



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	2
3 12:15-6:30 pm Escape to Margaritaville w/ AADD Candlelight Theatre \$125	4 3-4 pm JCHAI Connect Cultural Awareness & Sensitivity 4:30-6 pm Sports w/ Jon. A \$40	5 5-7 pm BuxMont Cooking, Art, & More (Regency Towers) \$40 6-8 pm DHUB Dinner @ Casa Toro \$50 (Doylestown)	6 4:30-7:30 pm Cooking w/ Chef B \$40	7 4:30-6 pm Laughter Yoga \$35	8	9 3-5 pm DHUB Tie Dye & Hoagie Dinner Art in the Pod \$85
10	11 3-4 pm JCHAI Connect Family Feud 4:30-6 pm Mindful Monday \$35	12 5-7 pm BuxMont EmpowerU (Regency Towers) \$35 6-8 pm DHUB Cooking Class \$50 (Doylestown)	13 5:15-7:15 pm Stories w/ Sally Lou \$40	14 4:30-6 pm Matisse Paper Cuts w/ Rachel \$35	15 6-9pm Friday Fun Night - Outdoor Concert JCHAI Education Center \$50	16
Program Locations Black: Bryn Mawr Blue: BuxMont Green: Doylestown Red: Virtual/Zoom (FREE) Purple: JCHAI-Wide Programs Orange: JCHAI Partner Program	18 3-4 pm JCHAI Connect Life Lessons w/ Byron 4:30-6 pm Sports w/ Jon. A \$35	19 5-7 pm BuxMont Member BBQ (Regency Towers) \$35 6-8 pm DHUB EmpowerU \$50 (Doylestown)	20 4:30-7:30 pm Member Happy Hour M&M Cinema \$40	21 4:30-6 pm Yoga w/ Joy \$40	22	23
	25 3-4 pm JCHAI Connect Andi's Wheel of Fortune 4:30-6 pm Cooking w/ Tina \$40	26 5-7 pm BuxMont Dinner & Movie (Regency Towers) \$35	27 4:30-7:30 pm Member Happy Hour Bowling \$50 6-8 pm DHUB Outdoor Concert \$50 (Doylestown)	28 4:30-6 pm EmpowerU \$40	29	30

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

August 2025

****All activity registrations are due by the 15th day of the month (Registration Deadline: Tuesday, July 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, August 4th & 18th, 4:30-6 pm: Sports w/ Jon A.

Cost \$40

Join us for Sports w/ Jon A., a fun and interactive program where members come together to explore the world of movement and physical activity. This engaging program is designed to boost teamwork and communication skills, encourage active participation in a supportive environment, and build connections through shared sports stories and friendly competition. Perfect for all interests and skill levels!

Wednesday, August 6th, 4:30-6 pm: Cooking w/ Chef B

Cost \$40

Learn new delicious recipes at our next Cooking w/ Chef B member happy hour.

Thursday, August 7th, 4:30-6 pm: Laughter Yoga

Cost \$35

Laughter Yoga blends playful group laughter exercises with deep yogic breathing to uplift mood, reduce stress, and foster joyful connection. No yoga poses or experience needed—just come ready to laugh! Led by Certified Laughter Yoga teacher Alexa Drubay.

Monday, August 11th, 4:30-6 pm: Mindful Monday

Cost \$35

Mindfulness is about paying attention to our bodies and taking care of ourselves. What are some ways that you practice care for yourself? Nutrition, good sleep, stress reduction and social relationships are often discussed as “pillars of health.” We can build good habits and awareness of each of these.

Wednesday, August 13th, 5:15-7:15 pm: The Power of Your Voice

Cost \$40

Join us for an interactive program designed to help members explore self-expression, communication, and confidence through creative activities. Dinner will be provided.

