

## Member Calendar

### August 2026



| SUNDAY                                                                                                                                                                                                               | MONDAY                                                                                                         | TUESDAY                                                                                                                                                                                                              | WEDNESDAY                                                                                                                                            | THURSDAY                                                                                                                                                                                                                                                                                                                                                                 | FRIDAY                                                                                                                   | SATURDAY                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <b>Member Questions?</b><br>Email: <a href="mailto:programs@jchai.org">programs@jchai.org</a><br>Call: 610-922-2480<br>Registrations   Transportation   Cancellations<br>Other Member Inquiries about Group Programs |                                                                                                                |                                                                                                                                                                                                                      |                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                          | 1                                                                                                        |
| 2<br>                                                                                                                                                                                                                | 3<br>3-4 pm JCHAI Connect<br><b>Family Feud</b><br><br>4:30-6 pm<br><b>Mindful Monday</b><br>\$35              | 4<br><br>6-8 pm DHUB<br><b>Cooking Class</b><br>\$50 (Doylestown)                                                                                                                                                    | 5<br><br>4:30-7:30 pm<br><b>Cooking w/ Chef B</b><br>\$40                                                                                            | 6<br>4:30-6 pm<br><b>Cooking w/ Tina</b><br>\$35<br><br>5-7 pm BuxMont<br><b>Member BBQ</b><br>(Regency Towers) \$35                                                                                                                                                                                                                                                     | 7                                                                                                                        | 8<br>                                                                                                    |
| 9<br><br>1:15-4:30 pm<br><b>Phillies Watch Party</b><br>JCHAI Education Center<br>\$55                                                                                                                               | 10<br>3-4 pm JCHAI Connect<br><b>Life Lessons w/ Byron</b><br><br>4:30-6 pm<br><b>Sports w/ Jon A.</b><br>\$35 | 11                                                                                                                                                                                                                   | 12<br>4:15-7:15 pm<br><b>Member Happy Hour</b><br><b>Monster Mini Golf</b><br>\$65<br><br>6-8 pm DHUB<br><b>Outdoor Concert</b><br>\$50 (Doylestown) | 13<br>4:30-6 pm<br><b>Accessible Art Show</b><br>\$35<br><br>5-7 pm BuxMont<br><b>The Specialness of Summer</b><br>\$35                                                                                                                                                                                                                                                  | 14                                                                                                                       | 15<br><br>11:15 am - 7:30 pm<br><b>Follies</b><br>Music Mountain Theatre<br>\$115                        |
| 16<br><br>11:00 am - 1:30 pm<br><b>DHUB: Kayaking</b><br>Nockamixon State Park<br>\$75                                                                                                                               | 17<br>3-4 pm JCHAI Connect<br><b>Andi's Wheel of Fortune</b><br><br>4:30-6 pm<br><b>EmpowerU</b><br>\$40       | 18<br><br>6-8 pm DHUB<br><b>HIIT Exercise</b><br>\$50 (Doylestown)                                                                                                                                                   | 19<br><br>5:00-7:00 pm<br><b>Stories w/ Sally Lou:</b><br><b>Guest Speaker - Elina Csapo</b><br>\$40                                                 | 20<br>4:30-6 pm<br><b>Yoga w/ Joy</b><br>\$40<br><br>5-7 pm BuxMont<br><b>EmpowerU</b><br>(Regency Towers) \$40                                                                                                                                                                                                                                                          | 21                                                                                                                       | 22<br><br>10:30 am - 1:30 pm<br><b>Milestone Mashup</b><br>Highmark Mann Center<br>\$50                  |
| <b>Program Locations</b><br><br>Black: Bryn Mawr<br><br>Blue: BuxMont<br><br>Green: Doylestown<br><br>Red: Virtual/Zoom (FREE)<br><br>Purple: JCHAI-Wide Programs<br><br>Orange: JCHAI Partner                       |                                                                                                                | 24<br>3-4 pm JCHAI Connect<br><b>Cultural Awareness</b><br><br>4:30-6 pm<br><b>Sports w/ Jon A.</b><br>\$35                                                                                                          | 25<br><br>6-8 pm DHUB<br><b>Dinner @ Penn Taproom</b><br>\$50 (Doylestown)                                                                           | 26<br><br>4:30-7:30 pm<br><b>Member Happy Hour</b><br><b>Bowling</b><br>\$50                                                                                                                                                                                                                                                                                             | 27<br>4:30-6 pm<br><b>Art w/ Rae</b><br>\$35<br><br>5-7 pm BuxMont<br><b>Dinner &amp; Movie</b><br>(Regency Towers) \$35 | 28<br><br>6-9pm<br><b>Friday Fun Night -</b><br><b>Outdoor Concert</b><br>JCHAI Education Center<br>\$50 |
| 31<br>3-4 pm JCHAI Connect<br><b>How It's Made?</b><br><br>4:30-6 pm<br><b>Eating w/ Your 5 Senses</b><br>\$35                                                                                                       |                                                                                                                | <b>CALLING ALL MEMBERS!</b><br>We are looking for Member Ambassadors to help welcome new members feel connected and supported.<br>Interested? Email us at <a href="mailto:programs@jchai.org">programs@jchai.org</a> |                                                                                                                                                      | <b>Want to join JCHAI?</b><br>Visit our website: <a href="https://jchai.org/become-a-member">https://jchai.org/become-a-member</a><br>Email: <a href="mailto:questions@jchai.org">questions@jchai.org</a>   Call: 610-922-2480<br>Supported Independent Living   Professional 1:1 Coaching  <br>Instructional Classes Social & Community Engagement   Career Development |                                                                                                                          |                                                                                                          |





