



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 12:45-4:30 pm Phillies Watch Party \$55	2 3-4 pm JCHAI Connect How it's Made? 4:30-6 pm Tennis Baseball w/ Jon A. \$40	3 5-7 pm BuxMont Cooking, Art, & More (Regency Towers) \$40 6-8 pm DHUB Dinner @ Water Wheel Tavern \$50 (Doylestown)	4 5-8 pm Member Happy Hour Challah Bake \$40	5 4:30-6 pm IMPROV w/ Michelle \$40 4:30-5:30 pm In The Kitchen with KI \$10 Donation	6	7 11-2 pm JCHAI & AADD Summer BBQ Regency Towers \$75
8	9 3-4 pm JCHAI Connect JCHAI Family Feud 4:30-6 pm Mindful Monday w/ Tina \$35	10 5-7 pm BuxMont EmpowerU (Regency Towers) \$40 6-8 pm DHUB Cooking Class w/ Executive Chef David Kinsey \$50 (Doylestown)	11 4:30-7:30 pm Member Happy Hour M&M Cinema \$40	12 4:30-6 pm MLAC: Alcohol Ink \$35 7:30-8:30 pm Caregiver Support Zoom	13	14 Flag Day 12-3 pm DHUB Explore the Michener Art Museum \$65
15 Father's Day 	16 3-4 pm JCHAI Connect Cultural Awareness & Sensitivity 4:30-6 pm Tennis Baseball w/ Jon A. \$40	17 5-7 pm BuxMont Member BBQ (Regency Towers) \$35 6-8 pm DHUB EmpowerU \$50 (Doylestown)	18 5:15-7:15 pm Member Happy Hour Stories w/ Sally Lou \$40	19 Juneteenth 4:30-6 pm Yoga w/ Joy \$40		21 1-4 pm Cardboard Genius: Kambel Smith Exhibit Germantown Historical Society \$50
22	23 3-4 pm JCHAI Connect Andi's Wheel of Fortune 4:30-6 pm Cooking w/ Keri \$35	24 5-7 pm BuxMont Dinner & Movie (Regency Towers) \$35 6-8 pm DHUB Stories w/ Sally Lou \$50 (Doylestown)	25 4:30-7:30 pm Member Happy Hour Bowling \$50	26 4:30-6 pm Pet Therapy \$35	27 6-9pm Friday Fun Night - Outdoor Concert JCHAI Education Center \$50	Program Locations Black: Bryn Mawr Blue: BuxMont Green: Doylestown Red: Virtual/Zoom (FREE) Purple: JCHAI-Wide Programs Orange: JCHAI Partner Program
29 10:15-6 pm Trenton Thunder \$85	30 3-4 pm JCHAI Connect Life Lessons w/ Byron 4:30-6 pm EmpowerU \$40		Member Questions? Email: programs@jchai.org Call: 610-922-2480 Registrations Transportation Cancellations Other Member Inquiries about Group Programs			
CALLING ALL MEMBERS! We are looking for Member Ambassadors to help welcome new members feel connected and supported. Interested? Email us at programs@jchai.org			Want to join 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			



Member Calendar Trip & Event Details

June 2025

****All activity registrations are due by the 15th day of the month (Registration Deadline: Thursday, May 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

Tuesday June 2nd & 16th, 4:30-6 pm: Tennis Baseball

Cost \$40

Join us for a playful twist on two classic games! Using tennis rackets to hit a ball and running bases like baseball, this game is all about big swings, sprints, and lots of laughs. Whether you're a sports lover or just in it for the fun, Tennis Baseball is a great way to get active and learn basic sport skills with friends. No experience needed—just bring your energy and get ready to play!

Thursday, June 5th, 4:30-6 pm: IMPROV w/ Michelle

Cost \$40

Join us for IMPROV, where creativity takes center stage. Through games, laughter, and quick thinking, you'll build confidence, spark your imagination, and connect with other members in the most unexpected ways. Whether you're a natural performer or just curious, come give it a try!

Monday, June 9th, 4:30-6 pm: Mindful Monday

Cost \$35

This month is all about anxiety at Mindful Monday. Learn how anxiety is trying to protect you so you can protect yourself from too much anxiety! Learning to be brave when we are anxious is a great life skill!

