



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 April Fool's Day 4:30-7:30 pm Member Happy Hour P.J. Whelihan's \$55	2 4:30-6 pm Pet Therapy \$35 5-7 pm BuxMont Fried Matzah Party \$40	3 Good Friday	4
5 <i>Happy Easter</i> 	6 3-4 pm JCHAI Connect Family Feud 4:30-6 pm Mindful Spring Renewal & Afternoon Tea \$40	7 6-8 pm DHUB Dinner @ Villa Capri \$50 (Doylestown)	8 4:30-7:30 pm Member Happy Hour Cooking w/ Chef B \$40	9 4:30-6 pm Yoga w/ Joy \$40 5-7 pm BuxMont Game Night (Regency Towers) \$35	10 6-9pm Friday Fun Night JCHAI Education Center \$40	11  11 am - 6 pm Phillies Game Citizens Bank Park \$150
12  12-4 pm DHUB PEEPS® in the Village Peddler's Village & Villagio \$75 (Doylestown)	13 3-4 pm JCHAI Connect Cultural Awareness & Sensitivity 4:30-6 pm Sports w/ Jon A \$35	14 6-8 pm DHUB Cooking For a Cause (Doylestown) 	15 4:30-7:30 pm Challah Bake \$40	16 4:30-6 pm MLAC: Acrylic Flow \$35 5-7 pm BuxMont EmpowerU (Regency Towers) \$40	17	18
19  11:15 am - 3:45 pm Drexelbrook \$100	20 3-4 pm JCHAI Connect Andi's Wheel of Fortune 4:30-6 pm Cooking w/ Keri \$35	21 6-8 pm DHUB HIIT Exercise \$50 (Doylestown)	22 Earth Day 4:30-7 pm Member Happy Hour Earth Day: Herb Planting Activity \$45	23 4:30-6 pm Pet Therapy \$35 4:30-6 pm BuxMont In the Kitchen w/ KI (Regency Towers)	24 	Program Locations Black: Bryn Mawr Blue: BuxMont Green: Doylestown Red: Virtual/Zoom (FREE) Purple: JCHAI-Wide Programs Orange: JCHAI Partner Program
26 12:45-5:15 pm Tilted 10 Arcade Willow Grove \$85	27 3-4 pm JCHAI Connect Life Lessons w/ Byron 4:30-6 pm Sports w/ Jon A \$35	28 6-8 pm DHUB Bowling @ Main Strike \$50 (Doylestown)	29 4:30-7:30 pm Member Happy Hour Bowling \$50	30 4:30-6 pm EmpowerU \$40 5-7 pm BuxMont Dinner & Movie (Regency Towers) \$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

April 2026

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

Zoom Sessions (FREE)

Mondays, 3-4 pm: JCHAI Connect Zoom Sessions

Stay connected with our FREE weekly Zoom sessions as we continue with fun themes like Family Feud, Life Lessons w/ Byron, and Cultural Awareness & Sensitivity.

FREE

JCHAI Education Center Activities (274 S Bryn Mawr Avenue, Bryn Mawr, PA 19010)

Wednesday, April 1st, 4:30-7:30 pm: MHH P.J. Whelihan's

Join us for a lively night out at PJ Whelihan's Pub + Restaurant — where great food, and a fun, relaxed atmosphere comes together for the perfect evening with friends. Come hungry and ready for a good time!

Cost \$55

Thursday, April 2nd & 23rd, 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, April 6th, 4:30-6 pm: Mindful Spring & Renewal Afternoon Tea

Welcome the season at our Mindful Spring & Renewal Afternoon Tea — a peaceful gathering filled with soothing tea, light seasonal treats, gentle reflection, and uplifting conversation as we celebrate fresh beginnings, the beauty of spring, and Easter.

Cost \$40

Wednesday, April 8th, 4:30-7:30 pm: MHH Cooking w/ Chef B

Join our monthly member happy hour at the JCHAI Education Center and learn new recipes from our very own Chef Byron.

Cost \$40

Thursday, April 9th, 4:30-6 pm: Yoga w/ Joy

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!