# Member Calendar Trip & Event Details

August 2026

**\*\*All activity registrations are due by the 15th day of the month (Registration Deadline: Wednesday, 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 (274 S Bryn Mawr Avenue, Bryn Mawr, PA 19010)

### **Monday, August 3rd, 4:30-6 pm: Mindful Monday**

Mindfulness can not only help us build more self-awareness; it can also help us build stronger connections with other people. Our relationships are part of our overall well-being, and we can spend some time building positive and mindful relationships!

Cost \$35

### **Wednesday, August 5th, 4:30-7:30 pm: Cooking w/ Chef B**

Join our monthly member happy hour at the JCHAI Education Center and catch some of the Phillies vs. Blue Jays game. Dinner will be provided.

Cost \$40

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

Summer is a time of bounty! Fresh, seasonal fruits and vegetables support healthy living. Share your favorites and learn about local farmers markets for fresh, in-season produce.

Cost \$35

### **Sunday, August 9th, 1:15-4:30 pm: Phillies Watch Party**

Swing by for some Phillies action at our next Phillies Watch Party at the JCHAI Education Center. Lunch will be provided.

Cost \$55

### **Monday, August 10th & 24th, 4:30-6 pm: Sports w/ Jon A.**

Join us for a fun and interactive program 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, August 12th, 4:15-7:15 pm: MHH Monster Mini Golf**

Join us for an exciting round of glow-in-the-dark miniature golf and interactive arcade games. Come hungry and ready for a good time! Member drop off and pick up will be at the JCHAI.

Cost \$65

### **Thursday, August 13th, 4:30-6 pm: Accessible Art Show @ Main Line Art Center**

Celebrate creativity and inclusion at the Accessible Art Show at Main Line Art Center! Explore inspiring artwork by artists of all abilities, including pieces created by our own members, as we recognize the power of artistic expression and the unique talents within our community. Member drop off and pick up will be at the Main Line Art Center (746 Panmure Rd, Haverford, PA 19041).

Cost \$35

### **Monday, August 17th, 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

### **Wednesday, August 19th, 5-7 pm: Stories w/ Sally Lou - Guest Speaker: Elina Csapo**

Join us for an inspiring presentation by Elina Csapo, a student leader, advocate, and founder of Young Able Voices. Drawing from her experiences living with Childhood Apraxia of Speech, Elina will share her journey of resilience, self-advocacy, and inclusion, highlighting how embracing differences can empower individuals and strengthen communities. Dinner will be provided.

Cost \$40

### **Thursday, August 20th, 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! 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

### **Wednesday, August 26th, 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. Dinner will be provided.

Cost \$50

### **Thursday, August 27th, 6-9 pm: Art w/ Rae**

Unleash your creativity in this fun and interactive art class encouraging self-expression, imagination, and hands-on learning.

