

**Help Network of Northeast Ohio**  
**1344 Fifth Avenue**  
**Youngstown, Ohio**  
**330-746-7721 EXT. 410**

# September 2019

## COMMUNITY CENTER



| Sun                        | Mon  | Tue  | Wed  | Thu  | Fri   | Sat   |
|----------------------------|--|--|--|--|---|---|
| <b>1</b><br><i>Closed</i>  | <b>2</b> 12pm <i>Check-In</i><br><br>1-2pm <b>SPA DAY!</b><br><br>2:30-3:30 <b>BINGO !</b>             | <b>3</b> 12pm <i>Stretching</i><br><br>1-2pm <b>Goal Setting</b><br><br>2:30-3:30pm <i>Darts!</i>      | <b>4</b> 12pm <i>Check-In</i><br><br>1-2pm <b>Job Applications</b><br><br>2:30-3:30pm <b>NAMI</b>                        | <b>5</b> 12pm <i>Stretching</i><br><br>1- 2pm <b>You Are Not Alone</b><br><br>2:30-3:30pm <i>Member's Choice</i> | <b>6</b> 12pm <i>Stretching</i><br><br>1-2pm <b>OSU Nutrition</b><br><br>2:30-3:30 <b>BINGO !</b> | <b>7</b><br><br><i>Movie Day</i><br>12- 4pm   |
| <b>8</b><br><i>Closed</i>  | <b>9</b> 12pm <i>Check-In</i><br><br>1-2pm <b>HIV/AIDS Awareness</b><br><br>2:30-3:30 <b>BINGO !</b>   | <b>10</b> 12pm <i>Stretching</i><br><br>1-2pm <b>Diabetic Ed.</b><br><br>2:30-3:30pm <i>Darts!</i>     | <b>11</b> 12pm <i>Check-In</i><br><br>1-2pm <b>Support Systems</b><br><br>2:30-3:30pm <b>NAMI</b>                        | <b>12</b> 12pm <i>Stretching</i><br><br>1-2pm <b>Anxiety</b><br><br>2:30-3:30pm <i>Member's Choice</i>           | <b>13</b> 12pm <i>Check-In</i><br><br>1-2pm <b>OSU Nutrition</b><br><br>2:30-3:30 <b>BINGO !</b>  | <b>14</b><br><br><i>Movie Day</i><br>12- 4pm  |
| <b>15</b><br><i>Closed</i> | <b>16</b> 12pm <i>Check-In</i><br><br>1-2pm <b>SPA DAY!</b><br><br>2:30-3:30 <b>BINGO !</b>            | <b>17</b> 12pm <i>Stretching</i><br><br>1-2pm <b>Pop Up Library</b><br><br>2:30-3:30pm <i>Darts!</i>   | <b>18</b> 12pm <i>Check-In</i><br><br>1-2pm <b>Severe &amp; Persistent Mental Illness</b><br><br>2:30-3:30pm <b>NAMI</b> | <b>19</b> 12pm <i>Stretching</i><br><br>1-2 <b>Meditation Class!</b><br><br>2:30-3:30pm <i>Member's Choice</i>   | <b>20</b> 12pm <i>Check-In</i><br><br>1-2pm <b>HARVEST CAFÉ</b><br><br>2:30-3:30 <b>BINGO !</b>   | <b>21</b><br><br><i>Movie Day &amp;</i><br><br><b>Therapy Dogs</b><br><b>12-4PM</b> |
| <b>22</b><br><i>Closed</i> | <b>23</b> 12pm <i>Check-In</i><br><br>1-2pm <b>Keyma's Performance</b><br><br>2:30-3:30 <b>BINGO !</b> | <b>24</b> 12pm <i>Stretching</i><br><br>1-2pm <b>Coloring Contest</b><br><br>2:30-3:30pm <i>Darts!</i> | <b>25</b> 12pm <i>Check-In</i><br><br>1-2pm <b>Focus Group</b><br><br>2:30-3:30pm <b>NAMI</b>                            | <b>26</b> 12pm <i>Stretching</i><br><br>1-2pm <b>Ohio Means Jobs</b><br><br>2:30-3:30pm <i>Member's Choice</i>   | <b>27</b> 12- 3:30pm<br><br><b>ROCK PAINTING DAY!</b>   | <b>28</b><br><br><i>Movie Day</i><br>12- 4pm  |
| <b>29</b><br><i>Closed</i> | <b>30</b> 12pm <i>Check-In</i><br>1-2pm <b>SPA DAY!</b>  |  |  |  |   |   |