Cost \$40

Monday, April 10th, 4:30-6:30 pm: Friday Fun Night

Come for dinner, movie, and game night with friends at the JCHAI Education Center.

Cost \$40

Monday, April 13th & 27th, 4:30-6 pm: Sports w/ Jon A

Join us for 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!

Cost \$35

Wednesday, April 15th, 4:30-7:30 pm: Challah Bake

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

Cost \$40

Thursday, April 16th, 4:30-6 pm: Main Line Art Center: Acrylic Flow

Come for a workshop of fun experimentation! We will be using some watered-down acrylic paints to pour and swirl to arrive at surprise masterpieces. Let your imaginations run wild!

Cost \$35

Monday, April 20th, 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, April 22nd, 4:30-7 pm: MHH Earth Day: Herb Planting Activity

Celebrate Earth Day with our hands-on Herb Planting Activity — plant your own fresh herbs, get your hands in the soil, and take home something green that will keep growing long after the day is over!

Reminder: Bring one clean, empty jar to use as your planter (labels removed if possible). We will have extra jars available.

Cost \$45

Wednesday, April 29th, 4:30-7:30 pm: MHH Bowling

Join us at our monthly fun bowling outing at Devon Lanes.

Cost \$50

Thursday, April 30th, 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



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April 2026

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****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, April 7th, 6-8 pm: DHUB Dinner @ Villa Capri

Join us for a delicious dinner at Villa Capri (51 W Court St, Doylestown, PA 18901), a Doylestown favorite known for its comforting flavors and welcoming ambiance.

Cost \$50

Sunday, April 12th, 12-4 pm: DHUB PEEPS® in the Village

Join us for a tasty lunch at Villagio Cucina (5861 Lower York Road, Lahaska, PA) followed by a PEEP-tastic display at Peddler's Village 7th annual PEEPS® in the Village event! Come see the creative talents of regional residents — including our DHUB members entry, Every PEEP Belongs. Member drop off and pick up will be at Villagio Cucina.

Cost \$75

Tuesday, April 14th, 6-8 pm: DHUB Cooking for a Cause @ Temple Judea

Join us at Temple Judea (38 Rogers Rd, Furlong, PA 18925) as we volunteer alongside community members to cook meals & bake dessert for Caring for Friends. Come ready to help, connect, and give back! Please bring a non-perishable food item to donate. After we cook, we'll enjoy dinner together! Funded by The Bucks County Kehillah through the Jewish Federation of Greater Philadelphia. **Suggested donation: \$10.**

Tuesday, April 21st, 6-8 pm: DHUB HIIT Exercise @ Doylestown Historical Society

Join us for a fun and high-energy workout that builds strength, boost confidence, and celebrates movement your way. Member drop off and pick up will be at the Doylestown Historical Society (56 S Main St, Doylestown, PA 18901).

Cost \$50

Tuesday, April 28th, 6-8 pm: DHUB Bowling @ Main Strike

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!

Cost \$50

BuxMont Activities (1001 Easton Rd, Willow Grove, PA 19090 — Manor Building)

Thursday, April 2nd, 5-7 pm: BuxMont Fried Matzah Party (Matzah Brei Bar!) @ Regency Towers

Celebrate Passover with us as we cook and enjoy delicious fried matzah together! Choose sweet or savory toppings and build your own plate. We'll share a brief reflection on the meaning of freedom and enjoy good food and great company. All are welcome!

Cost \$40

Thursday, April 9th, 5-7 pm: BuxMont Cooking, Art & More @ Regency Towers

Thursday, April 16th, 5-7 pm: BuxMont EmpowerU @ Regency Towers

Cost \$35

Thursday, April 23rd, 5-7 pm: BuxMont In the Kitchen w/ KI @ Kenneseth Israel — Please RSVP to Rachel Kaufman at rkaufman@aaddpa.org. **Suggested donation: \$10**

Cost \$40

Thursday, April 30th, 5-7 pm: BuxMont Dinner & Movie @ Regency Towers

Cost \$35

JCHAI-Wide Programs

Saturday, April 11th, 11:00 am - 6 pm: Phillies vs. Diamondback @ Citizens Bank Park