Cost \$35

### **Friday, August 28th, 6-9 pm: Friday Fun Night - Outdoor Concert**

Join us for an outdoor concert at the Bryn Mawr Gazebo. We will have a picnic dinner while enjoying the concert. Drop off and pick up will be at JCHAI's Education Center. Bring a blanket/towel to sit on.

Cost \$50

### **Monday, August 31st, 4:30-6 pm: Eating w/ Your 5 Senses**

Learn about nutrition and how mindful eating improves your metabolism. This class combines creative thinking and cooking. It's a hands-on class that teaches you how to enjoy meals more and get in tune with your body while learning the benefits of mindful eating. Snacks included!

Cost \$35



# Member Calendar Trip & Event Details

August 2026

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

## Doylestown Activities

### **Tuesday, August 4th, 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. Member drop off and pick up will be at Temple Judea (38 Rogers Rd, Furlong, PA 18925). Dinner will be provided.

Cost \$50

### **Wednesday, August 12th, 6-8 pm: DHUB Outdoor Concert @ C&N Amphitheater**

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. **HOAGIE CHOICE:** Turkey, Italian, Roast Beef, or Vegetarian. **INCLUDE YOUR SELECTION IN THE ORDER NOTES OF YOUR REGISTRATION!**

Cost \$50

### **Sunday, August 16th, 11:00 am - 1:30 pm: Kayaking @ Nockamixon State Park - Tohickon Boat Launch**

Paddle into adventure with an introductory kayaking class at Nockamixon State Park - Tohickon Boat Launch, Haycock Township, PA 18951! Led by L.L.Bean Outdoor Discovery instructors, you'll learn the basics of kayaking while enjoying the beautiful scenery and calm waters of Lake Nockamixon—perfect for beginners and anyone looking to try something new outdoors. Member drop off and pick up will be at Nockamixon State Park - Tohickon Boat Launch, located 6.3-miles from the intersection of PA-313 & PA-563 or 1-mile from the intersection of PA-412 & PA-563. Lunch will be provided.

Cost \$75

### **Tuesday, August 18th, 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). Dinner will be provided.

Cost \$50

### **Tuesday, August 25th, 6-8 pm: DHUB Dinner @ Penn Taproom**

Join our next DHUB dinner outing at Penn Taproom (80 W State St, Doylestown, PA 18901).

Cost \$50

## BuxMont Activities

### **Tuesday, August 6th, 5-7 pm: BuxMont Member BBQ**

**Tuesday, August 13th, 5-7 pm: BuxMont The Specialness of Summer w/ Karen @ Regency Towers** – Capture the specialness of summer with a one-of-a-kind mirror art project! Personalize a framed mirror by painting the wooden border and decorating it with seashells, colorful accents, and other fun embellishments to create a keepsake that reflects your favorite summer memories.

Cost \$35

Cost \$35

### **Tuesday, August 20th, 5-7 pm: BuxMont EmpowerU @ Regency Towers**

Cost \$40

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

Cost \$35

## JCHAI-Wide Programs

### **Saturday, August 15, 11:15-7:30 pm: Follies @ Music Mountain Theatre**

Start the day with a hoagie lunch at Maggio's (400 2nd Street Pike - Southampton, PA 18966). Then go to Music Mountain Theatre (1483 RT 179 – Lambertville, NJ 08530) for Follies. This revue explores the life of Will Rogers, the beloved American icon noted for his humor, his wisdom, and his common sense. Swearing that he "never met a man I didn't like," Rogers became one of the highest paid entertainers of his day, popular on stage, film, radio, and in the newspapers. With its buoyant score, this musical extravaganza will have you caught up in "Will-a-Mania" too. The bus will leave JCHAI at 11:15 am and the Regency at 12:00 pm. Lunch begins at 12:30 pm. The bus will leave Maggio's no later than 1:45 pm. The show starts at 3:00 PM. The bus will return to the Regency around 6:45 PM and JCHAI around 7:30 PM. Price includes an entrée, beverage, and tip at Maggio's. There will not be time to have a dessert. Bring extra money if you wish to purchase snacks at the theatre. **Lunch choices:** Cheese Pizza, Chicken Caesar Salad, Chicken Tenders w/ Fries, Cheese Ravioli w/ Salad, or Cheeseburger w/ Fries. **INCLUDE YOUR LUNCH CHOICE IN THE ORDER NOTES OF YOUR REGISTRATION! \*MUST USE BUS\***

