



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Member Questions? Email: programs@jchai.org Call: 610-922-2480 Registrations Transportation Cancellations Other Member Inquiries about Group Programs				1 4:30-6 pm Affirmation Cards \$40	2	3 1-4:45 pm GREASE w/ AADD The Media Theatre \$85
4 4:30-5:30 pm JCHAI PARTNER PROGRAM Social Circle Groups 12:45-4:30 pm Phillies Watch Party \$55	5 Cinco de Mayo 3-4 pm JCHAI Connect Cultural Awareness & Sensitivity 4:30-6 pm Cooking w/ Keri \$35	6 5-7 pm BuxMont Cooking, Art, & More (Regency Towers) \$40 6-8 pm DHUB Dinner @ Maxwell's On Main \$50 (Doylestown)	7 4:30-7:30 pm Member Happy Hour Wood-Fire Pizza Making \$40	8 4:30-6 pm Pet Therapy \$35 7:30-8:30 pm Caregiver Support Zoom	9	10 6:30-9:00 pm DHUB Saturday Fun Night St. Mary's Hall \$50
11 Mother's Day 	12 3-4 pm JCHAI Connect Family Feud 4:30-6 pm EmpowerU \$40	13 5-7 pm BuxMont EmpowerU (Regency Towers) \$35 6-8 pm DHUB Cooking Class \$50 (Doylestown)	14 4:30-7:30 pm Member Happy Hour Dave & Buster's \$55	15 4:30-6 pm MLAC: Exploring the Member Show \$35 4:30-5:30 pm In The Kitchen with KI \$10 Donation	16 6-9pm Friday Fun Night JCHAI Education Center \$40	17
Program Locations Black: Bryn Mawr Blue: BuxMont Green: Doylestown Red: Virtual/Zoom (FREE) Purple: JCHAI-Wide Programs Orange: JCHAI Partner Program	19 3-4 pm JCHAI Connect Andi's Wheel of Fortune 4:30-6 pm Mindful Monday \$35	20 5-7 pm BuxMont Cooking, Art, & More (Regency Towers) \$35 6-8 pm DHUB Bowling @ Thunderbird \$50 (Doylestown)	21 4:30-7:30 pm Member Happy Hour M&M Cinema \$40	22 4:30-6 pm Yoga \$40	23	24 10:30am-2:30pm Devon Horse Show Devon, PA \$75
	26 OFFICE CLOSED 	27 5-7 pm BuxMont Dinner & Movie (Regency Towers) \$35 6-8 pm DHUB EmpowerU \$50 (Doylestown)	28 4:30-7:30 pm Member Happy Hour Bowling \$50	29 4:30-6 pm Pet Therapy \$35	30	31

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

May 2025

****All activity registrations are due by the 15th day of the month (Registration Deadline: Tuesday, April 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, May 1st, 4:30-6 pm: Affirmation Cards

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 will provide you with the tools to transform your mindset and start your journey of self-empowerment.

Cost \$40

Sunday, May 4th, 12:45-4:30 pm: Phillies Watch Party

Swing by for some Phillies action at our first Phillies Watch Party of the season at the JCHAI Education Center.

Cost \$55

Monday, May 5th, 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, May 7th, 4:30-7:30 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, May 8th & 29th, 4:30-6 pm: Pet Therapy

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

Cost \$35

Monday, May 12th, 4:30-6 pm: EmpowerU

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

Cost \$40

Thursday, May 15th, 4:30-6 pm: MLAC: Exploring the Member Show @ Main Line Art Center

Each Spring Main Line Art Center shows off the work of our talented teaching artists and community members. Participants will tour our gallery and then head to the studio to create their own pieces inspired by the work in the show. Members will be dropped off and picked up at the Main Line Art Center.

Cost \$35

Friday, May 16th, 6-9 pm: Friday Fun Night

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

Cost \$40

Monday, May 19th, 4:30-6 pm: Mindful Monday

Practicing presence is not only a very old spiritual practice, it is actually one key to feeling happier. Training our brain to focus on what we are doing now through mindful practices can have wonderful benefits! There are lots of ways we can help our brains focus, and I bet you can share what works for you!

