



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

# September 2020

## COMMUNITY CENTER



A Community of Caring People

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12pm Check In 1-2pm <b>Diabetic EDU</b> 2:30-3:30pm Leisure	2 12pm Check In 1-2pm <b>Boundaries</b> 2:30-3:30pm Leisure	3 12pm Check In 1-2pm <b>Daily Walks</b> 2:30-3:30pm <b>BINGO !</b>	4 12pm Check In 1-2pm <b>Meditation !</b> 2:30-3:30 Leisure	5 Movie Day 12-330pm
6 Closed	7 12pm Check In 1-2pm <b>Affirmations</b> 2:30-3:30 <b>BINGO !</b>	8 12pm Check In 1-2pm <b>Blood Pressure</b> 2:30-3:30pm Leisure	9 12pm Check In 1-2pm <b>Smile More</b> 2:30-3:30pm Leisure	10 12pm Check In 1-2 <b>Cholesterol Levels</b> 2:30-3:30pm <b>BINGO !</b>	11 12pm Check In 1-2pm <b>Meditation !</b> 2:30-3:30 Leisure	12 Movie Day 12-330pm
13 Closed	14 12pm Check In 1-2pm <b>Depression</b> 2:30-3:30 <b>BINGO !</b>	15 12pm Check In 1-2pm <b>Healthy Hearts</b> 230-330pm Leisure	16 12pm Check In 1-2pm <b>Coping Skills</b> 230-330pm Leisure	17 12pm Check In 1-2pm <b>Relaxation</b> 230-330pm <b>BINGO !</b>	18 12pm Check In 1-2pm <b>Meditation !</b> 230-330 Leisure	19 Movie Day 12-330pm
20 Closed	21 12pm Check In 1-2pm <b>Staying Positive</b> 2:30-3:30 <b>BINGO !</b>	22 12pm Check In 1-2pm <b>Substance Abuse</b> 2:30-3:30pm Leisure	23 12pm Check In 1-2pm <b>Be Yourself</b> 2:30-3:30pm Leisure	24 12pm Check In 1-2pm <b>What is a PCP</b> 2:30-3:30pm <b>BINGO !</b>	25 12pm Check In 1-2pm <b>Meditation !</b> 2:30-3:30 Leisure	26 Movie Day 12-330pm
27 Closed	28 12pm Check In 1-2pm <b>Open Minds</b> 2:30-3:30 <b>BINGO !</b>	29 12pm Check In 1-2pm <b>Dental Check-ups</b> 2:30-3:30pm Leisure	30 12pm Check In 1-2pm <b>Deal Breakers</b> 2:30-3:30pm Leisure	