway. Bring extra money if you wish to purchase soda, 50/50 tickets, or the special hot fudge sundae dessert. We will leave JCHAI at 12:15 pm. Lunch begins at 1:00 pm and the show starts at 3:00 pm. We will return to JCHAI at 6:15 pm.	Cost \$125

Community Events

Thursday, January 16th, 4:30-5:30 pm: In the Kitchen with KI

Monthly volunteer sessions held at Keneseth Israel. AADD, JCHAI, and KI members come together to bake a delicious, signature dessert to be served at an Oneg Shabbat or a Hamotzi Dinner at KI. <u>Please RSVP to Rachel Kaufman at RKaufman@AADDPA.org</u>. Suggested donations: \$10.

Monday, January 20th, 10:30-2:00 pm: MLK Day of Service

Join community members at the Kaiserman JCC (45 Haverford Road – Wynnewood, PA) on Monday, January 20th, for an MLK Day of Service from 10:30 to 2:00 pm. Help create Soup Jars, enjoy a chili and combread lunch while watching a film followed by a group exercise program. Transportation will not be provided.

JUDITH CREED HOP ACHIEVING INDE	RIZONS FOR PENDENCE		Member Calendar February 2025				
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Program Locations Black: Bryn Mawr Blue: Bux-Mont Green: Doylestown	$-\sqrt{C}$		HEART HEAL	.тн — Д	2V	/ 6—9 pm DHUB Saturday Fun Night St. Mary's Hall \$50 (Doylestown)	
Red: Zoom (FREE) Purple: Joint AADD & JCHAI Programs Orange: JCHAI Partner Programs	3 3-4 pm JCHAI Connect Life Lessons w/ Byron 4:30-6 pm Mindful Monday \$35	4 6-8 pm DHUB Community Dinner+ (Doylestown) \$50	5 4:30-7:30 pm Member Happy Hour Cooking w/ Chef B \$40	6 4:30-6 pm DIY Hearts & Crafts Valentine's Day Décor \$35 Caregiver Support	BL/ HIS	ACK TORY NTH	
9 6-10 pm Super Bowl (TBD) \$55	10 3-4 pm JCHAI Connect JCHAI Family Feud 4:30-6 pm Cooking w/ Keri \$35	11 4:30-6 pm BuxMont Cooking, Art, & More (Regency Towers) \$35 6-8 pm DHUB Community Dinner+ \$50 (Doylestown)	12 5:00-8:00 pm Member Happy Hour Donut Making \$35	<i>13</i> 4:30-6 pm Pet Therapy \$35	14 Happy Valentine's Day	15 4:30-8:30 pm Hunka Hunka Burnin' Love Valentines Day Dinner Dance \$100	
16 JCHAI PARTNER PROGRAM Social Circle RAP Group	17 3-4 pm JCHAI Connect Acts of Kindness 4:30-6 pm Yoga w/ Joy \$40	18 6-8 pm DHUB Community Dinner+ (Doylestown) \$50	19 4:45-7:30 pm Member Happy Hour Bowling \$50	20 4:30-6 pm Main Line Art Center Yarn Painting \$35 In The Kitchen with KI \$10 Donation	21 6-9pm Friday Fun Night JCHAI Education Center \$40		
HOWEVER SMALL HOWEVER SMALL NOWEVER SMALL HOWEVER SMALL NOWEVER SMALL NOVEVER SMALL NOVE SMALL	24 3-4 pm JCHAI Connect Andi's Wheel of Fortune 4:30-6 pm Empower U \$40	25 4:30-6 pm BuxMont Cooking, Art, & More (Regency Towers) \$35	26 5:15-7:15 pm Member Happy Hour Dress for Success \$40	27 4:30-6 pm Pet Therapy \$35	Email: programs@jcha Want to Learn More Visit our website: https:// Email: questions@jcha Supported Independent Liv Instructional Classes Socia	al.org Call: 610-922-2480 about joining JCHAI? about joining JCHAI? (jchai.org/become-a-member ai.org Call: 610-922-2480 ing Professional 1:1 Coaching & Community Engagement	
		Learn	More at www.jo	hai.org		evelopment .	



