




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
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)						1 - April Fool's Day
						Saturday Excursion Fullersburg Nature Ctr & Graue Mill and Museum - Oak Brook (See Announcements) Please Call Drop-In for Reservations
2 - Palm Sunday	3	4	5 - Passover	6	7 - Good Friday	8
10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	10:00 How u Doin'? 10:30 Music Therapy w/ Jenny 12:00 Snacks/Social 1:00 Wellness with Os	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? w/ Wiktorina (Vocations for Recovery) 12:00 Prep and Lunch/ Monthly Birthday Celebratations 1:00 Guest Choice	3:30 How U Doin'? 4:00 Karaoke 5:00 Snacks Social 6:30 Depart for Big Band (Return by 8:30)	1:00 Recovery Connection 2:00 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Excursion Shedd Aquarium - Chicago (See Announcements) Please Call Drop-In for Reservations
9 - Easter	10	11	12	13	14	15
Easter Celebration: Easter Egg Hunt Hourly Raffles Easter Basket Raffle Catered Lunch Served (See Announcements) Please Call Drop-In for Reservations	10:00 How u Doin'? 10:30 "Move Your Body" at the RexPlex 12:00 Snacks/Social 1:00 Wellness with Os	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? w/ Wiktorina (Vocations for Recovery) 12:00 Movie at Elk Grove Classic Cinemas. Return by 4:00	3:30 How U Doin'? 4:00 Leadership and Empowerment 5:00 Snacks Social 6:00 Recovery Circle	1:00 Recovery Connection 2:00 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Excursion Baha'i House of Worship - Wilmette (See Announcements) Please Call Drop-In for Reservations
16 - Orthodox Easter	17	18	19	20	21 - Eid al- Fitr	22
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 RexPlex 12:00 Snacks/Social 1:00 Wellness with Os	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? w/ Wiktorina (Vocations for Recovery) 12:00 Prep and Lunch 1:00 Cooking Lesson w/ Chef Sarah	3:30 How U Doin'? 4:00 Karaoke 5:00 Snacks Social 6:00 Journal Group	1:00 Recovery Connection 2:00 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Excursion Bowling at Beverly Lanes - Arlington Heights (See Announcements) Please Call Drop-In for Reservations
23/30	24	25	26	27	28	29
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 RexPlex 12:00 Snacks/Social 1:00 Wellness with Os	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? w/ Wiktorina (Vocations for Recovery) 12:00 Prep and Lunch 1:00 Guest Choice	3:30 How U Doin'? 4:00 Leadership and Empowerment 5:00 Snacks/Social 6:00 Comedy Hour	1:00 Recovery Connection 2:00 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Family and Friends Day Movie: "The Breakfast Club" Lunch: Veggie Burgers/Turkey Burgers (See Announcements) Please Call Drop-In for Reservations

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.*