



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 5 | MAY 2026

May Day Trip

On Friday, May 29th, PLAN will head south and visit Akron!

We will start our day with coffee and a visit to House Three Thirty, a community hub created by the Lebron James Foundation.

Lunch will be at the Barrelhouse Restaurant on W. Market Street. The restaurant has a lot of menu options under \$20 and has something for everyone.

We'll finish our day at Stan Hywet Hall & Gardens which features a historic 65-room Tudor Revival Manor House, Gothic Revival Conservatory, Gate Lodge and about 70 acres of beautifully landscaped grounds and formal gardens.

This full day activity will involve a moderate amount of walking.

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



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May Community Based Activities:

The May 2026 Holistic Recovery Schedule is packed with ways to stay connected, get creative, and spend time together as we head into spring!

May is also Mental Health Awareness Month, which is always meaningful at PLAN. Each year, we highlight speakers and artists who show that a diagnosis doesn't define a person. Instead, we focus on people who are using their talents, creativity, and determination to do what they love and share it with others.

This year we will feature a concert by PLAN member composer and artist Sam Silverman. Sam will perform a suite of music inspired by stained glass. We'll also have "stained glass" artwork on display by our very own PLAN artists. The event will be the evening of Wednesday, May 20 at the Kindness Center. You can RSVP for the event beginning May 1st.

This month includes a mix of in-person and Zoom options, with familiar favorites like Coffee & Conversation, weekly walks, Writing Group, and Art Exploration happening regularly. These groups help give the week some structure while also creating space to connect, practice skills, and just be around others in a supportive setting.

There are also plenty of opportunities to get out in the community. Members will visit places like Van Aken Market Hall, a special trip to the In Step with Horses barn, and Shaker Nature Center, along with a day trip to Akron. Other options like coloring club, music-themed Zoom groups, and post-CET group continue to support wellness, and group meals—like dinner at Red Robin and lunch at Batter—offer a more relaxed way to spend time together.

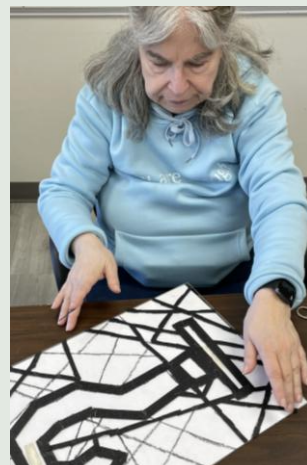
Journeys continues this month with activities like bowling at Roseland Lanes, a trip to the Cleveland Metroparks Zoo, and a picnic lunch at Edgewater Park to wrap things up.

As always, please remember to RSVP ahead of time for in-person activities. There's a lot happening this month, with something for everyone to be a part of! Contact Becky with questions.

April Activity Photos



March Cooking Group



Stained Glass at Art Explorations






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.

May 2026 Holistic Recovery Schedule

 ZOOM
 COMMUNITY or KINDNESS CENTER (KC)
 JOURNEYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 11am Coffee & Conversation, Van Aken Market Hall (\$)	2 12pm Puzzle Group, Kindness Center
3 Journeys: Penitentiary Glen Art Show	4 3pm Art Exploration, KC Art Room	5 10:00am Weekly Walk, TBD 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	6 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	7 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods 5pm Dinner Group at Red Robin, Willoughby	8 12pm In Step with Horses, Chesterland (\$20, BYOL)	9 12pm Coffee & Conversation, Van Aken Market Hall (\$)
10 Journeys: Bowling at Roseland Lanes (\$)	11 3pm Art Exploration, KC Art Room	12 10:00am Weekly Walk, TBD 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	13 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	14 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	15 12pm Lunch at Batter Restaurant, Cleveland (\$)	16 12pm Walk at Shaker Nature Center, Shaker
17 Journeys: Cleveland Metroparks Zoo (\$)	18 3pm Cooking Group-Pizza, KC Kitchen	19 10:00am Weekly Walk, TBD 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	20 6:45pm Mental Health Awareness Month Event: Concert with Sam Silverman	21 No Coloring Today ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	22 Shavuot No Groups Today	23 12pm Coffee & Conversation, Van Aken Market Hall (\$)
24 No Journeys Today	25 Memorial Day No Groups Today	26 10:00am Weekly Walk, TBD 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	27 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	28 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods 6pm Dinner Group at Red Robin, Willoughby	29 9am Day Trip to Akron, OH (approximately \$40)	30 No Groups Today
31 Journeys: Picnic Lunch (bring your own) at Edgewater Park, Cleveland						