Thursday, August 14th, 4:30-6 pm: Matisse Paper Cuts w/ Rachel

Cost \$35

Discover the bold colors and playful shapes of Henri Matisse’s iconic cut-paper artwork. In this hands-on class, participants will explore Matisse’s late-career technique of “drawing with scissors” to create their own vibrant paper collages. We’ll look at examples of his famous works, learn basic composition tips, and experiment with layering and color. No art experience needed—just bring your imagination!

Friday, August 15th, 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.

Thursday, August 21st, 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!

Thursday, August 25th, 4:30-6 pm: Cooking w/ Tina

Cost \$40

August is a fantastic month for fresh, ripe, and flavorful fruits! Come on over to the JCHAI kitchen to enjoy the fruits of the season and some wonderful fruity recipes! You will be “berry” glad you did!

Monday, August 28th, 6-9 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.



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Doylestown Activities

Tuesday, August 5th, 6-8 pm: DHUB Dinner @ Casa Toro

Cost \$50

Join us for an unforgettable evening at Casa Toro Mexican Grill (4969 Swamp Rd, Doylestown PA 18901). This Latin-fusion restaurant offers the perfect setting to mingle, savor, and connect with fellow members.

Saturday, August 9th, 3-5 pm: DHUB Tie Dye & Hoagie Dinner w/ AADD @ Art in the Pod

Cost \$85

Everyone will have a blast designing their own personalized tie-dye t-shirt to take home and wear! Create your masterpiece at Art in the Pod and enjoy a wawa hoagie dinner. The event hours are from 3:00 – 5:00 PM. **THIS LOCATION HAS STAIRS.** Be sure to make note of your T-shirt size and hoagie order at the time of registration. Hoagie choices include: Turkey, Italian, Roast Beef, and Vegetarian. Member drop off and pick up will be at Art in the Pod (216 Bustleton Pike, Churchville, PA 18966).

Tuesday, August 12th, 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).

Tuesday, August 19th, 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).

Wednesday, August 27th, 6-8 pm: DHUB Outdoor Concert @ C&N Amphitheater

Cost \$50

Enjoy live entertainment under the stars with fellow members at the C&N Amphitheater (425 Wells Rd, Doylestown, PA 18901). We will have a picnic dinner while we enjoy the outdoor concert. Bring a blanket or towel to sit on.

BuxMont Activities

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

Cost \$35

Tuesday, August 12th, 5-7 pm: BuxMont EmpowerU @ Regency Towers

Cost \$40

Tuesday, August 19th, 5-7 pm: BuxMont Member BBQ @ Regency Towers

Cost \$35

Tuesday, August 26th, 5-7 pm: BuxMont Dinner & Movie @ Regency Towers

Cost \$35

JCHAI-Wide Programs

Sunday, August 3rd, 12:15-6:30 pm: Escape to Margaritaville @ Candlelight Theater









Cost \$125

Start off with a delicious and plentiful lunch and dessert at the Candlelight Theatre (2208 Millers Rd, Wilmington, DE 19810). Then set your mind to island time and ESCAPE to MARGARITAVILLE! Featuring your favorite Jimmy Buffett classics, Margaritaville tells the story of Tully, a smooth-talking singer/bartender whose laidback, no-strings-attached lifestyle is turned upside down when he falls for Rachel, an environmental scientist visiting the island. This hilarious, heartwarming musical is the party you've been waiting for! Bring extra money if you wish to purchase; soda, 50/50 tickets, or the special hot fudge sundae dessert. The bus will leave the Regency at 11:30 AM and then JCHAI at 12:15 PM. Lunch begins at 1:00 PM and the show starts at 3:00 PM. The bus will return to JCHAI at 6:30 PM and the Regency around 7:15 PM.

