



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 - Groundhog Day	3	4
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)		3:30 How U Doin' 4:00 Men's and Women's Groups 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:00 Work Why Not? w/ Wiktoria (Vocations for Recovery) 12:00 Prep and Lunch/ Monthly Birthday Celebrations 1:00 Guest Choice	3:30 How U Doin'? 4:00 Karaoke 5:00 Snacks/Social 6:30 Depart for Big Band Night (Elk Grove Village). Return by 8:30 PM.	1:00 Recovery Connection 2:00 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Excursion Lamb's Farm - Libertyville (See Announcements) Please Call Drop-In for Reservations
5	6 - Purim	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 Music Therapy w/ Jenny 12:00 Snacks/Social 1:00 Wellness with Os	3:30 How U Doin' 4:00 Men's and Women's Groups 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:00 Work Why Not? w/ Wiktoria (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 Mini-Golf at the Library - Mt. Prospect (See Announcements) Please Call Drop-In for Reservations
	13	14	15	16	17-St.Patrick's Day	18
10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection (Daylight Savings Time Begins-Set clocks ahead.	10:00 How u Doin'? 10:30 "Move Your Body" at the RexPlex 12:00 Snacks/Social 1:00 Wellness with Os March Madness - See Announcements for Explanation of this fun opportunity!	3:30 How U Doin' 4:00 Men's and Women's Groups 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:00 Work Why Not? w/ Wiktoria (Vocations for Recovery) 12:00 Prep and Lunch 1:00 Guest Choice	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
19	20 - Spring Begins	21	22 - Ramadan	23	3	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 RexPlex 12:00 Snacks/Social 1:00 Wellness with Os	3:30 How U Doin' 4:00 Men's and Women's Groups 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:00 Work Why Not? w/ Wiktoria (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 Recovery Circle	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: "Ordinary People" Lunch: Pulled Pork (See Announcements) Please Call Drop-In for Reservations
26	27	28	29	30	31	
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 Men's and Women's Groups 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:00 Work Why Not? w/ Wiktoria (Vocations for Recovery) 12:00 Prep and Lunch 1:00 Guest Choice	3:30 How U Doin'? 4:00 Comedy Hour 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)	

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.*