



**PLAN of Northeast Ohio**  
**The Kindness Center**  
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 Beachwood, Ohio 44122  
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**PLAN STAFF**

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**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

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**Special Event:  
 Movie Night at the  
 Kindness Center**

Join your PLAN friends for a movie night at the Kindness Center!

Showtime is Wednesday, March 25<sup>th</sup> at 4:30pm. We'll watch Hidden Figures, a 2016 movie where three brilliant African-American women at NASA -- Katherine Johnson, Dorothy Vaughan and Mary Jackson -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit!

Popcorn, pizza and pop will be provided.

Some transportation is available! Call to RSVP starting March 1.

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



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**What's Happening in March:**

The March PLAN calendar is full of opportunities to connect, stay engaged, and enjoy a variety of activities throughout the month!

PLAN members can participate in lots of familiar weekly groups that help create routine, including Post CET group, writing group, art exploration, coloring club, the weekly walk, and coffee & conversation. These regular programs offer easy ways to work on your thinking skills, express creativity, get some movement, and spend time with peers in a comfortable, supportive space.

There are also plenty of fun and unique Kindness Center and community activities on the calendar. This includes puzzle group, cooking group in the KC kitchen, a movie and pizza night (details in the right-hand column), and a West Side Market shopping trip.

March Journeys outings include a trip to the nature center, the library, lunch at Issi's Pizza and a group favorite: Tabletop Games.

For those who prefer to join from home, there are several Zoom options sprinkled throughout the month, including trivia hour, sports talk, and musical moods. In fact, we will be having a **ZOOM CHALLENGE** during the month of March. We will track attendance and everyone who participates in a Zoom activity will be entered into a drawing for a Giant Eagle gift card! You will be entered each time you participate, increasing your chances to win!

Just a reminder that RSVPs are required for all in-person PLAN activities at least seven days in advance. Call/email/text Becky or Brent to sign up. We look forward to seeing you at the March PLAN activities!

**February Activity Photos**



A PLAN favorite: coloring club at Beachwood Mall! Join us on Thursdays from 11-12:30 in the food court.

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.

# March 2026 Holistic Recovery Schedule

 ZOOM  
 COMMUNITY or KINDNESS CENTER (KC)  
 JOURNEYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Journeys: North Chagrin Nature Center, Outdoor Walk	<b>2</b> 3pm Art Exploration, KC Art Room	<b>3</b> 10:00 am Weekly Walk, JCC 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	<b>4</b> 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	<b>5</b> 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods 6pm Art as a Path to Peace in a Turbulent World Exhibit, Tri-C	<b>6</b> 11am Coffee & Conversation, Van Aken Market Hall (\$)	<b>7</b> 11am Puzzle Group, KC
<b>8</b> Journeys: Tabletop Games, Cleveland (\$)	<b>9</b> 3pm Beading Class with Olive Abbey Handmade, KC Art Room	<b>10</b> 10:00 am Weekly Walk, JCC 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	<b>11</b> 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	<b>12</b> 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	<b>13</b> 11am Lunch Group at No Fork Restaurant, Beachwood (\$)	<b>14</b> 12pm Coffee & Conversation, Van Aken Market Hall (\$)
<b>15</b> Journeys: Beachwood Library & Nervous Dog, Beachwood (\$)	<b>16</b> 3pm Art Exploration, KC Art Room	<b>17</b> 10:00 am Weekly Walk, JCC 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	<b>18</b> 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	<b>19</b> 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	<b>20</b> 11am Shaker Rocks, Try Out Rock Climbing, Shaker (\$)	<b>21</b> 11am Shopping at the West Side Market, Cleveland
<b>22</b> Journeys: Lunch at Issi's Place (\$)	<b>23</b> 3pm Cooking Group: Rotisserie Chicken Meals, KC Kitchen	<b>24</b> 10:00 am Weekly Walk, JCC 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	<b>25</b> 4:30pm Movie & Pizza Night: Hidden Figures, Kindness Center	<b>26</b> 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	<b>27</b> 11am Movie Group (rescheduled from 2/13), TBD (\$)	<b>28</b> 12pm Coffee & Conversation, Van Aken Market Hall (\$)
<b>29</b> No Journeys Today	<b>30</b> 3pm Art Exploration, KC Art Room	<b>31</b> 10:00 am Weekly Walk, JCC 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	<b>April 1</b> 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	<b>2</b> 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	<b>3</b> 11am Coffee & Conversation, Van Aken Market Hall (\$)	<b>4</b> 11am Nature Walk at Canal Way Center, Cuyahoga Heights