



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Program Locations</p> <p>Black: Bryn Mawr</p> <p>Blue: Bux-Mont</p> <p>Green: Doylestown</p> <p>Red: Zoom (FREE)</p> <p>Purple: Joint AADD & JCHAI Programs</p> <p>Orange: JCHAI Partner Programs</p>						<p>1</p> <p>6—9 pm DHUB Saturday Fun Night St. Mary's Hall \$50 (Doylestown)</p>
	<p>3</p> <p>3-4 pm JCHAI Connect Life Lessons w/ Byron</p> <p>4:30-6 pm Mindful Monday \$35</p>	<p>4</p> <p>6-8 pm DHUB Community Dinner+ (Doylestown) \$50</p>	<p>5</p> <p>4:30-7:30 pm Member Happy Hour Cooking w/ Chef B \$40</p>	<p>6</p> <p>4:30-6 pm DIY Hearts & Crafts Valentine's Day Décor \$35</p> <p>Caregiver Support</p>	<p>7</p> <p>CELEBRATE BLACK HISTORY MONTH</p>	
<p>9</p> <p>6-10 pm Super Bowl (TBD) \$55</p>	<p>10</p> <p>3-4 pm JCHAI Connect JCHAI Family Feud</p> <p>4:30-6 pm Cooking w/ Keri \$35</p>	<p>11</p> <p>4:30-6 pm BuxMont Cooking, Art, & More (Regency Towers) \$35</p> <p>6-8 pm DHUB Community Dinner+ \$50 (Doylestown)</p>	<p>12</p> <p>5:00-8:00 pm Member Happy Hour Donut Making \$35</p>	<p>13</p> <p>4:30-6 pm Pet Therapy \$35</p>	<p>14</p> <p>Happy Valentine's Day</p>	<p>15</p> <p>4:30-8:30 pm Hunka Hunka Burnin' Love Valentines Day Dinner Dance \$100</p>
<p>16</p> <p>JCHAI PARTNER PROGRAM Social Circle RAP Group</p>	<p>17</p> <p>3-4 pm JCHAI Connect Acts of Kindness</p> <p>4:30-6 pm Yoga w/ Joy \$40</p>	<p>18</p> <p>6-8 pm DHUB Community Dinner+ (Doylestown) \$50</p>	<p>19</p> <p>4:45-7:30 pm Member Happy Hour Bowling \$50</p>	<p>20</p> <p>4:30-6 pm Main Line Art Center Yarn Painting \$35</p> <p>In The Kitchen with KI \$10 Donation</p>	<p>21</p> <p>6-9pm Friday Fun Night JCHAI Education Center \$40</p>	
<p>no act of KINDNESS HOWEVER SMALL EVER IS WASTED —AESOP</p>	<p>24</p> <p>3-4 pm JCHAI Connect Andi's Wheel of Fortune</p> <p>4:30-6 pm Empower U \$40</p>	<p>25</p> <p>4:30-6 pm BuxMont Cooking, Art, & More (Regency Towers) \$35</p>	<p>26</p> <p>5:15-7:15 pm Member Happy Hour Dress for Success \$40</p>	<p>27</p> <p>4:30-6 pm Pet Therapy \$35</p>	<p>Member Questions about the Calendar? Email: programs@jchai.org Call: 610-922-2480</p> <p>Want to Learn More about joining JCHAI? Visit our website: https://jchai.org/become-a-member Email: questions@jchai.org Call: 610-922-2480</p> <p>Supported Independent Living Professional 1:1 Coaching Instructional Classes Social & Community Engagement Career Development .</p>	
<p>Learn More at www.jchai.org</p>						



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

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!

Cost \$35

Thursday, February 6th, 4:30-6 pm: DIY Heart's & Crafts Valentine's Day Decor

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.

Cost \$35

Sunday, February 9th, 6:00-9:30 pm: Super Bowl Watch Party (TBD)

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

Cost \$55

Monday, February 10th, 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

Monday, February 17th, 4:30-6 pm: Yoga w/ Joy

Unleash your inner peace! Join our yoga class stretch beyond your limits.

Cost \$35

Thursday, February 20th, 4:30-6 pm: Main Line Art Center: Yarn Painting

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.

Cost \$35

Friday, February 21st, 6-9 pm: Friday Fun Night

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.

Cost \$40

Monday, February 24th, 4:30-6 pm: EmpowerU @ JCHAI Education Center

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.

Cost \$35

Learn More at www.jchai.org



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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) 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. Suggested donations: \$10.

