



Drop-In **APRIL**

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 10:00 How u Doin'? 10:30 Bingo 12:00 Snacks/Social 1:00 Yoga, Mindfulness and Meditation 2:00 Guest Choice	2 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	3 11:15 Music Therapy 12:00 Prep and Lunch/ April Birthdays Celebrations 1:00 Work Why Not? (Vocations for Recovery) 2:00 Guest Choice	4 3:30 How U Doin'? 4:00 Karaoke 5:00 Snacks/Social 6:00 Recovery Circle	5 1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	6 Saturday Excursion Picnic and Games at Cantigny Park - Wheaton (See Announcements) Please Call Drop-In for Reservations	
	7 10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	8 10:00 How u Doin'? 10:30 Library Excursion 12:00 Snacks/Social 1:00 Yoga, Mindfulness and Meditation 2:00 Guest Choice	9 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	10 11:00 Work Why Not? (Vocations for Recovery) 12:00 Movie at Elk Grove Cinemas, return by 4:00 (See Announcements)	11 3:30 How U Doin'? 4:00 Leadership and Empowerment 5:00 Snacks/Social 6:00 Recovery Circle	12 1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	13 Saturday Excursion Lincoln Park Zoo - Chicago (See Announcements) Please Call Drop-In for Reservations
14 10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 Gratitude Group	15 10:00 How u Doin'? 10:30 Bingo 12:00 Snacks/Social 1:00 Mindfulness and Meditation 2:00 Guest Choice	16 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	17 11:00 Work Why Not? (Vocations for Recovery) 12:00 Prep and Lunch 1:00 Guest Choice	18 3:30 How U Doin'? 4:00 Karaoke 5:00 Snacks/Social 6:00 Journal Group	19 1:00 Recovery Connection 2:15 Art Therapy 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	20 Saturday Excursion The Bahá'í Temple - Wilmette (See Announcements) Please Call Drop-In for Reservations	
21 10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	22 10:00 How u Doin'? 10:30 Library Excursion 12:00 Snacks/Social 1:00 Yoga, Mindfulness and Meditation 2:00 Guest Choice	23 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	24 11:00 Work Why Not? (Vocations for Recovery) 12:00 Prep and Lunch 1:00 Guest Choice	25 3:30 How U Doin'? 4:00 Leadership and Empowerment 5:00 Snacks/Social 6:00 Recovery Circle	26 1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	27 Family and Friends Day Movie: TBA Lunch: Burgers and Brats (See Announcements) Please Call Drop-In for Reservations	
28 10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 Gratitude Group	29 10:00 How u Doin'? 10:30 Bingo 12:00 Snacks/Social 1:00 Yoga, Mindfulness and Meditation 2:00 Guest Choice	30 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	31 11:00 Work Why Not? (Vocations for Recovery) 12:00 Prep and Lunch 1:00 Guest Choice	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 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 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.*