Member Calendar

September 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sept 1 - Sept 5th 	1 OFFICE CLOSED 	2 6-8 pm DHUB Stories w/ Sally Lou \$50 (Doylestown)	3 5:15-7:15 pm Member Happy Hour Comedy & Open Mic Night \$40	4 4:30-6 pm Pet Therapy \$35 5-7 pm BuxMont Cooking, Art & More (Regency Towers) \$35	5	6 11:30 am-7 pm Beautiful Music Mountain Theatre \$110
7  TOPGOLF 10 am-12:30 pm DHUB Topgolf Philadelphia (Byberry) \$85	8 3-4 pm JCHAI Connect JCHAI Family Feud 4:30-6 pm Sports w/ Jon A. \$35 7-8 pm Member Advisory Meeting	9 6-8 pm DHUB Yoga w/ Joe \$50 (Doylestown)	10 4:30-7:30 pm Member Happy Hour Game On State \$55	11 Patriot Day 4:30-6 pm Yoga w/ Joy \$40 5-7 pm BuxMont EmpowerU (Regency Towers) \$40	12	13 
14  4:15-8:30 pm Eagles Watch Party JCHAI Education Center \$55	15 3-4 pm JCHAI Connect Cultural Awareness & Sensitivity 4:30-6 pm Mindful Monday \$35	16 6-8 pm DHUB Cooking Class \$50 (Doylestown)	17 5:15-7:15 pm Member Happy Hour M&M Cinema \$40 Out & About - The W Tavern \$50	18 4:30-6 pm Pet Therapy \$35 5-7 pm BuxMont Cooking, Art & More (Regency Towers) \$35	19 6-9pm Friday Fun Night JCHAI Education Center \$40	20  12:30-6:15 pm Philadelphia Union vs. New England Subaru Park \$105
21 	22 3-4 pm JCHAI Connect Andi's Wheel of Fortune 4:30-6 pm Sports w/ Jon A. \$35	23 Rosh Hashanah NO PROGRAMS!	24 4:30-7:30 pm Member Happy Hour Bowling \$50	25 4:30-6 pm MLAC: Paper Cutting \$35 5-7 pm BuxMont Dinner & Movie (Regency Towers) \$35		Program Locations Black: Bryn Mawr Blue: BuxMont Green: Doylestown Red: Virtual/Zoom (FREE) Purple: JCHAI-Wide Programs Orange: JCHAI Partner Program
28	29 3-4 pm JCHAI Connect How's it Made? 4:30-6 pm Cooking w/ Keri \$35	30 6-8 pm DHUB Dinner @ Ooka Hibachi \$75 (Doylestown)	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			



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Zoom Sessions (FREE)

Monday, September 8th, 7-8 pm: Member Advisory Committee Meeting

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.

JCHAI Education Center Activities

Wednesday, September 3rd, 5:15-7:15 pm: Comedy & Open Mic Night

Cost \$40

Laughs and mic drops all night long! Join us for Comedy & Open Mic Night — where jokes, stories, and surprises take center stage. Come share your talent or just enjoy the show!

Thursday, September 4th & 18th, 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, September 8th & 22nd, 4:30-6 pm: Sports w/ Jon A.

Cost \$40

Join us for Sports w/ Jon A., a fun and interactive program where members come together to explore the world of movement and physical activity. This engaging program is designed to boost teamwork and communication skills, encourage active participation in a supportive environment, and build connections through shared sports stories and friendly competition. Perfect for all interests and skill levels!

Wednesday, September 10th, 4:30-7:30 pm: Game On State

Cost \$55

Join us for an evening of arcade games, karaoke, and pizza at the amazing Game on State in Media, PA. Bring cash, credit or debit if you would like to purchase soda or candy.

Thursday, September 11th, 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!

Sunday, September 14th, 4:15-8:30 pm: Eagles Watch Party

Cost \$55

Let's kick off our first Eagles Watch Party of the season with our fellow JCHAI friends.

Monday, September 15th, 4:30-6 pm: Mindful Monday

Cost \$35

This month in Mindful Monday we talk about Listening! How often do you feel really listened to? How often do we really pay attention to the person we are with? Join us as we practice MINDFUL LISTENING.