Come see our Philadelphia Phillies take on the Arizona Diamondbacks at Citizens Bank Park (1 Citizens Bank Way, Philadelphia, PA 19148). Included with your ticket is a \$18 concession voucher. Seats are on the 100 level. Remember, this venue does not accept cash and there will be A LOT of walking. The bus will leave the Regency at 11:00 AM and JCHAI at 11:45 AM. The game is at 1:05 PM. We will return to JCHAI around 5:15 PM and the Regency at 6:00 PM. **MUST USE BUS!**

Cost \$150

Sunday, April 19th, 11:15 am - 3:45 pm: Saft Spring Fling @ Drexelbrook

Spring has sprung! Dance the afternoon away and enjoy a delicious lunch at The Drexelbrook (4700 Drexelbrook Dr, Drexel Hill, PA 19026). The DJ will be spinning your favorite tunes – be sure to dress to impress! One bus will leave the Regency at 11:15 AM and one bus will leave JCHAI at 11:30 AM. The party goes from 12:00 PM – 3:00 PM. The buses will return to JCHAI at 3:30 PM and the Regency at 3:45 PM. **Lunch Choice:** Chicken, Salmon, or Vegetarian Pasta. **INCLUDE YOUR LUNCH CHOICE IN THE ORDER NOTES OF YOUR REGISTRATION! Made possible by:** The Saft Family

Cost \$100

Sunday, April 26th, 12:45 am - 5:15 pm: Tilted 10 Arcade @ Willow Grove

Spend the afternoon at Tilted 10 (2500 W Moreland Rd, Willow Grove, PA 19090) the arcade at Willow Grove Mall. Your ticket includes pizza, soda, and LOTS OF GAMES. All you can play laser tag, mini-golf, bumper cars and mini-bowling and all you can play (non-prize) video games. As an added bonus you receive 75 credits to play ticket/prize games (like the crane). Bring extra money just in case – but you shouldn't need it! The bus will leave JCHAI at 12:45 PM and the Regency at 1:30 PM. The event is from 2:00 – 4:00 PM. We will return to the Regency around 4:30 PM and JCHAI at 5:15 PM.

Cost \$85



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1	2 3-4 pm JCHAI Connect Family Feud 4:30-6 pm Spring Decor Class \$40	3 6-8 pm DHUB Dinner @ Bacco Bistro \$65 (Doylestown)	4 4:30-7:30 pm Cooking w/ Chef B \$40	5 4:30-6 pm Yoga w/ Joy \$40 5-7 pm BuxMont Cooking, Art, & More (Regency Towers) \$35	6	7 2-5 pm Gnocchi Class \$50 
8  12:45-7 pm Wings Lacrosse Xfinity Mobile Arena \$90	9 3-4 pm JCHAI Connect Life Lessons w/ Byron 4:30-6 pm Mindful Monday \$35	10 6-8 pm DHUB Cooking Class \$50 (Doylestown)	11 4:30-7:30 pm Member Happy Hour Dave & Buster's \$55	12 4:30-6 pm Pet Therapy \$35 4:30-6 pm BuxMont In the Kitchen w/ KI (Keneseth Israel)	13	14 10:15-12:15 pm DHUB MeWow Cafe \$50 
Program Locations Black: Bryn Mawr Blue: BuxMont Green: Doylestown Red: Virtual/Zoom (FREE) Purple: JCHAI-Wide Programs Orange: JCHAI Partner Program	16 3-4 pm JCHAI Connect How It's Made? 4:30-6 pm Sports w/ Jon \$35	17  6-8 pm DHUB Spring Decor Class \$50 (Doylestown)	18 4:30-7:30 pm Member Happy Hour Stories w/ Sally Lou "The Power of Manifestation" \$40	19 4:30-6 pm MLAC: Winter Tree Lanscapes \$35 5-7 pm BuxMont EmpowerU (Regency Towers) \$40	20 6-9pm Friday Fun Night JCHAI Education Center \$40	21
29  11:30 am - 7:15 pm Young Frankenstein Candlelight Theatre \$125	23 3-4 pm JCHAI Connect Andi's Wheel of Fortune 4:30-6 pm Cooking w/ Keri \$35	24 6-8 pm DHUB HIIT Exercise \$50 (Doylestown)	25 4:30-7:30 pm Member Happy Hour Bowling \$50	26 4-7:30 pm David Actman Phillies Opening Day Watch Party \$35 5-7 pm BuxMont Dinner & Movie (Regency Towers) \$35	27	28
	30 3-4 pm JCHAI Connect Cultural Awareness & Sensitivity 4:30-6 pm Sports w/ Jon \$35	31 6-8 pm DHUB Bowling @ Main Strike \$50 (Doylestown) 			Member Questions? Email: programs@jchai.org Call: 610-922-2480 Registrations Transportation Cancellations Other Member Inquiries about Group Programs"	