Learn More at www.jchai.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Program Locations</p> <p>Black: Bryn Mawr</p> <p>Blue: BuxMont</p> <p>Green: Doylestown</p> <p>Red: Zoom (FREE)</p> <p>Purple: Joint AADD & JCHAI Programs</p> <p>Orange: JCHAI Partner Program</p>						<p>1 Ramadan (1st day)</p> <p>6-9 pm DHUB Saturday Fun Night St. Mary's Hall \$50 (Doylestown)</p>
	<p>3</p> <p>3-4 pm JCHAI Connect How It's Made?</p> <p>4:30-6 pm Cooking w/ Keri \$35</p>	<p>4 Mardi Gras</p> <p>5-7 pm BuxMont Cooking, Art, & More (Regency Towers) \$35</p> <p>6-8 pm DHUB Community Dinner+ \$50 (Doylestown)</p>	<p>5 Ash Wednesday</p> <p>4:30-7:30 pm Member Happy Hour Wood-Fire Pizza Making \$40</p>	<p>6</p> <p>4:30-6 pm Needpoint w/ Judy \$35</p> <p>Caregiver Support Zoom</p>	<p>7</p>	
<p>9</p> 	<p>10</p> <p>3-4 pm JCHAI Connect Family Feud</p> <p>4:30-6 pm The Biome Kitchen: Fun w/ Food & Nutrition \$35</p>	<p>11</p> <p>5-7 pm BuxMont Cooking, Art, & More (Regency Towers) \$35</p> <p>6-8 pm DHUB Community Dinner+ \$50 (Doylestown)</p>	<p>12</p> <p>4:30-7:30 pm Member Happy Hour Dave & Buster's \$55</p>	<p>13</p> <p>4:30-6 pm MLAC: Pen and Ink Art \$35</p> <p>In The Kitchen with KI \$10 Donation</p>	<p>14</p> <p>6-9pm Friday Fun Night JCHAI Education Center \$40</p>	<p>15</p> <p>11-7:45 pm Fiddler on the Roof \$110</p>
<p>16</p> 	<p>17 St. Patrick's Day</p> <p>3-4 pm JCHAI Connect Cultural Awareness & Sensitivity</p> <p>4:30-6 pm The Biome Kitchen: Fun w/ Food & Nutrition \$35</p>	<p>18</p> <p>5-7 pm BuxMont Cooking, Art, & More (Regency Towers) \$35</p> <p>6-8 pm DHUB Community Dinner+ \$50 (Doylestown)</p>	<p>19</p> <p>4:30-7:30 pm Member Happy Hour M&M Cinema \$40</p>	<p>20</p> <p>4:30-6 pm EmpowerU - The Power of Positive Thinking! \$40</p> <p>JCHAI PARTNER PROGRAM Career Success</p>	<p>21</p>	<p>22</p> <p>5-8 pm Soft Family Social \$75</p>
<p>23</p>	<p>24</p> <p>3-4 pm JCHAI Connect Andi's Wheel of Fortune</p> <p>4:30-6 pm Mindful Monday \$35</p>	<p>25</p> <p>5-7 pm BuxMont Cooking, Art, & More (Regency Towers) \$35</p>	<p>26</p> <p>4:30-7:30 pm Member Happy Hour Bowling \$50</p>	<p>27</p> <p>4:30-6 pm Pet Therapy \$35</p>	<p>28</p>	<p>29</p>  <p>11-5 pm Flyers Game \$120</p>
<p>30</p>	<p>31</p> <p>3-4 pm JCHAI Connect Life Lessons w/ Byron</p> <p>4:30-6 pm Cooking w/ Tina \$35</p>	<p>Member Calendar Questions? Email: programs@jchai.org Call: 610-922-2480</p>		<p>Want to Learn More about joining JCHAI? Visit our website: https://jchai.org/become-a-member Email: questions@jchai.org Call: 610-922-2480 Supported Independent Living Professional 1:1 Coaching Instructional Classes Social & Community Engagement Career Development</p>		



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 by 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 Goopy 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 www.jchai.org



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 by case basis.

Doylestown Activities

Saturday, March 1st, 6-9 pm: DHUB Saturday Fun Night @ St. Mary's Hall

Cost \$50

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

Tuesday, March 18th, 4:30-6 pm: DHUB Dinner @ Piccolo Trattoria

Cost \$50

BuxMont Activities

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](mailto:rkaufman@AADDPA.org). Suggested donations: \$10.

JCHAI PARTNER PROGRAM

Thursday, March 20th, 7-8:15 pm: Career Success: Steps on a Path to Success for Neurodiverse Adults

JCHAI's free, virtual panel with Q&A for neurodiverse adults and caregivers. Co-hosted by West Chester University's Dub-C Autism Program (D-CAP). **Registration required.**