

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

March 2020

COMMUNITY CENTER



A Community of Caring People

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Closed</i>	2 12pm <i>Stretching</i> 1-2pm <i>Utility Advocate</i> 2:30-3:30 <i>BINGO !</i>	3 12 pm <i>Stretching</i> 1-2pm <i>OSU Nutrition Introduction</i> 2:30-3:30 pm <i>Darts!</i>	4 12 pm <i>Stretching</i> 1-2pm <i>Anxiety Reduction</i> 2:30-3:30pm <i>NAMI</i>	5 12pm <i>Stretching</i> 1-2pm <i>ADHD</i> 2:30-3:30pm <i>Member's Choice</i>	6 12pm <i>Stretching</i> 1-2pm <i>Yo Art !</i> <i>Helms Foundation</i> 2:30-3:30pm <i>BINGO !</i>	7 <i>Movie Day</i> 12-4 pm
8 <i>Closed</i>	9 12pm <i>Stretching</i> 1-3pm <i>HIV 101 & Testing</i> 3:00-3:45 <i>BINGO !</i>	10 12pm <i>Stretching</i> 1-2pm <i>OSU Nutrition Creamy Dill Dip</i> 2:30-3:30pm <i>Darts!</i>	11 12pm <i>Stretching</i> 1-2pm <i>Ohio Means Jobs</i> 2:30-3:30pm <i>NAMI</i>	12 12pm <i>Stretching</i> 1-2pm <i>AOD</i> 2:30-3:30pm <i>Member's Choice</i>	13 12pm <i>Stretching</i> 1-2pm <i>Spa Day !</i> 3:00-3:45pm <i>BINGO !</i>	14 <i>Movie Day</i> 12-4 pm
15 <i>Closed</i>	16 12 pm <i>Stretching</i> 1-2pm <i>Flying High Presentation</i> 2:30-3:30 <i>BINGO !</i>	17 <i>Happy St. Patrick's Day</i> 1-2 pm <i>OSU Nutrition Egg Salad</i> 2:30-3:30pm <i>Darts!</i>	18 12pm <i>Stretching</i> 1-2pm <i>Focus Group</i> 2:30-3:30pm <i>NAMI</i>	19 12 pm <i>Stretching</i> 1-2 <i>Meditation !</i> 2:30-3:30pm <i>Member's Choice</i>	20 12 pm <i>Stretching</i> 1-2pm <i>Yo Art !</i> <i>Helms Foundation</i> 2:30-3:30pm <i>BINGO !</i>	21 <i>Movie Day</i> 12-4 pm
22 <i>Closed</i>	23 12 pm <i>Stretching</i> 1-2pm <i>CBT Better Me</i> 2:30-3:30 <i>BINGO !</i>	24 12 pm <i>Stretching</i> 1-2pm <i>OSU Nutrition Quinoa w/ Tomatoes</i> 2:30-3:30pm <i>Darts!</i>	25 12pm <i>Stretching</i> 1-2pm <i>Substance Abuse</i> 2:30-3:30pm <i>NAMI</i>	26 12pm <i>Stretching</i> 1-2pm <i>Controlling Diabetes</i> 2:30-3:30pm <i>Member's</i>	27 12pm <i>Stretching</i> 1-2pm <i>Spa Day !</i> 3:00-3:45pm <i>BINGO !</i>	28 <i>Movie Day</i> 12-4 pm
29 <i>Closed</i>	30 12pm <i>Stretching</i> 1-2pm <i>Understanding Depression</i> 2:30-3:30 <i>BINGO !</i>	31 12pm <i>Stretching</i> 1-2pm <i>OSU Nutrition Different Cheeses</i> 2:30-3:30pm <i>Darts!</i>				