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Want to join JCHAI?

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Supported Independent Living | Professional 1:1 Coaching |

Instructional Classes Social & Community Engagement | Career Development



Member Calendar Trip & Event Details

March 2026

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

Zoom Sessions (FREE)

Mondays, 3-4 pm: JCHAI Connect Zoom Sessions

FREE

Stay connected with our FREE weekly Zoom sessions as we continue with fun themes like Family Feud, Life Lessons w/ Byron, and Cultural Awareness & Sensitivity.

JCHAI Education Center Activities (274 S Bryn Mawr Avenue, Bryn Mawr, PA 19010)

Monday, March 2nd, 4:30-6 pm: Spring Decor Making Class

Cost \$40

Refresh your space for spring and decorate a spring-themed wreath in this fun, creative class. Members will get to take home their decorations.

Wednesday, March 4th, 4:30-7:30 pm: Cooking w/ Chef B

Cost \$40

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

Thursday, March 5th, 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!

Saturday, March 7th, 2-5 pm: Gnocchi Class

Cost \$50

Join us for a special hands-on class with Chef Jay from Brooklyn (Kathryn's sister!) to make & enjoy gnocchi from scratch and two tasty sauces.

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

Cost \$35

The power of Mindfulness is using mindfulness as a tool to being healthy and happy adults. We will apply the techniques of observing our emotions and how to "stop" our reaction to bring us to an acceptance of ourselves and others.

Thursday, March 12th, 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, March 16th & 30th, 4:30-6 pm: Sports w/ Jon A.

Cost \$35

Join us for 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, March 18th, 5:15-7:15 pm: Stories w/ Sally Lou - The Power of Manifestation

Cost \$40

Join Sally Lou Loveman for Stories with Sally Lou as she brings the Power of Manifestation to members. Manifestation is the practice of turning ideas, desires, or goals into physical reality through focused thoughts, emotions, and intentional actions. Members will explore this practice with Sally Lou who will share her story about how she manifested her children's picture book which comes out in May!

Thursday, March 19th, 4:30-6 pm: Main Line Art Center: Winter Tree Landscapes

Cost \$35

Winter can be a beautiful time of year. A snowy landscape is the perfect inspiration for painting. We will be looking at winter trees and several artist's interpretations of winter scenes. Learn to paint a simple birch tree and snowy backdrop with acrylics.

Friday, March 20th, 6-9 pm: Friday Fun Night

Cost \$40

Come for dinner, movie, and game night with friends at the JCHAI Education Center.

Monday, March 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, March 26th, 4-7:30 pm: David Actman Phillies Opening Day Watch Party

Cost \$35

We are so excited to host our First Annual David Actman Phillies Opening Day Watch Party, a new tradition created to honor the life and legacy of David Actman — a longtime, beloved member of JCHAI. David was known for his big heart, warm spirit, and unwavering love of the Philadelphia Phillies. This watch party is a joyful way to celebrate David in the way he would have loved best — surrounded by friends, good food, and plenty of team spirit. We'll cheer together, enjoy classic game-day treats, and of course take part in a proper seventh-inning stretch.



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March 2026

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Doylestown Activities

Tuesday, March 3rd, 6-8 pm: DHUB Dinner @ Bacco Bistro

Cost \$65

Experience an Italian-inspired family-style feast at Bacco Bistro (478 N Main St, Doylestown, PA 18901)! This pre-fixe dinner features Caesar salad, pizza, farfalle pomodoro, fettuccine alfredo, pollo parmigiana, and salmon dolce—finished with the chef's choice dessert. Coffee, tea, water, and soft drinks will be provided.