Cost \$115

### **Saturday, August 22nd, 10:30 am - 1:30 pm: Milestone Mashup @ Highmark Mann Center**

Join in the celebration of pivotal moments in our nation's history at the Highmark Mann Center's Milestone Mashup (5201 Parkside Avenue, Philadelphia, PA). Designed as a journey through time, this event will bring these eras to life through a full day of engaging, family-friendly programming and activities. We will enjoy the entertainment and a picnic lunch while taking in this special community event. We will leave JCHAI at 10:30 a.m. and return by 1:30 p.m. This trip involves a significant amount of walking, and uneven terrain. Bring a blanket/towel to sit on. **HOAGIE CHOICE:** Turkey, Italian, Roast Beef, or Vegetarian **selection in the order notes at the time of registration. \*MUST USE JCHAI PROVIDED TRANSPORTATION!\***

Cost \$50

## 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



| SUNDAY                                                                                                                                                                                                               | MONDAY                                                                                                                           | TUESDAY                                                                                                               | WEDNESDAY                                                                                                                                                  | THURSDAY                                                                                                                         | FRIDAY                                                                                                   | SATURDAY                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Member Questions?</b><br>Email: <a href="mailto:programs@jchai.org">programs@jchai.org</a><br>Call: 610-922-2480<br>Registrations   Transportation   Cancellations<br>Other Member Inquiries about Group Programs |                                                                                                                                  |                                                                                                                       | 1<br><br>4:30-7:30 pm<br><b>Member Happy Hour</b><br><b>Cooking w/ Chef B</b><br>\$40                                                                      | 2<br><br>4:30-6 pm<br><b>EmpowerU</b><br>\$40<br><br>5-7 pm BuxMont<br><b>Member BBQ</b><br>\$35                                 | <br><b>HAPPY 4<sup>TH</sup> OF JULY</b>                                                                  |                                                                                                                                                                                                        |
| 5<br><br>                                                                                                                                                                                                            | 6<br><br>3-4 pm JCHAI Connect<br><b>Family Feud</b><br><br>4:30-6 pm<br><b>Mindful Monday</b><br>\$35                            | 7<br><br><b>NO PROGRAMS</b>                                                                                           | 8<br><br>5:15-7:15 pm<br><b>Member Happy Hour</b><br><b>Stories w/ Sally Lou</b><br>\$40                                                                   | 9<br><br>4:30-6 pm<br><b>Pet Therapy</b><br>\$35<br><br>5-7 pm BuxMont<br><b>Game Night</b><br>(Regency Towers) \$35             | 10                                                                                                       | 11<br><br>2:15-8 pm<br><b>Universal Studio</b><br><b>Exhibit</b><br>Franklin Institute<br>\$90                                                                                                         |
| 12                                                                                                                                                                                                                   | 13<br><br>3-4 pm JCHAI Connect<br><b>Cultural Awareness &amp; Sensitivity</b><br><br>4:30-6 pm<br><b>Sports w/ Jon A</b><br>\$35 | 14<br><br>4:30-6 pm<br><b>Cooking For a Cause</b><br>JCHAI Education Center<br>\$10<br><b>*Bryn Mawr Program*</b><br> | 15<br><br>4:30-7:30 pm<br><b>Member Happy Hour</b><br><b>Dave &amp; Buster's</b><br>\$55<br><br>6-8 pm DHUB<br><b>Outdoor Concert</b><br>\$50 (Doylestown) | 16<br><br>4:30-6 pm<br><b>Yoga w/ Joy</b><br>\$40<br><br>5-7 pm BuxMont<br><b>EmpowerU</b><br>(Regency Towers) \$40              | 17<br><br>6-9pm<br><b>Friday Fun Night -</b><br><b>Outdoor Concert</b><br>JCHAI Education Center<br>\$50 | 18<br><br>12:15-5:30 pm<br><b>Aint Misbehavin'</b><br>People's Light Theater<br>\$85                                                                                                                   |
| 19<br><br><br>1:15-4:30 pm<br><b>Phillies Watch Party</b><br>JCHAI Education Center<br>\$55                                                                                                                          | 20<br><br>3-4 pm JCHAI Connect<br><b>Andi's Wheel of Fortune</b><br><br>4:30-6 pm<br><b>Paint &amp; Petals</b><br>\$35           | 21<br><br>6-8 pm DHUB<br><b>HIIT Exercise</b><br>\$50 (Doylestown)                                                    | 22<br><br>4:30-7 pm<br><b>Member Happy Hour</b><br><b>M&amp;M Cinema</b><br>\$40                                                                           | 23<br><br>4:30-6 pm<br><b>Pet Therapy</b><br>\$35<br><br>4:30-6 pm BuxMont<br><b>Cooking, Art &amp; More</b><br>(Regency Towers) | 24                                                                                                       | <b>Program Locations</b><br><br>Black: Bryn Mawr<br><br>Blue: BuxMont<br><br>Green: Doylestown<br><br>Red: Virtual/Zoom (FREE)<br><br>Purple: JCHAI-Wide Programs<br><br>Orange: JCHAI Partner Program |
| 26<br><br><br>11:30 am - 3:45 pm<br><b>Peace &amp; Love 60s Dance</b><br>Green Valley Country Club<br>\$100                                                                                                          | 27<br><br>3-4 pm JCHAI Connect<br><b>Life Lessons w/ Byron</b><br><br>4:30-6 pm<br><b>Sports w/ Jon A</b><br>\$35                | 28<br><br>6-8 pm DHUB<br><b>Dinner @ P.J. Whelihan's</b><br>\$50 (Doylestown)                                         | 29<br><br>4:30-7:30 pm<br><b>Member Happy Hour</b><br><b>Bowling</b><br>\$50<br>                                                                           | 30<br><br>4:30-6 pm<br><b>Art w/ Rae</b><br>\$35<br><br>5-7 pm BuxMont<br><b>Dinner &amp; Movie</b><br>(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](mailto:programs@jchai.org)

