


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
<b>1 - New Year's Day</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>NAMI Connection</b>	0:00 How u Doin? 10:30 <b>Music Therapy w/ Camille</b> 12:00 Snacks/Social 1:00 Games	3:30 How U Doin' 4:00 <b>Men's and Women's Groups</b> 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:00 <b>Work Why Not? (Vocations for Recovery)</b> 12:00 Prep and Lunch/ <b>Monthly Birthday Celebrations</b> 1:00 Guest Choice	3:30 How U Doin'? 4:00 <b>Karaoke</b> 5:00 Snacks/Social 6:00 Recovery Circle	1:00 <b>Recovery Connection</b> 2:00 <b>Creative Arts</b> 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Excursion <b>Kaffestube and Half-Price Books - Schaumburg</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>NAMI Connection</b>	10:00 How u Doin? 10:30 <b>"Move Your Body" at the Rec Plex</b> 12:00 Snacks/Social 1:00 Games	3:30 How U Doin' 4:00 <b>Men's and Women's Groups</b> 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	<b>11:00 Work Why Not? (Vocations for Recovery)</b> 12:00 Movie at Elk Grove Classic Cinemas. Return by 4:00	3:30 How U Doin'? 4:00 <b>Leadership and Empowerment</b> 5:00 Snacks Social 6:00 Recovery Circle	1:00 <b>Recovery Connection</b> 2:00 <b>Creative Arts</b> 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Excursion <b>Woodfield Mall and Red Robin - Schaumburg</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>NAMI Connection</b>	10:00 How u Doin? 10:30 <b>"Move Your Body" at the RexPlex</b> 12:00 Snacks/Social 1:00 Games	3:30 How U Doin' 4:00 <b>Men's and Women's Groups</b> 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:00 <b>Work Why Not? (Vocations for Recovery)</b> 12:00 Prep and Lunch 1:00 Guest Choice	3:30 How U Doin'? 4:00 <b>Journal Group</b> 5:00 Snacks/Social 6:00 Recovery Circle	1:00 <b>Recovery Connection</b> 2:00 <b>Creative Arts</b> 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Excursion <b>Lincoln Park Conservatory - Chicago</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>NAMI Connection</b>	10:00 How u Doin'? 10:30 <b>"Move Your Body" at the RexPlex</b> 12:00 Snacks/Social 1:00 Games	3:30 How U Doin' 4:00 <b>Men's and Women's Groups</b> 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:00 <b>Work Why Not? (Vocations for Recovery)</b> 12:00 Prep and Lunch 1:00 Guest Choice	3:30 How U Doin'? 4:00 <b>Leadership and Empowerment</b> 5:00 Snacks/Social 6:00 <b>Comedy Hour</b>	1:00 <b>Recovery Connection</b> 2:00 <b>Creative Arts</b> 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	<b>Family and Friends Day</b> Movie: <b>"Rocket Man"</b> Lunch: <b>Hot Dogs and Baked Macaroni and Cheese</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
<b>29</b>	<b>30</b>	<b>31</b>			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 <b>847-621-2040 ext. 117</b> or just "drop in" @ <b>1585 W. Dempster St. Mt. Prospect, IL 60056.</b> (located next to Culver's)	
10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>NAMI Connection</b>	10:00 How u Doin'? 10:30 <b>"Move Your Body" at the RexPlex</b> 12:00 Snacks/Social 1:00 Games	3:30 How U Doin' 4:00 <b>Men's and Women's Groups</b> 5:00 Dinner 6:00 Movie and Popcorn Night				

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.*