



# Drop-In



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 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 <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).			1 11:15 <b>Music Therapy</b> 12:00 <b>Prep and Lunch/ May Birthdays Celebrations</b> 1:00 <b>Work Why Not?</b> (Vocations for Recovery) 2:00 <b>Guest Choice</b>	2 3:30 <b>How U Doin'?</b> 4:00 <b>Karaoke</b> 5:00 <b>Snacks/Social</b> 6:00 <b>Recovery Circle</b>	3 1:00 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 4:00 <b>Multimedia</b> (Snacks will be available from 4:00 to 5:30)	4 Saturday Excursion <b>Art Show in Wilder Park - Elmhurst</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
5 10:00 <b>How u Doin'?</b> 11:00 <b>Guided Meditation</b> 12:00 <b>Snacks/Social</b> 1:00 <b>NAMI Connection</b>	6 10:00 <b>How u Doin'?</b> 10:30 <b>Bingo</b> 12:00 <b>Snacks/Social</b> 1:00 <b>Yoga, Mindfulness and Meditation</b> 2:00 <b>Guest Choice</b>	7 3:30 <b>How U Doin'</b> 4:00 <b>Mental Health Booster</b> 5:00 <b>Prep and Dinner</b> 6:00 <b>Movie and Popcorn Night</b>	8 11:00 <b>Work Why Not?</b> (Vocations for Recovery) 12:00 <b>Movie at Elk Grove Cinemas, return by 4:00</b> (See Announcements)	9 3:30 <b>How U Doin'?</b> 4:00 <b>Leadership and Empowerment</b> 5:00 <b>Snacks/Social</b> 6:00 <b>Recovery Circle</b>	10 1:00 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 4:00 <b>Multimedia</b> (Snacks will be available from 4:00 to 5:30)	11 Saturday Excursion <b>Half-Price Books and Wal-Mart Supercenter Bloomingdale</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
12 10:00 <b>How u Doin'?</b> 11:00 <b>Guided Meditation</b> 12:00 <b>Snacks/Social</b> 1:00 <b>Gratitude Group</b>	13 10:00 <b>How u Doin'?</b> 10:30 <b>Library Excursion</b> 12:00 <b>Snacks/Social</b> 1:00 <b>Mindfulness and Meditation</b> 2:00 <b>Guest Choice</b>	14 3:30 <b>How U Doin'</b> 4:00 <b>Mental Health Booster</b> 5:00 <b>Prep and Dinner</b> 6:00 <b>Movie and Popcorn Night</b>	15 11:00 <b>Work Why Not?</b> (Vocations for Recovery) 12:00 <b>Prep and Lunch</b> 1:00 <b>Guest Choice</b>	16 3:30 <b>How U Doin'?</b> 4:00 <b>Karaoke</b> 5:00 <b>Snacks/Social</b> 6:00 <b>Journal Group</b>	17 1:00 <b>Recovery Connection</b> 2:15 <b>Art Therapy</b> 4:00 <b>Multimedia</b> (Snacks will be available from 4:00 to 5:30)	18 Saturday Excursion <b>Bowling at Beverly Lanes - Arlington Heights</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
19 10:00 <b>How u Doin'?</b> 11:00 <b>Guided Meditation</b> 12:00 <b>Snacks/Social</b> 1:00 <b>NAMI Connection</b>	20 10:00 <b>How u Doin'?</b> 10:30 <b>Bingo</b> 12:00 <b>Snacks/Social</b> 1:00 <b>Yoga, Mindfulness and Meditation</b> 2:00 <b>Guest Choice</b>	21 3:30 <b>How U Doin'</b> 4:00 <b>Mental Health Booster</b> 5:00 <b>Prep and Dinner</b> 6:00 <b>Movie and Popcorn Night</b>	22 11:00 - 3:00 <b>Mental Health First Aid Training - Must Sign up in Advance!</b> (See Announcements) <b>Please Call Drop-In for Reservations.</b>	23 <b>Special Hours: 2p-7p Excursion - Nature Walk in Lake Avenue Woods - Northbrook</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>	24 1:00 <b>Recovery Connection</b> 2:15 <b>Art Therapy</b> 4:00 <b>Multimedia</b> (Snacks will be available from 4:00 to 5:30)	25 Family and Friends Day <b>Hope Has a Home Party Crafts, Lunch (Chicken Alfredo), Hopeful Personal Testimonials, Movie - Godzilla</b> Please Call Drop-In for Reservations
26 10:00 <b>How u Doin'?</b> 11:00 <b>Guided Meditation</b> 12:00 <b>Snacks/Social</b> 1:00 <b>Gratitude Group</b>	27 <b>Memorial Day BBQ</b> Music and Games <b>Lunch (Hamburgers, Hot Dogs and Potato Salad)</b> Served at Noon (See Announcements) <b>Please Call Drop-In for Reservations</b>	28 3:30 <b>How U Doin'</b> 4:00 <b>Mental Health Booster</b> 5:00 <b>Prep and Dinner</b> 6:00 <b>Movie and Popcorn Night</b>	29 11:00 - 3:00 <b>Mental Health First Aid Training - Must Sign up in Advance!</b> (See Announcements) <b>Please Call Drop-In for Reservations.</b>	30 3:30 <b>How U Doin'?</b> 4:00 <b>Leadership and Empowerment</b> 5:00 <b>Snacks/Social</b> 6:00 <b>Comedy Group</b>	31 1:00 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 4:00 <b>Multimedia</b> (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 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.*