




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	2	3	4
			11:15 Music Therapy 12:00 Prep and Lunch/September Birthdays 1:00 Work Why Not? (Vocations for Recovery) 2:00 Guest Choice	3:30 How U Doin'?' 4:00 Karaoke 5:00 Snacks/Social 6:30 Big Band Night Excursion to Elk Grove (Return to Drop-In by 8:30p)	1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Excursion Gurnee Mills Mall - Gurnee (See Announcements) Please Call Drop-In for Reservations
5	6	7	8	9	10	11
10:00 How u Doin'?' 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	10:00 How u Doin'?' 10:30 "Move Your Body" at the RecPlex 12:00 Snacks/Social 1:00 Mindfulness, Meditation, and Yoga	3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:00 Work Why Not? (Vocations for Recovery) 12:00 Movie at Elk Grove Cinemas. Return by 4:00.	3:30 How U Doin'?' 4:00 Leadership and Empowerment 5:00 Snacks/Social 6:00 Recovery Circle	Special Hours!!! 5p-8p 5:00 Recovery Connection 6:15 Snacks/Social 7:00 Multimedia	Saturday Excursion Bowling at Beverly Lanes - Arlington Heights (See Announcements) Please Call Drop-In for Reservations
12	13	14	15	16	17	18
10:00 How u Doin'?' 11:00 Guided Meditation 12:00 Snacks/Social 1:00 Gratitude Group	10:00 How u Doin'?' 10:30 "Move Your Body" at the RecPlex 12:00 Snacks/Social 1:00 Mindfulness, Meditation, and Yoga	3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:00 Work Why Not? (Vocations for Recovery) 12:00 Prep and Lunch 2:00 Guest Choice	3:30 How U Doin'?' 4:00 Karaoke 5:00 Snacks/Social 6:30 Journal Group	1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Excursion Cristus Victor Thanksgiving Dinner - Elk Grove (See Announcements) Please Call Drop-In for Reservations
22	20	21	22	23 - Thanksgiving	24	25
10:00 How u Doin'?' 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	10:00 How u Doin'?' 10:30 "Move Your Body" at the RecPlex 12:00 Snacks/Social 1:00 Mindfulness, Meditation, and Yoga	3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:00 Work Why Not? (Vocations for Recovery) 12:00 Prep and Lunch 2:00 Guest Choice	Special Hours!!! 10a-3p Thanksgiving Meal Served at Noon (See Announcements) Please Call Drop-In for Reservations	1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Family and Friends Day Lunch: Pot Pies and Blueberry Muffins Served at Noon Movie: "October Sky" (See Announcements) Please Call Drop-In for Reservations
26	27	28	29	30		
10:00 How u Doin'?' 11:00 Guided Meditation 12:00 Snacks/Social 1:00 Gratitude Group	10:00 How u Doin'?' 10:30 "Move Your Body" at the RecPlex 12:00 Snacks/Social 1:00 Mindfulness, Meditation, and Yoga	3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:00 Work Why Not? (Vocations for Recovery) 12:00 Prep and Lunch 1:00 Money Management Group w/ Allison Villate	3:30 How U Doin'?' 4:00 Leadership and Empowerment 5:00 Snacks/Social 6:30 Comedy Group	Visit the kennthyong.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.*