

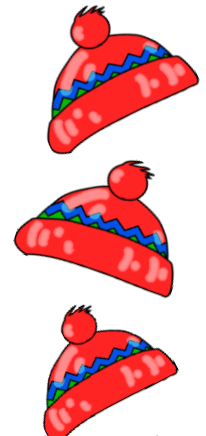


OPEN 10:00a to 3:00p	OPEN 10:00a to 3:00p	OPEN 3:30p to 8:00p	OPEN 11:00a to 4:00p	OPEN 3:30p to 8:00p	OPEN 1:00p to 6:00p	OPEN 10:00a to 3:00p
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 How u Doin? 10:30 Bingo 11:30 Snack/Social 12:30 Guest Choice	2 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	3 11:00 Monthly Birthday Celebrations 11:45 Depart for Excursion 1:00 Spotlight Theatre - Dial M for Murder - Skokie (See Announcements)	4 3:30 How U Doin'? 4:00 Karaoke 5:00 Snacks/Social 6:00 Recovery Circle	5 1:00 Recovery Connection 2:15 Art Therapy 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	6 Saturday Excursion CiCi Pizza and and Half-Price Books - Naperville (See Announcements) Please Call Drop-In for Reservations
7 10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	8 10:00 How u Doin'? 10:30 "Move Your Body" at the RecPlex 12:00 Snacks/Social 1:00 Mindfulness, Meditation, and Yoga	9 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	10 11:00 Work Why Not? (Vocations for Recovery) 12:00 Movie at Elk Grove Cinemas, return by 4:00 (See Announcements)	11 3:30 How U Doin'? 4:00 Leadership and Empowerment 5:00 Snacks/Social 6:00 Journal Group	12 1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	13 Family And Friends Day Lunch at Noon: Chili Cheese Dogs and Fries Movie: "The Mask" (See Announcements) Please Call Drop-In for Reservations
14 10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 Gratitude Group	15 10:00 How u Doin'? 10:30 "Move Your Body" at the RecPlex 12:00 Snacks/Social 1:00 Mindfulness, Meditation, and Yoga	16 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	17 11:00 Work Why Not (Vocations for Recovery) 12:00 Prep and Lunch 1:00 Guest Choice	18 3:30 How U Doin'? 4:00 Karaoke 5:00 Snacks/Social 6:00 Recovery Circle	19 1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	20 Saturday Excursion Dave and Buster's - Addison (See Announcements) Please Call Drop-In for Reservations
21 10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	22 10:00 How u Doin'? 10:30 "Move Your Body" at the RecPlex 12:00 Snacks/Social 1:00 Mindfulness, Meditation, and Yoga	23 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	24 11:00 Work Why Not? (Vocations for Recovery) 12:00 Prep and Lunch 2:00 Cooking Group	25 3:30 How U Doin'? 4:00 Leadership and Empowerment 5:00 Snacks/Social 6:00 Comedy Night	26 1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	27 Family and Friends Day Lunch at Noon: Chicken Sandwiches and Chips Movie: "Toy Story" (See Announcements) Please Call Drop-In for Reservations
28 10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 Gratitude Group	29 10:00 How u Doin'? 10:30 "Move Your Body" at the RecPlex 12:00 Snacks/Social 1:00 Mindfulness, Meditation, and Yoga	30 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	31 11:00 Work Why Not? (Vocations for Recovery) 12:00 Prep and Lunch 1:00 Money Management Group w/ Allison Villate		Visit the kennthyoung.org website to see Drop-In Center activities, details, and other Kenneth Young programming. For questions or more information , call your Drop-In Team at 847-621-2040 ext 117 or just "drop in " @ 1585 W. Dempster St. Mt. Prospect, IL 60056 (located next to Culver's).	

All On-Site
Kenneth Young
Drop-In Center
activities are
FREE to
registered guests



**This is a place
where
individuals who
have
experienced
mental illness
create & operate
an environment
of support,
socialization &
self-direction.
*must be 18 and
over to attend.*