### Want to join JCHAI?

Visit our website: <https://jchai.org/become-a-member>  
 Email: [questions@jchai.org](mailto: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 2026

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

## 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, July 1st, 4:30-7:30 pm: Cooking w/ Chef B

Join our monthly member happy hour at the JCHAI Education Center and catch some of the Phillies vs. Pirates game.

Cost \$40

### Thursday, July 2nd, 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

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

Mindfulness is also about self-awareness! Learning to check in with ourselves is a part of mindfulness, and we can be better caretakers of ourselves when we are mindful and aware. Join us to explore tools for self-awareness.

Cost \$35

### Wednesday, July 8th, 5:15-7:15 pm: Stories w/ Sally Lou - The Power of Manifestation

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!

Cost \$40

### Thursday, July 9th & 23rd, 4:30-6 pm: Pet Therapy

Relax, connect, and enjoy time with our visiting therapy dogs.

Cost \$35

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

Join us for a fun and interactive program 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

### Tuesday, July 14th, 4:30-6 pm: Cooking For a Cause

Join us at the JCHAI Education Center as we volunteer alongside community members to cook meals & bake dessert for Surrey Senior Services. 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 Sun East Federal Credit Union.

Cost \$10

### Thursday, July 16th, 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

### Friday, July 17th, 6-9 pm: Friday Fun Night - Outdoor Concert

Join us for an outdoor concert at the Bryn Mawr Gazebo. We will have a picnic dinner while we enjoy the concert. Member drop off and pick up will be at JCHAI's Education Center. Please bring a blanket or towel to sit on.

Cost \$50

### Sunday, July 19th, 1:15-4:30 pm: Phillies Watch Party

Swing by for some Phillies action at our next Phillies Watch Party at the JCHAI Education Center.

Cost \$55

### Monday, July 20th, 4:30-6 pm: Paint & Pearls

Join us for a fun and creative program where you will make your own watercolor bookmarks and beautiful flower arrangement, a relaxing way "to take a summer break!"

Cost \$35

### Wednesday, July 22nd, 4:30-7:30 pm: MHH M&M Cinema

Join us for dinner and a movie at our next member happy hour at the JCHAI Education Center.

