



**PLAN of Northeast Ohio**  
**The Kindness Center**  
23900 Commerce Park Road  
Beachwood, Ohio 44122  
216.321.3611 | [planofjfsa.org](mailto:planofjfsa.org)

#### PLAN STAFF

**Becky Rinaldi**  
Community Activities  
Administrator  
Cell: 216.509.8685  
[rrinaldi@jfsa-cleveland.org](mailto:rrinaldi@jfsa-cleveland.org)

**Brent Eligado**  
Community Activities Assistant  
Cell: 216.972.3145  
[beligado@jfsa-cleveland.org](mailto:beligado@jfsa-cleveland.org)



CELEBRATING  
**150**  
YEARS  
1875-2025

PLAN is a division of JFSA Cleveland



## PLAN Members Volunteer at 150<sup>th</sup> Celebration



From left: Marieo, Brindel, Judy, Joyce, Shira & Ben

Six PLAN members graciously volunteered to hand out chocolate to party goers at the JFSA 150<sup>th</sup> event on Monday, August 25<sup>th</sup> at the Beechmont Country Club. Thanks so much to the helpers! It was a wonderful evening celebrating JFSA!

### Monthly Kindness Center & Recurring Activities:

**ART EXPLORATIONS:** This group explores and discusses the different forms and modalities of art. All you need to bring is an open mind. The group meets every Monday from 3-4:30pm and Wednesday from 5:30-7pm.

**COFFEE & CONVERSATION:** This group meets at least twice monthly at the Van Aken Market District in Shaker. Participants purchase coffee and snacks, and PLAN staff facilitate conversation!

**COLORING GROUP:** This group meets weekly at Beachwood Mall food court on Thursday from 11-12:30pm. PLAN supplies coloring books, crayons, markers, pens, etc. or bring your own. Participants may purchase lunch or snacks.

**COMMUNITY VOLUNTEERS:** Volunteer with the JFSA Day Program! Volunteers make art, play games, read, and join in various other fun activities with participants at the JFSA Day Program at the Kindness Center.

**JOURNEYS:** This group is for young adults on the autism spectrum who are looking for a peer group to hang out with. We meet every Sunday to do activities around Cleveland.

**MUSICAL MOODS:** Do you like music? Do you find yourself humming while working on something? Then this group is for you! Meets every Thursday from 3:30-4:30pm on ZOOM.

**SPORTS TALK:** This group meets every Thursday from 3-3:30 on ZOOM to talk about Cleveland sports teams and other sports news.

**TRIVIA HOUR:** Stretch your mind every Tuesday with trivia! The group meets from 3-4pm on ZOOM.

**WRITING CLUB:** This is a group for those who like to have fun with writing. NO EXPERIENCE NECESSARY! The Group meets every Wednesday from 4:30-5:30pm in the art room.

**ZUMBA:** Join Sabrina as she leads us in a lower intensity workout focusing on balance, range of motion, and coordination. This group meets every Monday from 6:15-6:45pm at the Kindness Center Room and costs \$4 cash, per group.

# PEOPLE, PLACES & Plan

A Newsletter for Members of Plan

### October Community Based Activities:

Can you believe we're already heading into the 4th quarter of the year!

Just three months left in the calendar year—and still so much to look forward to!

This October, *Journeys* has an exciting lineup of activities. We'll take in the fall colors at Look About Lodge, enjoy lunch out in the community, create art at the Maltz Museum, and explore a brand-new destination: Howard's Apples Farm Market.

Our Dinner Group this month will be heading to *Burgers 2 Beer* in Highland Heights. Dinner Group sign-ups open on Tuesday, October 7th, so don't miss it!

Friday and Saturday events include some returning favorites like *Coffee & Conversation*, along with festive fall activities such as apple picking, a corn maze adventure, and a spooky visit to *Skeleton Grove* at Holden Arboretum.

We're also hosting several special programs this month. First up is a visit from *FoodStrong*, a local nonprofit that uses fresh food to educate, empower, and promote wellness across Northeast Ohio. Participants will learn about nutritious fall favorites like squash, pumpkin, and apples.

Another highlight is the annual JFSA & PLAN Art Show and Performance Night—a celebration of creativity you won't want to miss. (Details are in the column to the right.)

To wrap up the month, join us for a Fall Pizza Party on Wednesday, October 29th! We'll have pizza, pop, desserts, games—and costumes are welcome if you'd like to dress up!

To sign up for any activities, just give Becky or Brent a call, text or email. Transportation is available for most activities.

We can't wait to celebrate the fall season with you!

VOLUME 17, ISSUE 10 | OCTOBER 2025

### Special Event: Annual Art Show

Join Us for the JFSA & PLAN Annual Art Show on Wednesday, October 22 from 6:00–8:00 PM at the Kindness Center.

Enjoy an evening of art, community, and connection as we celebrate creativity and legacy. Desserts and coffee will be served.

This year's theme is: *Back to the Future – 150 Years of Creative Connections*. In honor of the Jewish Family Service Association of Cleveland's 150th anniversary, this year's art show celebrates a century and a half of resilience, creativity, and meaningful relationships.

