




# Drop-In



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 kennthyoung.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)					1:15 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 4:00 <b>Multimedia</b> 1:00-3:00 <b>Work on Interpersonal Issues w/ Tom</b>	Saturday Excursion <b>Round 1 Arcade and Bowling Alley - Gurnee</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
3	4	5	6	7	8	9
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> 12:00 Snacks/Social 1:00 <b>Yoga, Mindfulness and Meditation</b> 2:00 Guest Choice	3:30 How U Doin' 4:00 <b>Leadership and Empowerment</b> 5:00 <b>Prep and Dinner</b> 7:00 <b>Music Therapy</b>	11:15 <b>Work, Why Not</b> 12:00 <b>Prep and Lunch/November Birthdays</b> 1:00 Guest Choice	3:30 How U Doin' 4:00 <b>Karaoke</b> 5:30 Snacks/Social 6:00 <b>Journal Group</b>	1:15 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 3:15 <b>Potluck</b> 5:00 <b>Multimedia</b> 1:00-3:00 <b>Work on Interpersonal Issues w/ Tom</b>	Saturday Excursion <b>Volo Auto Museum - Volo</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
10	11	12	13	14	15	16
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>Mt. Prospect Plaza - Walmart and many Other Stores</b> 1:00 <b>Yoga, Mindfulness and Meditation</b> 2:00 Guest Choice	3:30 How U Doin' 4:00 <b>Questions/"Popcorn" Group</b> 5:00 <b>Prep and Dinner</b> 7:00 <b>Music Therapy</b>	11:15 <b>Work, Why Not</b> 12:00 <b>Excursion - Movie at Elk Grove Cinemas</b>	<b>Special Hours 2p-7p</b> <b>Thursday Excursion Hike in the Forest Preserves Departing at 2:15 - Sylvan</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>	1:15 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 4:00 <b>Multimedia</b> 1:00-3:00 <b>Work on Interpersonal Issues w/ Tom</b>	Saturday Excursion <b>Phillips Park Zoo and St. Vincent De Paul Thrift Store - Aurora</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
17	18	19	20	21	22	23
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/ and Singo prizes</b> 12:00 Snacks/Social 1:00 <b>Yoga, Mindfulness and Meditation</b> 2:00 Guest Choice	3:30 How U Doin' 4:00 <b>Questions/"Popcorn" Group</b> 5:00 <b>Prep and Dinner</b> 6:00 <b>Movie and Popcorn Night</b>	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> 5:00 Snacks/Social 6:00 <b>Karaoke</b>	1:15 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 4:00 <b>Multimedia</b> 1:00-3:00 <b>Work on Interpersonal Issues w/ Tom</b>	Saturday Excursion <b>Thanksgiving Dinner at Christus Victor Church - Elk Grove</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
24/30	25	26	27	28 - Special Hours 10a-3p	29	30
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>Mt. Prospect Plaza - Walmart and many Other Stores</b> 1:00 <b>Yoga, Mindfulness and Meditation</b> 2:00 Guest Choice	3:30 How U Doin' 4:00 <b>Questions/"Popcorn" Group</b> 5:00 <b>Prep and Dinner</b> 6:00 <b>Movie and Popcorn Night</b>	11:15 <b>Work, Why Not</b> 12:00 <b>Prep and Lunch</b> 1:00 Guest Choice	<b>Thanksgiving Day Celebration Activities</b> <b>Turkey Dinner w/ Fixin's Served at Noon</b> Must Sign-Up in Advance <b>Please Call Drop-In for Reservations</b>	1:15 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 4:00 <b>Multimedia</b> 1:00-3:00 <b>Work on Interpersonal Issues w/ Tom</b>	Family and Friends Day <b>Featured Movie - "A Charlie Brown Thanksgiving"</b> <b>Lunch - Grilled Cheese, Chicken Sandwiches, and Tater Tots</b> (See Announcements) <b>Please Call Drop-In For Reservations</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.*