Member Calendar Trip & Event Details February 2025

**All activity registrations are due by the 15th day of the month (Registration Deadline: Wednesday, January 15th). **Credits will be provided for cancellations made before the registration deadline. Cancellations after the deadline will be determined on a case by case basis. JCHAI Education Center Activities Monday, February 3rd, 4:30-6 pm: Mindful Monday Cost \$35 It's Black History Month! We can learn more about Black History, past leaders, celebrate culture, and view how it fits into our JCHAI value of inclusion! Mindfulness can help us learn new skills that we bring to all of our activities! Thursday, February 6th, 4:30-6 pm: DIY Heart's & Crafts Valentine's Day Decor Cost \$35 Craft your heart out! Join us for a DIY Heart's & Crafts Valentine's Day Decor class where you will create your own heart crafts and cards. Sunday, February 9th, 6:00-9:30 pm: Super Bowl Watch Party (TBD) Cost \$55 Save the Date for a possible Super Bowl Watch Party at the JCHAI Education Center. More information to come. Go Birds! Monday, February 10th, 4:30-6 pm: Cooking w/ Keri Cost \$35 Join us at our monthly fun and flavorful cooking with Keri class at the JCHAI Education Center. Monday, February 17th, 4:30-6 pm: Yoga w/ Joy Cost \$35 Unleash your inner peace! Join our yoga class stretch beyond your limits. Thursday, February 20th, 4:30-6 pm: Main Line Art Center: Yarn Painting Cost \$35 Want to paint without paint? Try painting with color yarn layered together. This project is based on the centuries old Huichol fiber art made by Huichol tribe living in the Sierra Madre mountains in Mexico. Learn about this gorgeous art form and take home your own wall art. Friday, February 21st, 6-9 pm: Friday Fun Night Cost \$40 Feel the love this Friday! Join our monthly center-based gathering. Wear red to help promote heart health. Come for dinner and game night with friends at the JCHAI Education Center. Monday, February 24th, 4:30-6 pm: EmpowerU @ JCHAI Education Center Cost \$35 Strengthen your heart, empower your life! Join EmpowerU's heart-focused fitness class at the JCHAI Education Center. Kaiserman JCC and Avidon Health to bring you an innovative coaching solution that helps individuals manage stress, lose weight, improve sleep, eat healthy, get active — and more — to work towards achieving your goals. Come learn about this new program and find out about our first challenge! Cost \$35 Wednesday, February 29th, 5:15-7:15 pm: Member Happy Hour Dress for Success Please join us as we Dress for Success and welcome new members to JCHAI. We will have food and participate in skill-building activities and games.



Member Calendar Trip & Event Details February 2025

All activity registrations are due by the 15th day of the month (Registration Deadline: Wednesday, January 15th**). **Credits will be provided for cancellations made before the registration deadline. Cancellations after the deadline will be determined on a case by case basis.

Doylestown Activities	
Saturday, February 1st, 6-9 pm: Saturday Fun Night @ St. Mary's Hall	Cost \$50
Join us for a night of laughter, games, and good times at St. Mary's Hall.	
Tuesday, February 4th, 6-8 pm: D-Hub Weeknight Gathering @ Doylestown Historical Society	Cost \$50
Tuesday, February 11th, 6—8 pm: D-Hub Weeknight Gathering @ Temple Judea	Cost \$50
Tuesday, February 18th, 6—8 pm: D=Hub Weeknight Gathering @ Maxwells on Main	
BuxMont Activities	
Tuesday, February 11th, 4:30—6:00 pm: Creating Affirmation Cards @ Regency Towers	Cost \$40
Tuesday, February 25th, 4:30—6:00 pm: Cooking, Art & More @ Regency Towers	Cost \$40

Off-site Activities *Transportation provided from JCHAI Education Center to & from off-site activities unless otherwise specified*

 Wednesday, February 12th, 5:00-8:00 pm: Member Happy Hour Donut Making @Davis's House
 Cost \$35

 We are invited back to Davis's House to make donuts with friends. Dinner will be provided. We will meet at the JCHAI Education Center at 5:00 pm promptly and will return at 8:00 pm.

Joint AADD & JCHAI Programs

Saturday, February 15th, 4:30-8:30 pm: Hunka Hunka Burnin' Love Elvis Show & Dinner Dance (a) The DrexelbrookCost \$100Celebrate Valentine's Day at Drexelbrook Catering (4700 Drexelbrook Dr., Drexel Hill, PA 19026) with an Elvis impersonator show! Jay Allan(www.jayallanrocks.com) separates himself from the rest with a combination of Elvis' voice, looks, and moves. From young 50's Elvis to the '68 Comebackto 70's Las Vegas Elvis, Jay puts on a performance that will leave you "all shook up!" Dine and dance away the rest of the evening. Dress to impress!Don't forget, you may register a guest for the dance (\$100). The party is scheduled from 5:00 PM to 8:00 PM. The bus will leave JCHAI at 4:30 PM and will returnat 8:30 PM. Meal choices include: Chicken, Tilapia, and Pasta. Be sure to include your meal selection in your registration notes.Cost \$100

Thursday, February 20th, 4:30-5:30 pm: In the Kitchen with KI *Transportation is NOT provided!*

Monthly volunteer sessions held at Keneseth Israel. AADD, JCHAI, and KI members come together to bake a delicious, signature dessert to be served at an Oneg Shabbat or a Hamotzi Dinner at KI. <u>Please RSVP to Rachel Kaufman at rkaufman@AADDPA.org</u>. Suggested donations: \$10.

