

# Member Calendar

## January 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Weekday Activities:</b>  <b>Black:</b> JCHAI Bryn Mawr  <b>Blue:</b> Location on calendar  <b>Orange:</b> Joint w/ AADD</p> <p><b>Weekend Activities:</b>  Pricing as indicated</p> <p><u>Virtual By Zoom</u></p>				<p>4:30-6 pm  <b>New Year Vision Boards</b></p>		
	<p>6  3-4 pm JCHAI Connect  <b>New Year, New You?</b></p> <p>4:30-6 pm  <b>Mindful Monday Journaling</b></p>	<p>7  6-8 pm DHUB  Community Dinner+  (Doylestown)  \$50</p>	<p>8  4:30-7:30 pm  Member Happy Hour  <b>Dave &amp; Busters</b>  \$55 for all members</p>	<p>9  4:30-6 pm  <b>Pet Therapy</b></p>		<p>11  6-9 pm DHUB  <b>Saturday Fun Night</b>  St. Mary's Hall  \$50 (Doylestown)</p>
<p>12  1-4:45 pm  <b>Tennis &amp; Fun</b>  w/ Cara &amp; Tessa  Germantown  Cricket Club  \$35</p>	<p>13  3-4 pm JCHAI Connect  <b>Life Lessons w/ Byron</b></p> <p>4:30-6 pm  <b>Cooking w/ Keri</b></p>	<p>14  4:30-6 pm BuxMont  Cooking, Art, &amp; More  (Regency Towers)</p> <p>6-8 pm DHUB  Community Dinner+  \$50 (Doylestown)</p>	<p>15  5:00-8:00 pm  Member Happy Hour  <b>Donut Making</b>  \$35 for all members</p>	<p>16  4:30-6 pm  <b>Needlepoint &amp; Bookmarks w/ Judy W.</b></p> <p><b>Caregiver Support Zoom</b>  <b>In the Kitchen at KI</b></p>	<p>17  6-9pm  <b>Friday Fun Night</b>  JCHAI Education Center  \$40</p>	<p>18  </p>
<p>19    <b>*Possible Eagles Playoff Watch Party*</b></p>	<p>20  3-4 pm JCHAI Connect  <b>JCHAI Family Feud</b></p> <p>4:30-6 pm  <b>IMPROV w/ Shea</b></p> <p><b>MLK Day of Service</b></p>	<p>21  6-8 pm DHUB  Community Dinner+  (Doylestown)  \$50</p>	<p>22  4:45-7:30 pm  Member Happy Hour  <b>Bowling</b>  \$50 for all members</p>	<p>23  4:30-6 pm  Main Line Art Center  <b>Air Dry Clay Mosaic Tiles</b></p>		<p>25  </p>
<p>26    12:15-6:15 pm  <b>Something Rotten</b>  Candlelight Theatre  \$125</p>	<p>27  3-4 pm JCHAI Connect  <b>Member Advisory Committee Meeting</b></p> <p>4:30-6 pm  <b>Empower U</b></p>	<p>28  4:30-6 pm BuxMont  Cooking, Art, &amp; More  (Regency Towers)</p>	<p>29  5:15-7:15 pm  Member Happy Hour  <b>Dress for Success</b>  \$35 for all members</p>	<p>30  4:30-6 pm  <b>Pet Therapy</b></p>	<p><b>Member Questions about the Calendar?</b>  Email: <a href="mailto:programs@jchai.org">programs@jchai.org</a>   Call: 610-922-2480</p> <p><b>Want to Learn More about joining JCHAI?</b>  Visit our website: <a href="https://jchai.org/become-a-member">https://jchai.org/become-a-member</a>  Email: <a href="mailto:questions@jchai.org">questions@jchai.org</a>   Call: 610-922-2480  Supported Independent Living   Professional 1:1 Coaching   Instructional Classes  Social &amp; Community Engagement   Career Development .</p>	



# 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.

### Doylestown Weekend Activities

**Saturday, January 11th, 6-9 pm: Saturday Fun Night @ St. Mary's Hall**

Cost \$50

Ring in the New Year at our first DHUB Saturday Fun Night of the year at St. Mary's Hall.

### JCHAI Education Center Activities

**Thursday, January 2nd, 4:30-6 pm: New Year Vision Boards**

Cost \$35

Design your future with a New Year Vision Board, a tool used to help you visualize your goals and dreams. It's a collage of images, words, and phrases that represent things you want to achieve or attract in your life.

**Monday, January 6th, 4:30-6 pm: Mindful Monday Journaling**

Cost \$35

Relax and center yourself with our mindfulness practice and learn about journaling.

**Thursday, January 16th, 4:30-6 pm: Needlepoint & Bookmarks w/ Judy W.**

Cost \$35

Stitch your creativity and mark your place at our first Needlepoint & Bookmarks class at the JCHAI Education Center.

**Friday, January 17th, 6-9 pm: Friday Fun Night**

Cost \$40

Join our monthly center-based gathering. Come for dinner and game night with friends at the JCHAI Education Center.

**Sunday, January 19th, 12:30-5:00 pm: Possible Eagles Playoff Watch Party**

Cost \$55

Save the Date for a possible Eagles Playoff Watch Party at the JCHAI Education Center. More information to come. Go Birds!

**Thursday, January 23rd, 4:30-6 pm: Main Line Art Center: Air Dry Clay Mosaic Tiles**

Cost \$35

Dive into the captivating world of mosaics with the tactile experience of air-dry clay. We will mold, shape, and create our very own mosaic-style artwork.

**Monday, January 27th:**

⇒ **3-4 pm: JCHAI Connect Member Advisory Committee Meeting (ZOOM)**

FREE

Would you like to become or practice being a Self-Advocate? Would you like to share your ideas for what makes JCHAI great and how we can be even better?

