

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

November 2019

COMMUNITY CENTER



A Community of Caring People

Sun

Mon

Tue

Wed

Thu

Fri

Sat



1 12pm Stretches/
 Check in Group
 1-2pm Voter
 Registration
 2:30-3:30 **BINGO !**

2
 Movie Day
 12- 4pm

3
 Closed

4 12pm Stretches/
 Check in Group
 1-2pm **Resilience**
 2:30-3:30 **BINGO !**

5 12pm Stretches/Check
 in Group
 1-2pm **HIV 101**
 2:30-3:30pm **Darts!**

6 12pm Stretches/
 Check in Group
 1-2pm **AOD**
 2:30-3:30pm **NAMI**

7 12pm Stretches/
 Check in Group
 1-2pm **Goal Setting**
 2:30-3:30pm Member's
 Choice

8 12pm Stretches/
 Check in Group
 1-2pm **8hr Sleep
 Challenge**
 2:30-3:30 **BINGO !**

9
 Movie Day
 12- 4pm

10
 Closed

11 12pm Stretches/
 Check in Group
 1-2pm **Treasure Map**
 2:30-3:30 **BINGO !**

12 12pm Stretches/
 Check in Group
 1-2pm **Affirmation
 Collage**
 2:30-3:30pm **Darts!**

13 12pm Stretches/
 Check in Group
 1-2pm **Ohio Means
 Jobs**
 2:30-3:30pm **NAMI**

14 12pm Stretches/
 Check in Group
 1-2pm **My Wise Self**
 2:30-3:30pm Member's
 Choice

15 12pm Stretches/
 Check in Group
 1-2pm **Sleep Chal-
 lenge Check**
 2:30-3:30 **BINGO !**

16
 Movie Day &
Therapy Dogs
12-4PM

17
 Closed

18 12pm Stretches/
 Check in Group
 1-2pm **Coping Skills**
 2:30-3:30 **BINGO !**

19 12pm Stretches/
 Check in Group
 1-2pm **AOD**
 2:30-3:30pm **Darts!**

20 12pm Stretches/
 Check in Group
 1-2pm **Art Therapy**
 2:30-3:30pm **NAMI**

21 12pm Stretches/
 Check in Group
 1-2pm **Meditation**
 2:30-3:30pm Member's
 Choice

22 12pm Stretches/
 Check in Group
 1-2pm **Dealing w/
 Anxiety**
 2:30-3:30 **BINGO !**

23
 Movie Day
 12- 4pm

24
 Closed

25 12pm Stretches/
 Check in Group
 1-2pm **Anger
 Management**
 2:30-330 **BINGO !**

26 12pm Stretches/
 Check in Group
 1-2pm **HIV Screening**
 2:30-3:30pm **Darts!**

27 12pm Stretches/
 Check in Group
 1-2pm **Hot Seat**
 2:30-3:30pm **NAMI**

28 12pm **Happy
 Thanksgiving**
 1-2pm **Giving Thanks**
 2:30-3:30pm Member's
 Choice

29 12pm Stretches/
 Check in Group
 1-2pm **Focus Group**
 2:30-3:30 **BINGO !**

30
 Movie Day
 12- 4pm

