



PLAN of Northeast Ohio
The Kindness Center
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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.

PUZZLE GROUP: Gather once a month to challenge your brain AND have some fun with friends at puzzle group. This group meets on a Saturday 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

VOLUME 18, ISSUE 4 | April 2026

New Dinner Group Format:

Dinner Group will be offered on two separate nights this month at BJ's Brewhouse in Orange to give more members the opportunity to attend. By splitting the group into two evenings, we're able to accommodate more participants while keeping the experience comfortable and enjoyable for everyone.

BJ's Brewhouse is a casual, welcoming restaurant known for its wide variety of menu options and comfortable atmosphere. The menu offers something for everyone, including pizzas, burgers, pasta, salads, and a range of appetizers, making it a great spot for groups with different tastes!

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



What's Happening in April:

April is shaping up to be a full and engaging month at PLAN, with a wide range of activities that support creativity, connection, and community involvement. Weekly favorites continue to provide structure and routine, including Tuesday Weekly Walks, Wednesday Writing Group and Art Exploration (also on Monday!), and Thursday Coloring Club. Members can also enjoy social staples like Coffee & Conversation on Fridays and/or Saturdays, along with opportunities to get out into the community for shopping trips and shared meals. The cooking group returns this month with a pizza-making session, and there are several chances to gather for dinner together. For those who prefer to join from home, Zoom options like Musical Moods and Trivia Hour are offered regularly, making it easy to stay connected in a way that feels comfortable.

In addition to these ongoing programs, April includes a number of special outings and events that bring variety to the schedule. Members will have the opportunity to attend the Geauga Maple Fest, visit the Cleveland Museum of Art, and explore different parts of the community through planned trips and activities. There are also unique experiences like a puzzle group at the Kindness Center and time spent at a local Goodwill. As always, a reminder that RSVPs are required at least seven days in advance for all in-person activities to help ensure smooth planning.

Journeys programming continues as its own important part of the schedule, focusing on meaningful community engagement and exploration. This month includes a mix of both in-person and virtual opportunities, such as Musical Moods on Zoom, participation in Good Deeds Day at the Kindness Center, a visit to the Great Lakes Nature Center, and a trip to the Cleveland Museum of Art. These experiences are designed to encourage curiosity, independence, and connection while supporting members as they engage with new places and activities.

Altogether, April offers an enjoyable balance of routine and variety, giving PLAN members many ways to stay active, creative, and connected throughout the month!

March Activity Photos



Rock Climbing at Shaker Rocks






Art as a Path To Peace Exhibit

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.

April 2026 Holistic Recovery Schedule

 ZOOM
 COMMUNITY or KINDNESS CENTER (KC)
 JOURNEYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Passover Begins No Groups Tonight	2 Passover Office Closed	3 11am Coffee & Conversation, Van Aken Market Hall (\$)	4 11am Nature Walk at Canal Way Center, Cuyahoga Heights
5 Easter Journeys: Musical Moods Zoom at 1pm	6 3pm Art Exploration, KC Art Room	7 10:00am Weekly Walk, TBD 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	8 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	9 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods 5pm Dinner Group at BJ's Brewhouse, Orange (\$)	10 11am Shopping at Goodwill, Willowick	11 12pm Coffee & Conversation, Van Aken Market Hall (\$)
12 Journeys: Good Deeds Day at the Kindness Center	13 3pm Art Exploration, KC Art Room	14 10:00am Weekly Walk, TBD 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	15 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	16 10am Once Upon a Time! Garfield High School Musical ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	17 11am Lunch Group at Hecks, Beachwood (\$)	18 11am Cleveland Museum of Art, Wade Oval
19 Journeys: Great Lakes Nature Center, Bay Village	20 3pm Cooking Group: Pizza Making	21 10:00am Weekly Walk, TBD 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	22 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	23 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods 5pm Dinner Group at BJ's Brewhouse, Orange (\$)	24 11am Geauga Maple Fest, Chardon (\$)	25 12pm Coffee & Conversation, Van Aken Market Hall (\$)
25 Journeys: Cleveland Museum of Art, Wade Oval	27 3pm Art Exploration, KC Art Room	28 10:00am Weekly Walk, TBD 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	29 4:30pm Field Trip to Cosmic Bobbins, Cleveland	30 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	May 1 11am Coffee & Conversation, Van Aken Market Hall (\$)	2 11am Puzzle Group, Kindness Center