CHA Member Calendar						
JUDITH CREED HORIZONS FOR ACHIEVING INDEPENDENCE March 2025 SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY						
		1020071				1 Ramadan (1st day)
Program Locations Black: Bryn Mawr						6-9 pm DHUB Saturday Fun Night St. Mary's Hall
Blue: BuxMont						\$50 (Doylestown)
Green: Doylestown Red: Zoom Purple: Joint AADD & JCHAI Programs	3 3-4 pm JCHAI Connect How It's Made? 4:30-6 pm Cooking w/ Keri	4 Mardi Gras 5-7 pm BuxMont Cooking, Art, & More (Regency Towers) \$35 6-8 pm DHUB	5 Ash Wednesday 4:30-7:30 pm Member Happy Hour Wood-Fire Pizza Making \$40	6 4:30-6 pm Needpoint w/ Judy \$35	7	Fiddler on the Roof
JCHAIPTOgrams	\$35	Community Dinner+ \$50 (Doylestown)				
9	10 3-4 pm JCHAI Connect Family Feud 4:30-6 pm The Biome Kitchen: Fun w/ Food & Nutrition \$35	11 5-7 pm BuxMont Cooking, Art, & More (Regency Towers) \$35 6-8 pm DHUB Community Dinner+ \$50 (Doylestown)	12 4:30-7:30 pm Member Happy Hour Dave & Buster's \$55	13 4:30-6 pm MLAC: Pen and Ink Art \$35 In The Kitchen with KI \$10 Donation	6-9pm Friday Fun Night JCHAI Education Center \$40	15 11-7:45 pm Fiddler on the Roof \$110
16	17 St. Patrick's Day	18	19	20	21	22
st. Potrick's	3-4 pm JCHAI Connect Cultural Awareness & Sensitivity 4:30-6 pm The Biome Kitchen: Fun w/ Food & Nutrition \$35	5-7 pm BuxMont Cooking, Art, & More (Regency Towers) \$35 6-8 pm DHUB Community Dinner+ \$50 (Doylestown)	4:30-7:30 pm Member Happy Hour M&M Cinema \$40	4:30-6 pm EmpowerU - The Power of Positive Thinking! \$40		5-8 pm Saft Family Social \$75
23	24 3-4 pm JCHAI Connect Andi's Wheel of Fortune 4:30-6 pm Mindful Monday \$35	5-7 pm BuxMont Cooking, Art, & More (Regency Towers) \$35	26 4:30-7:30 pm Member Happy Hour Bowling \$50	27 4:30-6 pm Pet Therapy \$35	28	29 11-5 pm Flyers Game \$120
30	31 3-4 pm JCHAI Connect Life Lessons w/ Byron 4:30-6 pm Cooking w/ Tina \$35		dar Questions? ms@jchai.org 922-2480	Visit our w e Email: <u>q</u> Supported Ine	arn More about jo ebsite: <u>https://jchai.org/becor</u> uestions@jchai.org Call: 610 dependent Living Profession: ocial & Community Engageme	<u>ne-a-member</u> -922-2480 al 1:1 Coaching
	· · · · · · · · · · · · · · · · · · ·		Learn More at <u>www.jchai.org</u>			