Join fellow JCHAI members on Zoom and discuss ideas for future programs and trips.

⇒ **4:30-6 pm: EmpowerU @ JCHAI Education Center**

Cost \$35

Ready to make 2025 a wellness year? JCHAI is partnering with the 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!

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



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### JCHAI Education Center Activities

#### **Wednesday, January 29th, 5:15-7:15 pm: Member Happy Hour Dress for Success**

Cost \$35

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.

### Off-site Activities

#### **Sunday, January 12th, 1-4:45 pm: Tennis & Fun w/ Cara and Tessa @ Germantown Cricket Club**

Cost \$35

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.

#### **Wednesday, January 15th, 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.

#### **Sunday, January 26th, 12:15-6:15 pm: Something Rotten @ Candlelight Theatre**

Cost \$125

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.

### 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. Please RSVP to Rachel Kaufman at [RKaufman@AADDPA.org](mailto:RKaufman@AADDPA.org). 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 cornbread lunch while watching a film followed by a group exercise program. Transportation will not be provided.

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Program Locations</b> <b>Black: Bryn Mawr</b> <b>Blue: Bux-Mont</b> <b>Green: Doylestown</b> <b>Red: Zoom (FREE)</b> <b>Purple: Joint AADD &amp; JCHAI Programs</b> <b>Orange: JCHAI Partner Programs</b>						<i>1</i> 6—9 pm DHUB <b>Saturday Fun Night</b> St. Mary's Hall \$50 (Doylestown)
	<i>3</i> 3-4 pm JCHAI Connect <b>Life Lessons w/ Byron</b> 4:30-6 pm <b>Mindful Monday</b> \$35	<i>4</i> 6-8 pm DHUB <b>Community Dinner+</b> (Doylestown) \$50	<i>5</i> 4:30-7:30 pm <b>Member Happy Hour</b> <b>Cooking w/ Chef B</b> \$40	<i>6</i> 4:30-6 pm <b>DIY Hearts &amp; Crafts</b> <b>Valentine's Day Décor</b> \$35 <b>Caregiver Support</b>	<i>7</i> 	
<i>9</i> 6-10 pm <b>Super Bowl (TBD)</b> \$55	<i>10</i> 3-4 pm JCHAI Connect <b>JCHAI Family Feud</b> 4:30-6 pm <b>Cooking w/ Keri</b> \$35	<i>11</i> 4:30-6 pm BuxMont <b>Cooking, Art, &amp; More</b> (Regency Towers) \$35 6-8 pm DHUB <b>Community Dinner+</b> \$50 (Doylestown)	<i>12</i> 5:00-8:00 pm <b>Member Happy Hour</b> <b>Donut Making</b> \$35	<i>13</i> 4:30-6 pm <b>Pet Therapy</b> \$35	<i>14</i> 	<i>15</i> 4:30-8:30 pm <b>Hunka Hunka Burnin'</b> <b>Love Valentines Day</b> <b>Dinner Dance</b> \$100 
<i>16</i> <b>JCHAI PARTNER PROGRAM</b> <b>Social Circle RAP Group</b>	<i>17</i> 3-4 pm JCHAI Connect <b>Acts of Kindness</b> 4:30-6 pm <b>Yoga w/ Joy</b> \$40	<i>18</i> 6-8 pm DHUB <b>Community Dinner+</b> (Doylestown) \$50	<i>19</i> 4:45-7:30 pm <b>Member Happy Hour</b> <b>Bowling</b> \$50	<i>20</i> 4:30-6 pm <b>Main Line Art Center</b> <b>Yarn Painting</b> \$35 <b>In The Kitchen with KI</b> <b>\$10 Donation</b>	<i>21</i> 6-9pm <b>Friday Fun Night</b> JCHAI Education Center \$40 	
	<i>24</i> 3-4 pm JCHAI Connect <b>Andi's Wheel of Fortune</b> 4:30-6 pm <b>Empower U</b> \$40	<i>25</i> 4:30-6 pm BuxMont <b>Cooking, Art, &amp; More</b> (Regency Towers) \$35	<i>26</i> 5:15-7:15 pm <b>Member Happy Hour</b> <b>Dress for Success</b> \$40	<i>27</i> 4:30-6 pm <b>Pet Therapy</b> \$35	<b>Member Questions about the Calendar?</b> Email: <a href="mailto:programs@jchai.org">programs@jchai.org</a>   Call: 610-922-2480 <b>Want to Learn More about joining JCHAI?</b> Visit our website: <a href="https://jchai.org/become-a-member">https://jchai.org/become-a-member</a> Email: <a href="mailto:questions@jchai.org">questions@jchai.org</a>   Call: 610-922-2480 Supported Independent Living   Professional 1:1 Coaching   Instructional Classes Social & Community Engagement   Career Development .	

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# Member Calendar Trip & Event Details

## February 2025

**\*\*All activity registrations are due by the 15th day of the month (Registration Deadline: Wednesday, January 15th).**

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### 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!

#### **Wednesday, February 29th, 5:15-7:15 pm: Member Happy Hour Dress for Success**

*Cost \$35*

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.

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### 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 @ The Drexelbrook

Cost \$100

Celebrate Valentine's Day at Drexelbrook Catering (4700 Drexelbrook Dr., Drexel Hill, PA 19026) with an Elvis impersonator show! Jay Allan

([www.jayallanrocks.com](http://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 Comeback to 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 return at 8:30 PM. Meal choices include: Chicken, Tilapia, and Pasta. Be sure to include your meal selection in your registration notes.

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. Please RSVP to Rachel Kaufman at [rkaufman@AADDPA.org](mailto:rkaufman@AADDPA.org). Suggested donations: \$10.

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