Thursday, June 12th, 4:30-6 pm: MLAC: Alcoholic Ink

Cost \$35

This workshop is designed to introduce and familiarize artists with alcohol inks and the delightful properties and effects that are unique to this medium. Members will learn how to achieve effects that are both stunning and surprising.

Wednesday, June 18th, 4:30-7:30 pm: Stories w/ Sally Lou

Cost \$40

Every name has a story—what's yours? Join us for Our Names SPEAK, a meaningful and powerful activity where members share who they were named for and why that person holds a special place in their life or family. Celebrate our identities and connection as we honor the people and stories that shape who we are.

Thursday, June 19th, 4:30-6 pm: Yoga w/ Joy

Cost \$40

Joyful Yoga at JCHAI is an adaptive Hatha class. We offer a safe space to explore mindful movement and connect to our bodies in fun and creative ways! We marry breath and posture, but we take it at a pace that feels right for us, make the adjustments that feel good in our bodies, and turn inward to focus not on how the pose looks, but on how it feels. This class is chair-based, and if you're new to yoga, don't worry! It's also beginner-friendly. Join us in finding joy in movement together!

Monday, June 23rd, 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.

Thursday, June 26th, 4:30-6 pm: Pet Therapy

Cost \$35

Let furry friends bring joy, calm, and comfort at our monthly Pet Therapy class at the JCHAI Education Center.

Friday, June 27th, 6-9 pm: Friday Fun Night - Outdoor Concert

Cost \$50

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.

Monday, June 30th, 4:30-6 pm: EmpowerU

Cost \$40

Let's get moving at our next EmpowerU class at the JCHAI Education Center. Reminder to wear comfortable clothes and sneakers.



Member Calendar Trip & Event Details

June 2025

****All activity registrations are due by the 15th day of the month (Registration Deadline: Thursday, May 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

Tuesday, June 3rd, 6-8 pm: DHUB Dinner @ Water Wheel Tavern

Cost \$50

Join us for a night of delicious cuisine and great company at Water Wheel Tavern (4424 Old Easton Rd, Doylestown, PA 18902). Member drop off and pick up will be at Water Wheel Tavern.

Tuesday, June 10th, 6-8 pm: DHUB Cooking Class w/ Executive Chef David Kinsey @ Temple Judea

Cost \$50

Join us for a night of chops, chats, and culinary magic. Be sure to bring your recipe books to this gathering. Member drop off and pick up will be at Temple Judea (38 Rogers Rd, Furlong, PA 18925).

Saturday, June 14th, 12-3 pm: DHUB Explore the Michener Art Museum

Cost \$65

Join us as we explore captivating exhibitions featuring regional and national artists at the Michener Art Museum (138 S Pine St, Doylestown, PA 18901). We will have lunch at the Terrace Café —members are encouraged to bring cash or a debit/credit card for snacks or a meal. Suggested lunch cost \$25. Member drop off and pick up will be at the Michener Art Museum.

Tuesday, June 17th, 6-8 pm: DHUB EmpowerU @ Doylestown Historical Society

Cost \$50

Let's get moving at our next EmpowerU class at the Doylestown Historical Society (56 S Main St, Doylestown, PA 18901).

Tuesday, June 24th, 6-8 pm: DHUB Stories w/ Sally Lou @ Bucks County Free Library

Cost \$50

Join us for Stories w/ Sally Lou where she will help you explore your story in an interactive way to build connection, community, compassion, and confidence. This gathering promises to be powerful & fun and participation is up to you! Even if you choose to just listen, you will learn so much about yourself and your fellow member friends.

BuxMont Activities

Tuesday, June 3rd, 5-7 pm: BuxMont Cooking, Art & More @ Regency Towers

Cost \$35

Tuesday, June 10th, 5-7 pm: BuxMont EmpowerU @ Regency Towers

Cost \$40

Tuesday, June 17th, 5-7 pm: BuxMont Member BBQ @ Regency Towers

Cost \$35

Tuesday, June 24th, 5-7 pm: BuxMont Dinner & Movie @ Regency Towers

Cost \$35

JCHAI-Wide Programs

Wednesday, June 4th, 5-8 pm: Challah Bake

Cost \$40

Please join us for dinner, friendship, and making delicious challah! All food will be Kosher. Gluten free and dairy free dinner options available upon request.