RSVP starting October 1! Contact Becky at 216-509-8685 to reserve your spot. *Limited transportation is available*

**An RSVP is required for all in-person PLAN activities (NO EARLIER THAN 7 DAYS BEFORE THE ACTIVITY)**



[planofjfsa.org](http://planofjfsa.org)

For more information about a group or to RSVP for any activity, please call Becky Rinaldi at 216.509.8685 or email at [rrinaldi@jfsa-cleveland.org](mailto:rrinaldi@jfsa-cleveland.org)

PLAN (Planned Lifetime Assistance Network) of Northeast Ohio promotes friendships, connections to community and improved quality of life for members through its Holistic Recovery Program, and creates peace of mind for families with its Lifetime Planning Services.

An RSVP is required for all in-person PLAN activities (NO EARLIER THAN 7 DAYS BEFORE THE ACTIVITY) Call Becky at 216-509-8685.

# October 2025

## Holistic Recovery Schedule

ZOOM

COMMUNITY or KINDNESS  
CENTER (KC)

JOURNEYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div>1</div> <div>4:30pm Writing Group, KC Art Room</div> <div>5:30pm Art Exploration, KC Art Room</div>	<div>2 Yom Kippur</div> <div>No Groups, Office Closed</div>	<div>3</div> <div>9:00am Cuyahoga Valley Scenic Railroad (\$)</div>	<div>4</div> <div>11am Apple Picking at Patterson’s Fruit Farm</div>
<div>5</div> <div>Journeys: Visit Look About Lodge, South Chagrin Reservation</div>	<div>6</div> <div>3pm Art Exploration, KC Art Room</div> <div>6:15pm Zumba, KC (\$)</div>	<div>7 Sukkot</div> <div>No Groups, Office Closed</div>	<div>8</div> <div>4:30pm Writing Group, KC Art Room</div> <div>5:30pm Art Exploration, KC Art Room</div>	<div>9</div> <div>11am Coloring Club, Beachwood Mall</div> <div>ZOOM: 3pm Sports Talk</div> <div>ZOOM: 3:30pm Musical Moods</div>	<div>10</div> <div>11am Coffee &amp; Conversation, Van Aken Market Hall (\$)</div>	<div>11</div> <div>11am Tinker’s Creek Gorge Scenic Overlook, Bedford Reservation</div>
<div>12</div> <div>Journeys: Lunch at Burgers 2 Beer, Solon (\$)</div>	<div>13</div> <div>3pm Art Exploration, KC Art Room</div> <div>6:15pm Zumba, KC (\$)</div>	<div>14</div> <div>ZOOM: 3pm Trivia Hour</div> <div>6pm Dinner Group, Burgers 2 Beer, Highland Heights</div>	<div>15</div> <div>4:30pm Writing Group, KC Art Room</div> <div>5:30pm Art Exploration, KC Art Room</div>	<div>16</div> <div>11am Coloring Club, Beachwood Mall</div> <div>2pm Community Volunteers: Memory Café, KC</div> <div>ZOOM: 3pm Sports Talk</div> <div>ZOOM: 3:30pm Musical Moods</div>	<div>17</div> <div>11am Szalay’s Sweet Corn Farm &amp; Market Corn Maze (\$)</div>	<div>18</div> <div>11am Fall Fun Day at Public Square</div>
<div>19</div> <div>Journeys: Art Making at the Maltz Museum (\$)</div>	<div>20</div> <div>3pm Special Program: FoodStrong Culinary Presentation, KC</div> <div>6:15pm Zumba, KC (\$)</div>	<div>21</div> <div>10:30am Weekly Walk, Acacia Park</div> <div>ZOOM: 3pm Trivia Hour</div>	<div>22</div> <div>6pm “Back to the Future: 150 Years of Creative Connections”, Art Show and Performance Night, KC</div>	<div>23</div> <div>No Coloring Club Today</div> <div>ZOOM: 3pm Sports Talk</div> <div>ZOOM: 3:30pm Musical Moods</div>	<div>24</div> <div>11am Fall Walk, North Chagrin Nature Center</div>	<div>25</div> <div>11am Coffee &amp; Conversation, Van Aken Market Hall (\$)</div>
<div>26</div> <div>Journeys: Howard’s Apples Farm Market, Aurora</div>	<div>27</div> <div>3pm Art Exploration, KC Art Room</div> <div>6:15pm Zumba, KC (\$)</div>	<div>28</div> <div>10:30am Weekly Walk, Acacia Park</div> <div>ZOOM: 3pm Trivia Hour</div>	<div>29</div> <div>4:30-6:30pm Fall Pizza Party, KC</div>	<div>30</div> <div>11am Coloring Club, Beachwood Mall</div>	<div>31</div> <div>11am Skeleton Grove, Holden Arboretum (\$)</div>	<div>November 1</div> <div>11am Day of the Dead Celebration, Cleveland Public Theater (\$)</div>