Cost \$40

### Thursday, July 30th, 6-9 pm: Art w/ Rae

Unleash your creativity in this fun and interactive art class encouraging self-expression, imagination, and hands-on learning.

Cost \$35



# Member Calendar Trip & Event Details

July 2026

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

### Wednesday, July 15th, 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. **HOAGIE CHOICE:** Turkey, Italian, Roast Beef, or Vegetarian. **INCLUDE YOUR SELECTION IN THE ORDER NOTES OF YOUR REGISTRATION!**

### Tuesday, July 21st, 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. Member drop off and pick up will be at the Doylestown Historical Society (56 S Main St, Doylestown, PA 18901).

### Tuesday, July 28th, 6-8 pm: DHUB Dinner @ P.J. Whelihan's

Cost \$50

Meet us for another lively night out at PJ Whelihan's Pub — where great food, and a fun, relaxed atmosphere comes together for the perfect evening with friends. Come hungry and ready for a good time! Member drop off and pick up will be at P.J. Whelihan's (4379 W Swamp Rd, Doylestown, PA 18902). Bring extra cash if you would like to order dessert.

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

### Thursday, July 2nd, 5-7 pm: BuxMont Member BBQ @ Regency Towers

Cost \$35

### Thursday, July 9th, 5-7 pm: BuxMont Game Night @ Regency Towers

Cost \$35

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

Cost \$40

### Tuesday, July 23rd, 5-7 pm: BuxMont Cooking, Art & More @ Regency Towers

Cost \$35

### Tuesday, July 30th, 5-7 pm: BuxMont Dinner & Movie @ Regency Towers

Cost \$35

## JCHAI-Wide Programs

### Saturday, July 11th, 2:15 pm - 8:00 pm: Universal Studios Exhibit @ Franklin Institute

Cost \$90

Start off with a meal of pizza and salad at the JCHAI Education Center, then we will travel to the city for an evening adventure at the Universal Theme Park Exhibit at the Franklin Institute (222 N. 20th St, Philadelphia, PA 19103). See how thrills come to life and learn how to build Universal's iconic attractions and innovative world of theme parks through the lens of Universal's fan-favorite and family-friendly attractions! We will **NOT** be going to the rest of the museum. The bus will leave the Regency at 2:15 PM. If you are coming to JCHAI please arrive at 3:00 PM. We will eat from 3:00 - 4:00 PM and then go to the Franklin Institute. We will return to JCHAI around 7:15 PM and the Regency at 8:00 PM. **\*MUST USE BUS!\***

### Saturday, July 18th, 12:15 pm - 5:30 pm: Ain't Misbehavin' @ People's Light Theatre

Cost \$85

*Ain't Misbehavin'* at the People's Light Theatre (39 Conestoga Road, Malvern, PA 19355) lets you step into the vibrant and swinging world of the Harlem Renaissance in this raucous and joyful musical revue, celebrating the music and spirit of the legendary Fats Waller. This playful and exuberant tribute to the iconic tunes of the era captures the essence of Manhattan's nightlife. The bus will leave the Regency at 12:15 PM and JCHAI at 1:00 PM. We will return to JCHAI around 4:45 PM and the Regency around 5:30 PM. Be sure to eat lunch before coming and bring money for the concession stand. **\*MUST USE BUS!\***

### Sunday, July 26th, 11:45 am - 6:15 pm: Peace & Love 60s Dance @ Green Valley Country Club

Cost \$100

We will have a **LIVE BAND** and a **DJ!!!** "BeatleSoul" a Beatles Tribute band will play all your 1960s favorites. Dance the afternoon away to the band and DJ while enjoying a delicious lunch at The Green Valley Country Club (201 Ridge Pike, Lafayette Hill, PA 19444). You may dress for the occasion in a 60s themed costume or regular dress clothes. One bus will leave the Regency at 11:30 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 between 3:30 and 3:45 PM. **Lunch Choice:** Chicken, Salmon, or Vegetarian.

**INCLUDE YOUR LUNCH CHOICE IN THE ORDER NOTES OF YOUR REGISTRATION! \*MUST USE BUS!\***

*Made possible by the Doug Jarett Memorial Fund*