



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 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		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
		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

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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 Country 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.



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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).**

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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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August 2025

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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.