Cost \$35

Thursday, May 22nd, 4:30-6 pm: Yoga w/ Joy

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

Cost \$40

Wednesday, May 28th, 4:30-7:30 pm: Bowling

Join in on the fun at our next monthly Bowling outing. Members will be dropped off and picked up at the JCHAI Education Center.

Cost \$50



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May 2025

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Doylestown Activities

Tuesday, May 6th, 6-8 pm: DHUB Dinner @ Maxwell's On Main (MOMs)

Indulge in a night of delicious cuisine and great conversation with friends at Maxwell's on Main (37 N Main St, Doylestown, PA 18901). Member drop off and pick up will be at Maxwell's on Main.

Cost \$50

Saturday, May 10th, 6:30-9:00 pm: DHUB Saturday Fun Night @ St. Mary's Hall

Join us for karaoke and games at our next Saturday Fun Night at St. Mary's Hall.

Cost \$50

Tuesday, May 13th, 6-8 pm: DHUB Cooking Class @ Temple Judea

Join us as we continue to learn new recipes and cooking techniques. Be sure to bring your recipe books to this gathering.

Cost \$50

Tuesday, May 20th, 6-8 pm: DHUB Bowling @ Thunderbird

Strike up the fun at our next Bowling outing at Thunderbird Lanes (1475 Street Rd, Warminster, PA 18974). Member drop off and pick up will be at Thunderbird Lanes.

Cost \$50

Tuesday, May 27th, 6-8 pm: DHUB EmpowerU @ Doylestown Historical Society

Let's get moving at our next EmpowerU class at the Doylestown Historical Society. Reminder to wear comfortable clothes and sneakers.

Cost \$50

BuxMont Activities

Tuesday, May 6th, 5-7 pm: BuxMont Cooking, Art & More @ Regency Towers

Cost \$35

Tuesday, May 13th, 5-7 pm: BuxMont EmpowerU @ Regency Towers

Cost \$40

Tuesday, May 20th, 5-7 pm: BuxMont Cooking, Art & More @ Regency Towers

Cost \$35

Tuesday, May 27th, 5-7 pm: BuxMont Dinner & Movie @ Regency Towers

Cost \$35

JCHAI-Wide Programs

Saturday, May 3rd, 1-4:45 pm: GREASE w/ AADD @ The Media Theatre

Join us for a trip to the Media Theatre (104 East State Street, Media, PA 19063) to see GREASE. Head "greaser" Danny Zuko and new (good) girl Sandy Dumbrowski try to relive the high romance of their "Summer Nights" as the rest of the gang sings and dances its way through all your favorite songs. Bring extra money if you wish to purchase snacks - eat lunch before you come or bring something to eat on the ride. The show starts at 2:00 pm. We will leave JCHAI at 1:00 pm and will return back at approximately 4:45 pm.

Cost \$85

Thursday, May 15th, 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.

Saturday, May 24th, 10:30-2:30 pm: Devon Horse Show

Save the Date! Join us as we support our fellow JCHAI member who is competing at the Devon Horse Show! Be sure to wear comfortable shoes; this event takes place outdoors on uneven terrain. Pick up and drop off at JCHAI's Education Center. More information to follow.

Cost \$75



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 HAPPY 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	 KAMBEL SMITH SCULPTURE EXHIBITION	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			

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 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).**

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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).**

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Doylestown Activities

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

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.

Cost \$50

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

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).

Cost \$50

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

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.

Cost \$65

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

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

Cost \$50

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

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.

Cost \$50

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

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.

Cost \$40

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

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.

Cost \$75

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

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.

Cost \$50

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

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.

Cost \$85



SUMMER BBQ

COST: \$75

All your favorite summer BBQ activities at the new AADD/JCHAI office! Delicious food, great 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.

SATURDAY, JUNE 7

11:00 AM - 2:00 PM

1003 EASTON ROAD - WILLOW GROVE, PA 19090