









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	5	6
	10:00 Get Fit Club - Off Site - Please CALL for Details. We will return by Noon for: 12:00 Lunch/Social 1:00 8 Dimensions of Wellness	3:30 How U Doin' 4:30 Helping Hands 5:30 Dinner/Social 6:30 Recovery Circle 	11:00 How you Doin? 12:00 Lunch 1:30 WRAP (See Flyers) <u>Please Call for Details and to RSVP</u> 3:00 Guest Choice	3:30 How U Doin' 4:00 Current Events 5:00 Guest's Cook 6:30 Excursion - Big Band Night (See Flyers) <u>Please Call for Details and to RSVP</u>	1:00 Vocations for Recovery (Job Club) 2:00 Creative Arts 4:00 Multi Media * Snacks will be available from 4:30 to 5:30	Saturday Excursions Field Museum (See Flyers) <u>Please CALL for Details & to RSVP</u>
	7	8	9	10	11	12
10:00 How U Doin' 11:00 Exploring Spirituality 12:00 Lunch/Social 1:00 NAMI Connection	10:00 Get Fit Club - Off Site - Please CALL for Details. We will return by Noon for: 12:00 Lunch/Social 1:00 8 Dimensions of Wellness	3:30 How U Doin' 4:30 Helping Hands 5:30 Dinner/Social 6:30 Recovery Circle	11:00 How you Doin? 12:00 Lunch 1:30 WRAP (See Flyers) <u>Please Call for Details and to RSVP</u> 3:00 Guest Choice	3:30 How U Doin' 4:00 Leadership & Empowerment 5:30 Movie & Popcorn Night 	1:00 Vocations for Recovery (Job Club) 2:00 Creative Arts 4:00 Multi Media * Snacks will be available from 4:30 to 5:30	Saturday Excursions Garfield Park Conservatory (See Flyers) <u>Please Call for Details & to RSVP</u>
14	15	16	17	18	19	20
Sunday Excursion Fishing and BBQ in Busse Woods (See Flyers) <u>Please Call for Details and to RSVP</u>	10:00 Get Fit Club - Off Site - Please CALL for Details. We will return by Noon for: 12:00 Lunch/Social 2:00 Yoga	3:30 How U Doin' 4:30 Helping Hands 5:30 Dinner/Social 6:30 Recovery Circle 	Excursion Classic Cinemas-Elk Grove (See Flyers) <u>Please CALL for Details & to RSVP</u>	3:30 How U Doin' 4:30 Current Events 5:30 Guest's Cook 6:30 Guest Choice 	1:00 Vocations for Recovery (Job Club) 2:00 Creative Arts 4:00 Multi Media * Snacks will be available from 4:30 to 5:30	Saturday Excursions Bowling-Elk Grove Village (See Flyers) <u>Please CALL for Details & to RSVP</u>
21	22	23	24	25	26	27
Easter Party RSVP Required See Announcements and Flyer for Details 	10:00 Get Fit Club - Off Site - Please CALL for Details. We will return by Noon for: 12:00 Lunch/Social 1:00 8 Dimensions of Wellness	3:30 How U Doin' 4:30 Helping Hands 5:30 Dinner/Social 6:30 Recovery Circle	Excursion Morton Arboretum (See Flyers) <u>Please Call for Details and to RSVP</u>	3:30 How U Doin' 4:00 Leadership & Empowerment 5:30 Movie & Popcorn Night 	1:00 Vocations for Recovery (Job Club) 2:00 Creative Arts 4:00 Multi Media * Snacks will be available from 4:30 to 5:30	Friends and Family 10:30 Chair Yoga 12:00 Lunch/Social 1:00 Movie: Mrs. Doubtfire <u>Please Call for Details and to RSVP</u>
28	29	30				
Sunday Excursion Randall Oaks Farm (See Flyers) <u>Please Call for Details and to RSVP</u>	10:00 Get Fit Club - Off Site - Please CALL for Details. We will return by Noon for: 12:00 Lunch/Social 1:00 8 Dimensions of Wellness	3:30 How U Doin' 4:30 Helping Hands 5:30 Dinner/Social 6:30 Recovery Circle		Visit the Kennethyoung.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 will be 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*