



PLAN of Northeast Ohio
The Kindness Center
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PLAN STAFF

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CELEBRATING
150 YEARS
1875-2025

PLAN is a division of JFSA Cleveland



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

What's Happening in February:

The February PLAN calendar is packed with opportunities to connect, create, and have fun!. This month's calendar offers a great mix of familiar favorites, new experiences, and chances to get out into the community—whether in person or on Zoom.

During the week, members can count on a steady routine of groups that support creativity, learning, and social connection. Art exploration, writing group, weekly walks, and post CET Groups continue to be core parts of the schedule, giving everyone a chance to build skills while spending time with peers. Coloring club at Beachwood Mall remains a relaxing, low-pressure way to enjoy creativity in a community setting.

For those who prefer to join from home, February includes several Zoom options that make staying connected easy and fun. Trivia hour, sports talk, and musical moods are all great ways to share interests, spark conversation, and laugh together—no matter where you're logging in from.

This month also features lots of PLAN and Journeys outings around the community. From museum visits and creative studios to coffee shops, shopping trips, and nature walks, these activities give PLAN members a chance to explore new places and enjoy being out and about together. There are also some fun seasonal highlights, including a Valentine-themed outing and a visit to the Rock & Roll Hall of Fame.

Weekends bring even more chances to relax and socialize, with brunches, bowling, puzzle groups, and casual coffee & conversation meetups. Whether you're looking to try something new or just enjoy time with friends, there's something for everyone on the February calendar.

As always, an RSVP is required for all in-person PLAN activities and can be made starting seven days before each event by calling, texting or emailing Becky. Transportation is available for many outings. We're looking forward to a great month—hope you'll join us!

VOLUME 18, ISSUE 1 | January 2026

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)



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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

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.

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