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

Monthly volunteer sessions held at Keneseth Israel. AADD, JCHAI, and KI members come together for this inclusive community cooking program. Please RSVP to Rachel Kaufman at rkaufman@aaddpa.org. Suggested donations: \$10.

Saturday, June 7th, 11-2 pm: JCHAI & AADD Summer BBQ @ Regency Towers

Cost \$75

All your favorite summer BBQ activities at the new AADD/JCHAI office (Chateau Building - 1003 Easton Road, Willow Grove, PA 19090)! Delicious food, good music, lawn games, and more. Make your own spin art T-Shirt and don't forget to cool off with a cone from Mr. Softee for dessert. The bus will leave JCHAI at 10:15 am and will return to JCHAI at 2:45 pm. If you are planning to come directly to Regency Towers, please arrive at 11:00 am and have pickup scheduled for 2:00 pm.

Saturday, June 21st, 1-4 pm: Cardboard Genius: The Architectural Marvels of Kambel Smith Exhibit @ Germantown Historical Society

Cost \$50







Join us as we explore 11 works by Germantown-based self-taught artist Kambel Smith. Smith, who "views his autism as a superpower," creates these masterpieces entirely from memory, using found materials, especially cardboard. We will leave JCHAI at 1:00 pm and will return at approximately 4:00 pm. After exploring the exhibit we will stop by Uncle Bobbie's Coffee & Books for a snack and refreshment. Bring cash or a credit/debit card if you would like to make a purchase.

Sunday, June 29th, 10:15-6 pm: Disability Awareness & Inclusion Day @ Trenton Thunder

Cost \$85

JCHAI & AADD will enjoy an all-you-can-eat picnic buffet while watching the Trenton Thunder take on the State College Spikes (Trenton Thunder Ballpark - One Thunder Road, Trenton, NJ 08611). Wear a JCHAI/AADD T-Shirt if you have one! You will have the opportunity to go out on the field before the game. Cole the Deaf Dog & Friends will also enjoy the game with us! Be sure to bring a hat, sunscreen, and activated gift cards/credit/debit cards - the venue is cashless. The bus will leave JCHAI at 10:15 am and the Regency at 11:00 am. The game begins at 1:00 pm. The bus will return to the Regency at 5:15 pm and JCHAI at 6:00 pm.



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Member Questions? Email: programs@jchai.org Call: 610-922-2480 Registrations Transportation Cancellations Other Member Inquiries about Group Programs		1 5-7 pm BuxMont Cooking, Art, & More (Regency Towers) \$40 6-8 pm DHUB Dinner @ The Hattery Stove & Still \$50 (Doylestown)	2 NO PROGRAMS VIRTUAL STAFF TRAINING	3 4:30-6 pm Affirmation Cards w/ Robert F.X. O'Brien \$40	4 OFFICE CLOSED 	5
6  CIRQUE DU SOLEIL 11am-4:00pm Cirque du Soleil Wells Fargo Center \$95	7 3-4 pm JCHAI Connect Cultural Awareness & Sensitivity 4:30-6 pm Tennis Baseball w/ Jon A. \$40	8 5-7 pm BuxMont EmpowerU (Regency Towers) \$40 6-8 pm DHUB Arts & More \$50 (Doylestown)	9 4:30-7:30 pm Member Happy Hour Wood-Fire Pizza Making \$40	10 4:30-6 pm Pet Therapy \$35	11	12
13  CIRQUE DU SOLEIL 11am-4:00pm Cirque du Soleil Wells Fargo Center \$95	14 3-4 pm JCHAI Connect Family Feud 4:30-6 pm Mindful Monday \$35	15 5-7 pm BuxMont Member BBQ (Regency Towers) \$35 6-8 pm DHUB Cooking Class \$50 (Doylestown)	16 4:30-7:30 pm Member Happy Hour Dave & Buster's \$55	17 4:30-6 pm Yoga w/ Joy \$40	18 6-9pm Friday Fun Night JCHAI Education Center \$40	19  TOPGOLF 10 am-12:30 pm DHUB Topgolf Philadelphia (Byberry) \$85
Program Locations Black: Bryn Mawr Blue: BuxMont Green: Doylestown Red: Virtual/Zoom (FREE) Purple: JCHAI-Wide Programs Orange: JCHAI Partner Program	21 3-4 pm JCHAI Connect Life Lessons w/ Byron 4:30-6 pm Tennis Baseball w/ Jon A. \$40	22 5-7 pm BuxMont Cooking, Art, & More (Regency Towers) \$35 6-8 pm DHUB EmpowerU \$50 (Doylestown)	23 4:30-7:30 pm Member Happy Hour M&M Cinema \$40	24 6-9 pm Rose Tree Park Concert Rose Tree Park \$40	25 	26  11:30am-3:45pm Luau Green Valley Country Club \$100
	28 3-4 pm JCHAI Connect Andi's Wheel of Fortune 4:30-6 pm EmpowerU \$40	29 5-7 pm BuxMont Dinner & Movie (Regency Towers) \$35 6-8 pm DHUB Bowling @ Main Strike \$50 (Doylestown)	30 4:30-7:30 pm Member Happy Hour Bowling \$50	31 4:30-6 pm Pet Therapy \$35		

