



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



PLAN is a division of JFSA Cleveland



#### January Activity Photos: Karaoke!



Journeys members enjoyed karaoke with some friends from YouthAbility!

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)

#### 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 every other week 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.

**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.

**POST CET:** Post CET is an opportunity for those who have graduated from CET to hone their cognitive and social skills. This group meets every Tuesday from 1-2pm at the Kindness Center.

**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.

# PEOPLE, PLACES & Plan

A Newsletter for Members of Plan

#### New Monthly Activity: Puzzle Group

We are excited to introduce a brand-new monthly activity: Puzzle Group!

This relaxed, hands-on group is all about working together to solve jigsaw puzzles. Working on puzzles helps build focus, problem-solving skills, and teamwork! You'll also enjoy conversation and connection with others.

Whether you love puzzles or just want to try something new, this group is a great way to unwind, stay engaged, and spend time with peers at the Kindness Center.

Some transportation is available! Call to RSVP

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



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

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# February 2026

## Holistic Recovery Schedule

ZOOM  
 COMMUNITY or KINDNESS  
 CENTER (KC)  
 JOURNEYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Journeys: Visit to Visible Voice Book Store, Cleveland	2 3pm Art Exploration, KC Art Room	3 10:00 am Weekly Walk, JCC  NO POST CET TODAY  ZOOM: 3pm Trivia Hour	4 4:30pm Writing Group, KC Art Room  5:30pm Art Exploration, KC Art Room	5 11am Coloring Club, Beachwood Mall  ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	6 11am Brunch @ Crepes N' Crisp, Cleveland (\$)	7 11am Cleveland Bazaar Valentine, Lake Affect Studios, Cleveland (\$)
8 Journeys: Pottery Painting at The Drawing Board Arts, Lyndhurst (\$)	9 3pm Art Exploration, KC Art Room	10 10:00 am Weekly Walk, JCC  1pm Post CET Group, KC Back Room  ZOOM: 3pm Trivia Hour	11 4:30pm Writing Group, KC Art Room  5:30pm Art Exploration, KC Art Room	12 11am Coloring Club, Beachwood Mall  ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	13 11am Movie Group, TBD	14 12pm Coffee & Conversation, Van Aken Market Hall (\$)
15 Journeys: Dunham Tavern Museum Tour, Cleveland	16 Cooking Group: Chili and Soup, KC Kitchen	17 10:00 am Weekly Walk, JCC  1pm Post CET Group, KC Back Room  ZOOM: 3pm Trivia Hour	18 4:30pm Writing Group, KC Art Room  5:30pm Art Exploration, KC Art Room	19 11am Coloring Club, Beachwood Mall  ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	20 11am Coffee & Conversation, Van Aken Market Hall (\$)	21 11am Shopping @ Great Lakes Mall, Mentor
22 Journeys: Bowling, Location TBD (\$)	23 3pm Art Exploration, KC Art Room	24 10:00 am Weekly Walk, JCC  1pm Post CET Group, KC Back Room  ZOOM: 3pm Trivia Hour	25 4:30pm Writing Group, KC Art Room  5:30pm Art Exploration, KC Art Room	26 11am Coloring Club, Beachwood Mall  5pm Dinner Group, Olive Garden (\$)  ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	27 11am Rock & Roll Hall of Fame, Cleveland (\$)	28 12pm Coffee & Conversation, Van Aken Market Hall (\$)
March 1 Journeys: North Chagrin Nature Center, Outdoor Walk	2 3pm Art Exploration, KC Art Room	3 10:00 am Weekly Walk, JCC  1pm Post CET Group, KC Back Room  ZOOM: 3pm Trivia Hour	4 4:30pm Writing Group, KC Art Room  5:30pm Art Exploration, KC Art Room	5 11am Coloring Club, Beachwood Mall  ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	6 11am Coffee & Conversation, Van Aken Market Hall (\$)	7 11am Puzzle Group, Kindness Center