



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.

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

July Community Based Activities:

July is packed with opportunities to connect, create, and get out into the community. Along with our regular groups like Art Exploration, Writing Group, Coloring Club, Coffee & Conversation, and CET Post Group, we'll continue offering virtual favorites such as Sports Talk, Musical Moods, and Trivia Hour. Whether you enjoy expressing yourself creatively, discussing shared interests, or simply spending time with others, there are plenty of ways to stay engaged throughout the month.

We're also taking advantage of the summer weather with several fun outings and special events. Members can join us for a Lake County Captains baseball game, Cain Park Arts Festival, visits to the Maltz Museum and Van Aken Market Hall, and a day trip to the Tremont Neighborhood of Cleveland. We'll also get creative with a tie-dye activity and spend time in the kitchen during our cooking group. These activities provide a chance to explore new places, try new experiences, and enjoy time with friends.

Join us for a summer day trip to Cleveland's Tremont neighborhood, where we'll spend the early evening exploring the Tremont Arts & Cultural Festival. This annual event features local artists, live entertainment, food vendors, and unique handmade goods, making it a great opportunity to experience Cleveland's vibrant arts community. Before enjoying the festival, we'll head to Ohio City for dinner at a local restaurant. Whether you enjoy art, people-watching, good food, or simply spending time with friends, this outing offers something for everyone. Please note that participants are responsible for the cost of dinner.

Our Journeys program continues to offer opportunities to get outdoors and enjoy the season, with walks, picnics, and community events planned throughout July. As always, these activities are about more than just having fun—they're opportunities to build confidence, strengthen relationships, and practice social skills in everyday settings. We hope you'll join us for another month of learning, connection, and community.

Be sure to call, text or email to RSVP for activities!

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July Special Event: Tie-Dye a Tee at the Kindness Center

On July 17, PLAN members will create tie-dye T-shirts at the Kindness Center for an upcoming art exhibit at the Beachwood Community Center celebrating the 250th anniversary of the United States.

The exhibit will highlight the art and artists of the Kindness Center from August to October.

This project gives members a chance to express their creativity while contributing to this wonderful community exhibit.

Some transportation is available. You are welcome to attend with your own transportation.

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



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June Activity Photos



Canoeing at Wallace Lake



Day Trip to Akron at House 330



Miniature Golf

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.

July 2026

Holistic Recovery Schedule

ZOOM

COMMUNITY or KINDNESS
CENTER (KC)

JOURNEYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 4:30pm Writing Group, KC Art Room 5:30pm Art Exploration, KC Art Room	2 No coloring today. ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	3 12pm Coffee & Conversation (Note change from June calendar)	4 Happy 4 th of July! No Groups Today (Note change from June calendar)
5 No Journeys Today	6 3pm Art Exploration, KC Art Room	7 No Walk Today 1pm Post CET Group, KC Back Room ZOOM: 3pm Trivia Hour	8 7pm Lake County Captains Baseball Game	9 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods 6pm Dinner Group at Winking Lizard, Mayfield	10 2pm Late in the Day Trip: Cleveland (approx. \$25)	11 12pm Cain Park Arts Festival, Cleveland Heights
12 Journeys: Walk and Ice Cream at Pinecrest	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 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	17 11am Tie-Dye Tee Shirts at the Kindness Center	18 12pm Maltz Museum, Icons in Ink Exhibit (\$12)
19 Journeys: Picnic at Chagrin Falls Park (Bring Your Own Lunch)	20 3pm Cooking Group-Hot & Cold Sandwiches	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 6pm Dinner Group at Winking Lizard, Mayfield	24 12pm Lunch at Greek Festival, Cleveland Heights (\$)	25 12pm Coffee & Conversation, Van Aken Market Hall (\$)
26 Journeys: Solon Community Days	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 No Groups Today	30 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	31 No Groups Today	August 1 No Groups Today