



# Drop-In February

Kenneth Young Drop In Center  
(720 DropIn)  
Recovery Drop-In Center  
FEIN: 237181444

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 <a href="http://kenntheyoung.org">kenntheyoung.org</a> 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)						Saturday Excursion <b>American Science and Suplus + A Pizza Slice at Sputino's - ParkRidge</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
2	3	4	5	6	7	8
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>Bingo w/ prizes</b> 1:00 <b>Yoga, Mindfulness and Meditation</b> 2:00 Guest Choice	3:30 How U Doin' 4:00 <b>Questions and "Popcorn" Group</b> 5:00 <b>Prep and Dinner</b> 7:00 Movie and Popcorn Night	11:15 <b>Work, Why Not</b> 12:00 <b>Prep/Luch/ January Birthday Celebrations</b> 1:00 Guest Choice	3:30 How U Doin' 4:00 <b>Karaoke</b> 5:15 <b>Snack/Social</b> 6:30 <b>Journal Group</b>	1:15 <b>Recovery Connection</b> 2:30-4:30 <b>WRAP</b> 4:30 <b>Multimedia</b> 1:00-2:30 <b>Work on Interpersonal Issues w/ Tom</b>	Saturday Excursion <b>Yorktown Mall and Krispy Kreme - Lombard and Elk Grove Village</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
9	10	11	12	13	14	15
10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>Gratitude Group</b>	10:00 How u Doin'? 10:30 <b>Excursion - Mt. Prospect Plaza - Walmart and many other Stores</b> 12:00 Snacks/Social 1:00 Guest Choice 2:00 <b>Short Story/Book Club</b>	3:30 How U Doin' 4:00 <b>Questions and "Popcorn" Group</b> 5:00 <b>Prep and Dinner</b> 7:15 <b>Music Therapy</b>	11:15 <b>Work, Why Not</b> 12:00 <b>Excursion - Movie at Elk Grove Cinemas</b>	3:30 How U Doin'? 4:00 <b>Leadership and Empowerment</b> 5:30 Snacks/Social 6:30 <b>Recovery Circle</b>	1:15 <b>Recovery Connection</b> 2:30-4:30 <b>WRAP</b> 4:30 <b>Potluck</b> 1:00-2:30 <b>Work on Interpersonal Issues w/ Tom</b>	Saturday Excursion <b>Cool Thrift Stores + A Pizza Slice at Garibaldi's - Arlington Heights</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
16	17	18	19	20	21	22
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>Bingo w/ prizes</b> 1:00 <b>Yoga, Mindfulness and Meditation</b> 2:00 Guest Choice	3:30 How U Doin' 4:00 <b>Questions and "Popcorn" Group</b> 5:00 <b>Prep and Dinner</b> 7:00 Movie and Popcorn Night	11:15 <b>Work, Why Not</b> 12:00 <b>Prep and Lunch</b> 1:00 Guest Choice	3:45 <b>Depart for Art Institute of Chicago Excursion - Return by 8:30</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>	1:15 <b>Recovery Connection</b> 2:30-4:30 <b>WRAP</b> 4:30 <b>Multimedia</b> 1:00-2:30 <b>Work on Interpersonal Issues w/ Tom</b>	Family and Friends Day <b>Featured Movie - Fever Pitch</b> <b>Lunch - Quesadillas and Guacamole</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
23	24	25	26	27	28	
10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>Gratitude Group</b>	10:00 How u Doin'? 10:30 <b>Excursion - Mt. Prospect Plaza - Walmart and many other Stores</b> 12:00 Snacks/Social 1:00 Guest Choice 2:00 <b>Short Story/Book Club</b>	3:30 How U Doin' 4:00 <b>Questions and "Popcorn" Group</b> 5:00 <b>Prep and Dinner</b> 7:00 Movie and Popcorn Night	11:15 <b>Work, Why Not</b> 12:00 <b>Prep and Lunch</b> 1:00 Guest Choice	3:30 How U Doin' 4:00 <b>Leadership and Empowerment</b> 5:15 <b>Snack/Social</b> 6:30 <b>Comedy Hour</b>	1:15 <b>Recovery Connection</b> 2:30-4:30 <b>WRAP</b> 4:30 <b>Multimedia</b> 1:00-2:30 <b>Work on Interpersonal Issues w/ Tom</b>	

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.*