CALLING ALL MEMBERS!

We are looking for Member Ambassadors to help welcome new members feel connected and supported. Interested? Email us at programs@jchai.org

Want to join 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



Member Calendar Trip & Event Details

July 2025

****All activity registrations are due by the 15th day of the month (Registration Deadline: Sunday, June 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

Thursday, July 3rd, 4:30-6 pm: Affirmation Cards w/ Robert F.X. O'Brien, MS, ATR, LPC

Cost \$40

Join us as we create your own personalized affirmation cards designed to boost confidence, reduce stress, and help manifest goals. Whether you're new to affirmations or looking to deepen your practice, this art therapy session led by License Professional Counselor and Registered Art Therapist, Robert F.X. O'Brien, will provide you with the tools to transform your mindset and start your journey of self-empowerment.

Tuesday July 7th & 21st, 4:30-6 pm: Tennis Baseball

Cost \$40

Join us for a playful twist on two classic games! Using tennis rackets to hit a ball and running bases like baseball, this game is all about big swings, sprints, and lots of laughs. Whether you're a sports lover or just in it for the fun, Tennis Baseball is a great way to get active and learn basic sport skills with friends. No experience needed—just bring your energy and get ready to play!

Wednesday, July 9th, 4:30-7:30 pm: Wood-Fire Pizza Making

Cost \$40

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.

Thursday, July 10th & 31st, 4:30-6 pm: Pet Therapy

Cost \$35

Let furry friends bring joy, calm, and comfort at our monthly Pet Therapy class at the JCHAI Education Center.

Monday, July 14th, 4:30-6 pm: Mindful Monday

Cost \$35

We are social creatures who build connections wherever we go. Social butterfly or quiet and introverted, we all have relationships! How do we bring mindful practices to our relationships?

Thursday, July 17th, 4:30-6 pm: Yoga w/ Joy

Cost \$40

Joyful Yoga at JCHAI is an adaptive Hatha class. We offer a safe space to explore mindful movement and connect to our bodies in fun and creative ways! We marry breath and posture, but we take it at a pace that feels right for us, make the adjustments that feel good in our bodies, and turn inward to focus not on how the pose looks, but on how it feels. This class is chair-based, and if you're new to yoga, don't worry! It's also beginner-friendly. Join us in finding joy in movement together!

Friday, July 18th, 6-9 pm: Friday Fun Night

Cost \$40

Get fired up for our next Friday Fun Night! Enjoy BBQ, games, and great company at the JCHAI Education Center.

Thursday, July 24th, 6-9 pm: Rose Tree Park Concert

Cost \$40

Get ready for a summer evening of music and fun at Rose Tree Park! Enjoy live entertainment under the stars with fellow members in a beautiful outdoor setting. Bring a blanket, a picnic dinner, and your summer spirit—this concert night is one you won't want to miss!

