PLAN of Northeast Ohio
The Kindness Center
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Beachwood, Ohio 44122
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## PLAN STAFF

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*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 week at the Kindness Center. Coffee and other drinks are provided by PLAN!
**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 5:00-5:30pm in the art room.

## Community Activity Photos





From left: JFSA & PLAN Art and Performance Night, Skeleton Grove at the Holden Arboretum

**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**

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# PEOPLE, PLACES & Plan

**A Newsletter for Members of Plan**

## November PLAN Activities:

November is full of opportunities to connect with friends, explore the community, and get creative with PLAN! Our regular weekly activities continue throughout the month, including Art Exploration, Writing Group, Coloring Club, Weekly Walks, and Post-CET. Coffee and Conversation also offers a chance to catch up with friends, with gatherings at Van Aken and the Kindness Center.

Journeys has several fun outings planned for November! Members can enjoy popcorn and a movie at the Kindness Center, explore the Beachwood Fall Craft & Vendor Market, visit the Cleveland Museum of Art to see the Wade Oval area, and take a trip to Great Lakes Mall in Mentor. These outings are a great way to spend time with friends while enjoying all that the community has to offer.

There are also some special activities to look forward to this month. Music Therapy with Cleveland State continues November 6 and 20, and PLAN members can enjoy a visit to the Cleveland Museum of Art on November 13 to see *Spectacular Freedom: Andrew Wyeth and the Modern American Watercolor*. We will also gather for a Fall Pizza Party on November 18. Please note that the office will be closed on Thanksgiving, November 26, and there will be no groups on November 21.

Looking for ways to stay connected from home? Join us on Zoom for Trivia Hour every Tuesday, along with Sports Talk and Musical Moods on Thursdays.

Whether you prefer getting out into the community, making art, or connecting with friends online, there are plenty of ways to make the most of November with PLAN!

## Special Event: Rescheduled Fall Pizza Party!

Come celebrate the season with us on Wednesday, November 18, from 5:00–7:00 PM!

We'll have plenty of pizza, pop, desserts, games, and fun for everyone to enjoy.

Some transportation is available. Be sure to RSVP starting November 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)**

plan of Northeast Ohio

**planofjfsa.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.

# November 2026
# Holistic Recovery Schedule

ZOOM
COMMUNITY or KINDNESS CENTER (KC)
JOURNEYS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **1**<br>No Journeys Today | **2**<br>3pm Art Exploration, KC Art Room | **3**<br>10am Weekly Walk (location TBD by weather)<br>1pm Post-CET, KC Back Room<br>ZOOM: 3pm Trivia Hour | **4**<br>5pm Writing Group, KC Art Room<br>5:30pm Art Exploration, KC Art Room | **5**<br>11am Coloring Club, Beachwood Mall<br>ZOOM: 3pm Sports Talk<br>ZOOM: 3:30pm Musical Moods | **6**<br>10:30am Music Therapy with Cleveland State, KC | **7**<br>11am Coffee & Conversation, Van Aken ($) |
| **8**<br>Journeys: Popcorn and a Movie at the Kindness Center | **9**<br>3pm Art Exploration, KC Art Room | **10**<br>10am Weekly Walk (location TBD by weather)<br>1pm Post-CET, KC Back Room<br>ZOOM: 3pm Trivia Hour | **11**<br>5pm Writing Group, KC Art Room<br>5:30pm Art Exploration, KC Art Room | **12**<br>11am Coloring Club, Beachwood Mall<br>ZOOM: 3pm Sports Talk<br>ZOOM: 3:30pm Musical Moods | **13**<br>11am Spectacular Freedom: Andrew Wyeth and the Modern American Watercolor, Cleveland Museum of Art ($) | **14**<br>11am Coffee & Conversation, KC |
| **15**<br>Journeys: Beachwood Fall Craft & Vendor Market, Beachwood Place | **16**<br>3pm Art Exploration, KC Art Room | **17**<br>10am Weekly Walk (location TBD by weather)<br>1pm Post-CET, KC Back Room<br>ZOOM: 3pm Trivia Hour | **18**<br>5-7pm RESCHEDULED Fall Pizza Party! | **19**<br>11am Coloring Club, Beachwood Mall<br>ZOOM: 3pm Sports Talk<br>ZOOM: 3:30pm Musical Moods | **20**<br>10:30am Music Therapy with Cleveland State, KC | **21**<br>No Group Today |
| **22**<br>Journeys: Cleveland Museum of Art, Wade Oval | **23**<br>3pm Art Exploration, KC Art Room | **24**<br>10am Weekly Walk (location TBD by weather)<br>1pm Post-CET, KC Back Room<br>ZOOM: 3pm Trivia Hour | **25**<br>5pm Writing Group, KC Art Room<br>5:30pm Art Exploration, KC Art Room | **26 Thanksgiving**<br>Office Closed | **27**<br>11am Lunch @ City BBQ, Beachwood ($) | **28**<br>11am Coffee & Conversation, KC |
| **29**<br>Journeys: Great Lakes Mall, Mentor | **30**<br>3pm Art Exploration, KC Art Room | **December 1**<br>10am Weekly Walk (location TBD by weather)<br>1pm Post-CET, KC Back Room<br>ZOOM: 3pm Trivia Hour | **2**<br>5pm Writing Group, KC Art Room<br>5:30pm Art Exploration, KC Art Room | **3**<br>11am Coloring Club, Beachwood Mall<br>ZOOM: 3pm Sports Talk<br>ZOOM: 3:30pm Musical Moods | **4**<br>11am Movie Outing, TBD | **5**<br>11am Puzzle Group, KC |