Member Calendar Trip & Event Details

March 2025

**All activity registrations are due by the 15th day of the month (Registration Deadline: Saturday, February 15th). **Credits will be provided for cancellations made before the registration deadline. Cancellations after the deadline will be determined on a case b	ov case basis.
JCHAI Education Center Activities Monday, March 3rd, 4:30-6 pm: Cooking w/ Keri Join us at our monthly fun and flavorful cooking with Keri class at the JCHAI Education Center.	Cost \$35
Wednesday, March 5th, 4:30-6 pm: Wood-Fire Pizza Making Please join us as we welcome Aaron Gordon, the owner of Agricola Pizzeria, for an exciting hands-on workshop where you'll learn the art of making authentic wood-fired pizza from scratch! In this immersive class, you'll learn how to create pizza dough and sauce from scratch, followed by learning how to cook your pizzas in a portable wood-fired oven.	Cost \$40
Thursday, March 6th, 4:30-6 pm: Needlepoint w/ Judy Stitch your creativity at the Needlepoint w/ Judy class at the JCHAI Education Center.	Cost \$35
Monday, March 10th & 17th, 4:30-6 pm:The Biome Kitchen: Fun w/ Food & Nutrition Series Join us for an engaging and interactive Fun with Food & Nutrition series! In these hands-on classes, we'll explore healthy eating made simple and delicious. From playing a MyPlate quiz show to deconstructing favorite meals into balanced food groups, Class 1 (March 10th) will help you build nutritious meals with confidence—plus, we'll whip up tasty Cucumber Hummus Bites and Gooey Nachos! In Class 2 (March 17th), we'll decode Food Facts labels, uncover hidden sugars in everyday drinks, and play fun food games to make smart choices easier. Finish with a Sweet Treat snack of fruit, waffles, and yogurt. Perfect for anyone looking to learn, laugh, and cook healthier—come hungry for knowledge and flavor!	Cost \$35
Thursday, March 13th, 5-8 pm: MLAC: Pen & Ink Art . This workshop is designed for members to explore the endless possibilities of ink techniques using a variety of pens and ink types. Learn how different strokes create shapes, textures and values.	Cost \$35
Friday, March 14th, 6-9 pm: Friday Fun Night Join our monthly center-based gathering. Come for dinner, movie, and game night with friends at the JCHAI Education Center.	Cost \$40
Saturday, March 21st, 4:30-6 pm: Saft Family Social JCHAI cordially invites you to join us for an evening of dinner, dancing, and celebration with great friends and memories at the Saft Family Social.	Cost \$75
Monday, March 24th, 4:30-6 pm: Mindful Monday Mindful Monday with a focus on Meditation! Sometimes we get a little nervous about meditating, thinking we have to get it "just right." The opposite is true! Join us for an interactive session about the benefits and difficulties of meditation and leave feeling more comfortable about this way of caring for yourself!	Cost \$35
Monday, March 31st, 4:30-6 pm: Cooking w/ Tina What is a sheet pan dinner? Glad you asked! It's a one-pot meal, but not a casserole! We will be making root vegetables and beef smoked sausage in the oven while dinner cooks. We will discuss ways we can "eat with the seasons" for more health benefits!	Cost \$35

Learn More at <u>www.jchai.org</u>



Member Calendar Trip & Event Details

March 2025

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Doylestown Activities	
Saturday, March 1st, 6-9 pm: DHUB Saturday Fun Night @ St. Mary's Hall	Cost tro
Tuesday, March 4th, 4:30-6 pm: DHUB EmpowerU @ Doylestown Historical Society	Cost \$50
Tuesday, March 11th, 4:30-6 pm: DHUB Cooking Class @ Temple Judea	Cost \$50
	Cost \$50
Tuesday, March 18th, 4:30-6 pm: DHUB Dinner @ Piccolo Trattoria	Cost \$50
BuxMont Activities	
	Contract
Tuesday, March 4th, 5-7 pm: BuxMont Cooking, Art & More @ Regency Towers	Cost \$35
Tuesday, March 11th, 5-7 pm: BuxMont EmpowerU @ Regency Towers	Cost \$35
Tuesday, March 18th, 5-7 pm: BuxMont Cooking, Art & More @ Regency Towers	Cost \$35
Tuesday, March 25th, 5-7 pm: BuxMont Dinner & Movie @ Regency Towers	Cost \$35
Off-site Activities *Transportation provided from JCHAI Education Center to & from off-site activities unless otherwise specified*	
Saturday, March 29th, 11-5 pm: Flyers vs. Sabres Game @ The Wells Fargo Center	Cost \$120
Catch the excitement and feel the rush at the Philadelphia Flyers vs Buffalo Sabres game. Meet up and drop off will be at the	
JCHAI Education Center. SUGGESTED LUNCH COST \$35 — BRING A DEBIT OR CREDIT CARD.	
Joint AADD & JCHAI Programs	
Saturday, March 15th, 11-7:45 pm: Fiddler on the Roof @ Music Mountain Theatre	Cost \$110
Start off the day with lunch at Maggio's (400 2nd Street Pike - Southampton, PA 18966). Then go to Music Mountain Theatre (1483 RT 179 – Lambertville, NJ 08530)	
for Fiddler on the Roof, the heartwarming story of fathers and daughters, husbands and wives, and life, love and laughter. The bus will leave JCHAI at 11:15 AM and	
will return to JCHAI around 7:45 PM. Lunch begins at 12:30 PM. The bus will leave Maggio's no later than 1:45 PM. The show starts at 3:00 PM. Price includes an entrée,	
beverage, tax & tip at Maggio's. There will not be time to have	
a dessert. Bring extra money if you wish to purchase snacks at the theatre.	
Thursday, March 13th, 4:30-5:30 pm: In the Kitchen with KI	
Monthly volunteer sessions held at Keneseth Israel. AADD, JCHAI, and KI members come together to bake a delicious, signature dessert to be served	
at an Oneg Shabbat or a Hamotzi Dinner at KI. Please RSVP to Rachel Kaufman at rkaufman@AADDPA.org. Suggested donations: \$10.	