Monday, July 28th, 4:30-6 pm: EmpowerU

Cost \$40

Let's get moving at our next EmpowerU class at the JCHAI Education Center. Reminder to wear comfortable clothes and sneakers.



Member Calendar Trip & Event Details

July 2025

****All activity registrations are due by the 15th day of the month (Registration Deadline: Sunday, June 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

Tuesday, July 1st, 6-8 pm: DHUB Dinner @ The Hattery Stove & Still

Cost \$50

Join us for a night of delicious cuisine and great ambiance at one of the areas most unique dinner spots. Member drop off and pick up will be at The Hattery Stove & Still (18 W State St, Doylestown, PA 18901).

Tuesday, July 8th, 6-8 pm: DHUB Arts & More @ Doylestown Historical Society

Cost \$50

Join us for an evening with friends at the Doylestown Historical Society (56 S Main St, Doylestown, PA 18901). We will have dinner and participate in skill-building activities and games.

Tuesday, July 15th, 6-8 pm: DHUB Cooking Class @ Temple Judea

Cost \$50

Join us as we continue to learn new recipes and cooking techniques. Be sure to bring your recipe books to this gathering. Member drop off and pick up will be at Temple Judea (38 Rogers Rd, Furlong, PA 18925).

Saturday, July 19th, 10-12:30 pm: DHUB Topgolf

Cost \$85

Tee up for a morning of fun at Topgolf Philadelphia full of games, laughs, and light bites. No golf skills needed—just come ready to swing and socialize! Member drop off and pick up will be at Topgolf (2140 Byberry Rd, Philadelphia, PA 19116).

Tuesday, July 22nd, 6-8 pm: DHUB EmpowerU @ Doylestown Historical Society

Cost \$50

Let's get moving at our next EmpowerU class at the Doylestown Historical Society (56 S Main St, Doylestown, PA 18901).

Tuesday, July 29th, 6-8 pm: DHUB Bowling @ Main Strike

Cost \$50

Join us for Duckpin Bowling at Main Strike Bowling Lounge (22 S Main St, Doylestown, PA 18901 (2nd floor)! We'll enjoy pizza, refreshments, and great company!

BuxMont Activities

Tuesday, July 1st, 5-7 pm: BuxMont Cooking, Art & More @ Regency Towers

Cost \$35

Tuesday, July 8th, 5-7 pm: BuxMont EmpowerU @ Regency Towers

Cost \$40

Tuesday, July 15th, 5-7 pm: BuxMont Member BBQ @ Regency Towers

Cost \$35

Tuesday, July 22nd, 5-7 pm: BuxMont Cooking, Art & More @ Regency Towers

Cost \$35

Tuesday, July 29th, 5-7 pm: BuxMont Dinner & Movie @ Regency Towers

Cost \$35

JCHAI-Wide Programs

Sunday, July 13th, 11-4 pm: Cirque du Soleil @ Wells Fargo Center

Cost \$95

Experience the magic of Cirque du Soleil at the Wells Fargo Center! Prepare to be amazed by breathtaking acrobatics, stunning visuals, and unforgettable performances. We will leave JCHAI at 11:00 am, enjoy the 1:00 pm show, and return around 4:00 pm. Don't miss this exciting day out with fellow members—it's sure to be a show to remember! Lunch is NOT included. Suggested lunch cost \$35 — bring a debit or credit card.

Saturday, July 26th, 11:30-3:45 pm: Luau @ Green Valley County Club

Cost \$100

Hula or 'Ori with your friends from AADD & JCHAI! There will be a professional Polynesian dance company to entertain – and teach – these beautiful cultural dances. Enjoy a delicious luau themed luncheon at the Green Valley Country Club (201 Ridge Pike, Lafayette Hill, PA 19444) and dance the afternoon away. Don't forget, you may register a guest for the dance. The dance is scheduled from 12:00 PM to 3:00 PM. The buses will leave the Regency and JCHAI at 11:30 am. The buses will return to the Regency and the JCHAI at around 3:45 pm.