



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? 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.

WEEKLY WALKING GROUP: Meets every Tuesday at 10am for a 30-45-minute walk. Location determined by weather.

WRITING CLUB: This is a group for those who like to have fun with writing. The Group meets every Wednesday from 4:30-5:30pm in the art room.

PEOPLE, PLACES & Plan

A Newsletter for Members of Plan

October PLAN Activities:

October's PLAN calendar is packed with fun, creative, and social activities for everyone to enjoy. There's something happening throughout the month, whether you want to get out into the community, meet up with friends, get creative, or join an activity from home on Zoom.

There are plenty of chances to connect with others. You can join the weekly Art Exploration and Writing groups, grab some coffee and have a conversation, or take part in Coloring Club and Musical Moods. Weekly walks are also on the calendar, giving everyone a chance to get some fresh air and enjoy time together.

There are also lots of fun outings planned around the Cleveland area. The schedule includes trips to museums, arboretums, local parks, and restaurants, along with activities like a pumpkin walk and a fall pizza party. These outings are a great way to explore the community while spending time with others.

One of the highlights of the month is the annual art show on October 21st from 6-8 p.m. at the Kindness Center. The evening will celebrate the creativity and talents of PLAN members and JFSA clients, with art on display along with music and live performances. It will be a wonderful opportunity to come together, enjoy the work of our community, and celebrate everyone's creativity. **You can RSVP for the activity beginning October 1st.**

Please note that Writing Group begins at **5pm** starting October 7th. Also, as a reminder, we ask that PLAN members attending groups at the Kindness Center arrive no earlier than 30 minutes before the group start time. If your transportation is going to drop you off earlier, please let Becky or Brent know as soon as you can.

With so many choices, October is a great month to try something new or join a favorite activity. Just remember that an RSVP is required for all in-person PLAN activities, and RSVPs should be made no earlier than seven days before the activity. Whether you join in person or online, there are plenty of ways to stay active, connected, and involved this month!

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Special Event: Fall Pizza Party!

Come celebrate the season with us on Wednesday, October 28th, from 5:00-7:00 PM!

We'll have plenty of pizza, pop, desserts, games, and fun for everyone to enjoy. And, if you're in the mood to get festive, costumes are welcome!

Some transportation is available. Be sure to RSVP starting October 1st so you can save your spot and let us know if you'll need transportation.

We hope you'll join us for an evening of pizza, games, and fall fun!

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



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Community Activity Photos



From left: Beachwood Community Center Art Show, PLAN Annual Member and Family Picnic

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.

October 2026

Holistic Recovery Schedule

ZOOM

COMMUNITY or KINDNESS
CENTER (KC)

JOURNEYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	2 11am Patterson Fruit Farm, Chesterland (\$)	3 11am Coffee & Conversation, KC
4 Journeys: Lake Farmpark Corn & Pumpkin Weekend (\$)	5 3pm Art Exploration, KC Art Room	6 10am Weekly Walk (location TBD by weather) 1pm Post-CET, KC Back Room ZOOM: 3pm Trivia Hour	7 5pm Writing Group, KC Art Room (Note Time Change!) 5:30pm Art Exploration, KC Art Room	8 No Coloring Today ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	9 10:30am Music Therapy with Cleveland State, KC	10 11am Coffee & Conversation, KC
11 No Journeys Today	12 3pm Art Exploration, KC Art Room	13 10am Weekly Walk (location TBD by weather) 1pm Post-CET, KC Back Room ZOOM: 3pm Trivia Hour	14 5pm Writing Group, KC Art Room (Note Time Change!) 5:30pm Art Exploration, KC Art Room	15 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	16 11am Holden Arboretum, Kirtland (\$)	17 11am Coffee & Conversation, KC
18 Journeys: Lunch at Kinneret, Cleveland Heights (\$)	19 No Art Exploration Group Today	20 10am Weekly Walk (location TBD by weather) 1pm Post-CET, KC Back Room ZOOM: 3pm Trivia Hour	21 6-8pm Annual PLAN & JFSA Client Art Show and Performance Night, Kindness Center (flyer included)	22 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	23 10:30am Music Therapy with Cleveland State, KC	24 No Group Today
25 Journeys: Skeleton Grove at Holden Arboretum (\$)	26 No Art Exploration Group Today	27 10am Weekly Walk (location TBD by weather) 1pm Post-CET, KC Back Room ZOOM: 3pm Trivia Hour	28 5-7pm Fall Pizza Party, Kindness Center	29 11am Coloring Club, Beachwood Mall ZOOM: 3pm Sports Talk ZOOM: 3:30pm Musical Moods	30 11am Buckland Museum of Witchcraft & Magick, Old Brooklyn (\$)	31 11am Puzzle Group, KC