

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












# February 2020

## COMMUNITY CENTER



A Community of Caring People

Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

						<b>1</b> 12-2 MOVIES 2-4 MOVIES
<b>2</b> 	<b>3</b> 12-1 Check In 1-2 ANIEXTY 101 2:30-3:30 BINGO	<b>4</b> 12-1 Check In 1-2 Addictions & Tai Chi Warm Ups 2:30-3:30 DARTS	<b>5</b> 12-1 Check In 1-2 HOT SEAT ! 2:30-3:30 NAMI	<b>6</b> 12-1 Check In 1-2 Worry Bag 2:30-3:30 MEMBERS CHOICE	<b>7</b> 12-1 Check In 1-2 SPA DAY ! 2:30-3:30 BINGO	<b>8</b> 12-2 MOVIES 2-4 MOVIES
<b>9</b> 	<b>10</b> 12-1 Check In 1-2 Diabetes 101 2:30-3:30 BINGO	<b>11</b> 12-1 Check In 1-2 HIV 101 & Testing 2:30-3:30 DARTS	<b>12</b> 12-1 Check In 1-2 Ohio Means Jobs 2:30-3:30 NAMI	<b>13</b> 12-1 Check In 1-2 Celebrating Art in Life 2:30-3:30 MEMBERS CHOICE	<b>14</b>  1-2pm Valentine's Day Party	<b>15</b> 12-2 MOVIES 1:30 THERAPY DOGS 2-4 MOVIES
<b>16</b> 	<b>17</b> 12-1 Check In 1-2 Depression 101 2:30-3:30 BINGO	<b>18</b> 12-1 Check In 1-2 Addictions & Tai Chi Warm Ups 2:30-3:30 DARTS	<b>19</b> 12-1 Check In 1-2 Goal Setting 2:30-3:30 NAMI	<b>20</b> 12-1 Check In 1-2 MEDITATION w/ Vince Lisi 2:30-3:30 MEMBERS CHOICE	<b>21</b> 12-1 Check In 1-2 SPA DAY ! 2:30-3:30 BINGO	<b>22</b> 12-2 MOVIES 2-4 MOVIES
<b>23</b> 	<b>24</b> 12-1 Check In 1-2 Recovery 101 2:30-3:30 BINGO	<b>25</b> 12-1 Check In 1-2 Addictions & Tai Chi Warm Ups 2:30-3:30 DARTS	<b>26</b> 12-1 Check In 1-2 JOURNALING 2:30-3:30 NAMI	<b>27</b> 12-1 Check In 1-2 Celebrating Art in Life 2:30-3:30 MEMBERS CHOICE	<b>28</b> 12-1 Check In 1-2 Love Thyself 2:30-3:30 BINGO	<b>29</b> 12-2 MOVIES 2-4 MOVIES