Tuesday, March 10th, 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, March 14th, 10:15 am - 12:15 pm: DHUB MeWow Cafe outing

Cost \$50

Calling all cat lovers! Spend a purr-fect outing at MeWow Cafe (4161 E. Swamp Road Doylestown, PA 18902), playing with adorable cats while enjoying a coffee or hot chocolate and one snack. Want more treats? Be sure to bring cash or card with you.

Tuesday, March 17th, 6-8 pm: DHUB Spring Decor Class @ Doylestown Historical Society

Cost \$50

Refresh your space for spring and decorate a spring-themed wreath in this fun, creative class. Members will get to take home their decorations.

Tuesday, March 24th, 6-8 pm: DHUB HIIT Exercise @ Doylestown Historical Society

Cost \$50

Join us for a fun and high-energy workout that builds strength, boost confidence, and celebrates movement your way. Member drop off and pick up will be at the Doylestown Historical Society (56 S Main St, Doylestown, PA 18901).

Tuesday, March 31st, 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 (1001 Easton Rd, Willow Grove, PA 19090 — Manor Building)

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

Cost \$35

Thursday, March 12th, 4:30-6 pm: BuxMont In the Kitchen w/ KI @ Kenneseth Israel — Please RSVP to Rachel Kaufman at rkaufman@aaddpa.org. Suggested donation: \$10

Thursday, March 19th, 5-7 pm: BuxMont EmpowerU @ Regency Towers

Cost \$40

Thursday, March 26th, 5-7 pm: BuxMont Dinner & Movie @ Regency Towers

Cost \$35

JCHAI-Wide Programs

Sunday, March 8th, 12:45-7 pm: Wings Lacrosse @ Xfinity Mobile Arena

Cost \$90

Come see our local National Lacrosse League team, the Philadelphia Wings, take on the Oshawa Firewolves at Xfinity Mobile Arena (3601 S. Broad St, Philadelphia, PA 19148). Don't miss out on a special celebration of the mascot *Wingston's* birthday! Some other Philly favorite mascots are sure to be invited. Lacrosse is fast-paced and fun to watch - members consistently rave about this event. Remember, this venue does not accept cash. The bus will leave Regency at 12:45 pm and JCHAI at 1:30 pm. The game is at 3:00 pm. We will return to JCHAI by 6:15 pm and the Regency at 7:00 pm. **MUST USE BUS!**

Sunday, March 29th, 11:30 am - 7:15 pm: Young Frankenstein @ Candlelight Theatre

Cost \$125

Start off with a delicious and plentiful lunch and dessert at the Candlelight Theatre (2208 Millers Rd, Wilmington, DE 19810). Then enjoy Young Frankenstein - Mel Brooks' stage adaptation of his electrifyingly funny film! This award-winning, hilarious retelling of the Gothic story is one of the best send-ups to hit Broadway, ever! Featuring exciting dances, a thrilling score, and constant laughter, you won't want to miss it. Bring extra money if you wish to purchase; soda, 50/50 tickets, or the special hot fudge sundae dessert. The bus will leave 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. **MUST USE BUS!**

Cooking for a Cause at KI

A collaborative partnership between:

- Reform Congregation Keneseth Israel (KI)
- Association for Adults with Developmental Disabilities (AADD)
- Judith Creed Horizons for Achieving Independence (JCHAI)

Cooking for a Cause at KI

A monthly volunteer initiative where members of AADD, JCHAI, and KI come together to share friendship, teamwork, and the joy of cooking. Each month, participants collaborate to prepare delicious recipes, which are then donated to local nonprofit organizations supporting neighbors in need.

SPRING 2026 SESSIONS — Thursdays, 4:30–6 PM

Mar. 12 – Cook For A Friend

Apr. 23 – Hamotzi Community Dinner

May 14 – Jenkintown Food Cupboard

You are warmly invited to stay and enjoy dinner and community together afterwards. **Suggested donation: \$10**

Please RSVP to Rachel Kaufman at RKaufman@AADDPA.org