



**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)



### 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

### June Day Trip

On Friday, June 26th, PLAN will head southwest and visit Richland County!

We will spend most of our day at a tour of Malabar Farm State Park. Malabar Farm State Park is a 900-acre historic working farm and state park in Lucas, Ohio

We'll have a late lunch at the River Rock Sports Bar and Grill. The restaurant features a full menu along with family recipe pizza, subs, wings and more.

This full day activity will involve a moderate amount of walking as well as a significant amount of driving time. We will be utilizing a JFSA bus and will travel together.

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



### June Community Based Activities:

June's Holistic Recovery Schedule is full of opportunities for PLAN members to stay active, connected, and involved in the community as summer gets underway!

Familiar weekly groups like Art Exploration, Writing Group, post-CET Group, and the Weekly Walk continue throughout the month and give PLAN members a chance to build routine while working on social, cognitive, and wellness skills in a supportive setting. Zoom Trivia Hour returns every Tuesday and continues to be a fun way for folks to stay connected from home, while Thursday Zoom groups focused on sports talk and musical moods offer additional opportunities for conversation and shared interests. Coloring Club at Beachwood Mall also continues this month and remains a relaxing and social way for PLAN members to spend time together in the community.

June also includes a variety of outings and special activities that encourage members to try new experiences and spend time together outside of the office. Members will have opportunities to attend the Akron Older Adult Services Art Exhibit Opening, visit In Step with Horses in Chesterland, enjoy lunch downtown, and participate in a day trip to Malabar Farm State Park later in the month. Social outings continue to be an important part of the schedule, with Coffee & Conversation at Van Aken Market Hall, Dinner Group at Don Ramon's, Puzzle Group, and Cooking Group all returning this month. These activities give members opportunities to practice communication, flexibility, planning, and teamwork skills while also building relationships and confidence in community settings.

Journeys activities this month focus on getting out into the community and enjoying seasonal experiences around Northeast Ohio. Members will visit the Shaker Nature Center, play miniature golf at Golf Dome in Chagrin Falls, explore the Maltz Museum's Icons in Ink exhibit, and end the month with a walk at Acacia Reservation followed by ice cream at Mitchell's.

The variety of activities on this month's calendar reflects PLAN's continued goal of offering meaningful opportunities for recovery, creativity, socialization, and community participation while helping members build confidence and independence in a supportive environment.

### Mental Health Awareness Month Event






L: Merle R, C: Brent and Sam, R: Emilie B.

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.

# June 2026 Holistic Recovery Schedule

 ZOOM  
 COMMUNITY or KINDNESS CENTER (KC)  
 JOURNEYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 3pm Art Exploration, KC Art Room	<b>2</b> 10:00am Weekly Walk, TBD 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	<b>3</b> 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	<b>4</b> 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods 6pm Dinner Group at Don Ramon's, Lyndhurst (\$)	<b>5</b> 11am Akron Older Adult Services Art Exhibit Opening, Akron	<b>6</b> 12pm Puzzle Group, Kindness Center
<b>7</b> Journeys: Shaker Nature Center, Shaker	<b>8</b> 3pm Art Exploration, KC Art Room	<b>9</b> 10:00am Weekly Walk, TBD 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	<b>10</b> 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	<b>11</b> 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	<b>12</b> 12pm In Step with Horses, Chesterland (\$20)	<b>13</b> 12pm Coffee & Conversation, Van Aken Market Hall (\$)
<b>14</b> Journeys: Miniature Golf at the Golf Dome, Chagrin Falls	<b>15</b> 3pm Art Exploration, KC Art Room	<b>16</b> 10:00am Weekly Walk, TBD 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	<b>17</b> 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	<b>18</b> No Coloring Today 2pm Metroparks Voyager 10-Person Canoe Outing, Berea ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	<b>19</b> 12pm Free Stamp Friday Lunch, Downtown (\$)	<b>20</b> 12pm Walk at Beachwood Park, Beachwood
<b>21</b> Journeys: Maltz Museum Icons in Ink Exhibit, Beachwood	<b>22</b> 3pm Cooking Group-Salads	<b>23</b> 10:00am Weekly Walk, TBD 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	<b>24</b> 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	<b>25</b> 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods 6pm Dinner Group at Don Ramon's, Lyndhurst (\$)	<b>26</b> 9am Day Trip to Malabar Farm State Park, Lucas (approximately \$30)	<b>27</b> 12pm Coffee & Conversation, Van Aken Market Hall (\$)
<b>28</b> Journeys: Walk at Acacia, Ice Cream at Mitchells, LaPlace	<b>29</b> 3pm Art Exploration, KC Art Room	<b>30</b> 10:00am Weekly Walk, TBD 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	<b>July 1</b> 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	<b>2</b> No coloring today. ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	<b>3</b> No Groups Today	<b>4 Happy 4<sup>th</sup> of July!</b> 12pm Coffee & Conversation