Friday, September 19th, 6-9 pm: Friday Fun Night

Cost \$40

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

Wednesday, September 24th, 4:30-7:30 pm: Bowling

Cost \$50

Join our next monthly Bowling outing. Be sure to register early as spots are limited.

Thursday, September 25th, 4:30-6 pm: Main Line Art Center: Paper Cutting

Cost \$35

Discover the Art of Paper Cutting with teaching artist Gavi Kestlebaum from Main Line Art Center for a hands-on workshop exploring the timeless craft of paper cutting. You'll learn essential techniques, design tips, and create your own intricate design—from concept to finished piece. No experience necessary—all materials provided!

Monday, September 29th, 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.



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Doylestown Activities

Tuesday, September 2nd, 6-8 pm: DHUB Stories w/ Sally Lou @ Doylestown Historical Society

Cost \$50

Join us for another Stories w/ Sally Lou session where we will continue exploring our stories 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.

Saturday, September 7th, 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, September 9th, 6-8 pm: DHUB Yoga w/ Joe @ Doylestown Historical Society

Cost \$50

Join our chair-based Yoga Class at the Doylestown Historical Society (56 S Main St, Doylestown, PA 18901). This class will offer a gentle and accessible way to enjoy yoga, perfect for all levels.

Tuesday, September 16th, 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).

Wednesday, September 30th, 6-8 pm: DHUB Dinner @ Ooka Hibachi

Cost \$75

Join us for an unforgettable hibachi dinner at Ooka where expert chefs dazzle with fire, flair, and flavor. Hibachi dinner entrees are served with Soup, Salad, White Rice, Hibachi Shrimps, Hibachi Noodles and Vegetables. Please include your dinner choice in the "Order Notes" of your registration. **Choice of 1:** Vegetable, Chicken, or Salmon.

BuxMont Activities

Thursday, September 4th, 5-7 pm: BuxMont Cooking, Art & More @ Regency Towers

Cost \$35

Thursday, September 11th, 5-7 pm: BuxMont EmpowerU @ Regency Towers

Cost \$40

Wednesday, September 17th, 6pm: Out & About in BuxMont w/ Rachel

Cost \$50

Thursday, September 18th, 5-7 pm: BuxMont Cooking, Art & More @ Regency Towers

Cost \$35

Thursday, September 25th, 5-7 pm: BuxMont Dinner & Movie @ Regency Towers

Cost \$35

JCHAI-Wide Programs

Saturday, September 6th, 11:30 am-7 pm: Beautiful: The Carole King Musical @ Music Mountain Theater

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 Beautiful: The Carole King Musical. Before she was hit-maker Carole King—she was Carole Klein, a spunky, young songwriter from Brooklyn with a unique voice. From the chart-topping hits she wrote for the biggest acts in music to her own life-changing, trailblazing success with Tapestry. Lunch begins at 12:30 PM and the show starts at 3:00 PM. We will leave JCHAI at 11:30 AM and will return back to JCHAI at around 7:00 PM. Please include your lunch choice in the "Order Notes" of your registration.

Lunch Choices: Cheese Pizza, Chicken Ceasar Salad, Chicken Tenders w/ Fries, Cheese Ravioli w/ Salad, Cheeseburger w/ Fries.

Saturday, September 20th, 12:30-6:15 pm: Philadelphia Union vs. New England Game @ Subaru Park

Cost \$105

The Philadelphia Union will be playing the New England Revolution at Subaru Park (1 Stadium Drive, Chester, PA 19013). The club competes in Major League Soccer as a member of the Eastern Conference. This game is one of the last games before the playoffs begin! The game starts at 2:30 PM. The bus will leave Regency at 12:30 PM and then JCHAI at 1:15 PM. The bus will return to JCHAI at 5:30 PM and Regency at 6:15 PM. **MUST USE BUS. Bring cash or a debit/credit card for snacks or a meal. Suggested lunch cost \$25**