

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

# April 2021

## COMMUNITY CENTER



*A Community of Caring People*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 12PM Check-In 1PM Healthy Eating 2:30 <b>BINGO!</b>	<b>2</b> 12PM Check-In 1PM <b>Meditation</b> 2:30 Leisure	<b>3</b> Closed 
<b>4</b> Closed <b>HAPPY EASTER</b>	<b>5</b> 12PM Check-In 1PM Personal Growth 2:30 <b>BINGO!</b>	<b>6</b> 12PM Check-in 1PM Temptations 2:30 Leisure	<b>7</b> 12PM Check-in 1-PM Diabetes Video 2:30 Leisure 	<b>8</b> 12PM Check-In 1PM Hygiene 101 2:30 <b>BINGO!</b>	<b>9</b> 12PM Check-In 1PM <b>Meditation</b> 2:30 Leisure	<b>10</b> Closed 
<b>11</b> Closed 	<b>12</b> 12PM Check-In 1PM Personal Growth Review 2:30 <b>BINGO!</b>	<b>13</b> 12PM Check-in 1PM Heart Wellness Presentation 2:30 Leisure	<b>14</b> 12PM Check-In 1PM Addictions 2:30 Leisure	<b>15</b> 12PM Check-In 1PM Anxiety 2:30 <b>BINGO!</b>	<b>16</b> 12PM Check-In 1PM <b>Meditation</b> 2:30 Leisure	<b>17</b> Closed 
<b>18</b> Closed	<b>19</b> 12PM Check-In 1PM Coloring Contest 2:30 <b>BINGO!</b>	<b>20</b> 12PM Check-in 1PM Sleep Challenge 1 2:30 Leisure	<b>21</b> 12PM Check-In 1PM Mindfulness 2:30 Leisure	<b>22</b> 12pm Check-In 1PM Goal Challenge 2:30 <b>BINGO!</b>	<b>23</b> 12PM Check-In 1PM <b>Meditation</b> 2:30 Leisure	<b>24</b> Closed 
<b>25</b> Closed 	<b>26</b> 12PM Check-In 1PM Spirituality 2:30 <b>BINGO!</b>	<b>27</b> 12PM Check-in 1PM Sleep Challenge Review 2:30 Leisure	<b>28</b> 12PM Check-In 1PM Coping in 2021 2:30 Leisure	<b>29</b> 12pm Check-In 1PM Goal Review 2:30 <b>BINGO!</b>	<b>30</b> 12PM Check-In 1PM <b>Meditation</b> 2:30 Leisure	

