



Drop-In *October*

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	3	4	5
		3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:15 Work, Why Not 12:00 Prep and Lunch/October Birthdays 1:00 Guest Choice	3:30 How U Doin'? 4:00 Karaoke 5:00 Snacks/Social 6:00 Journal Group	1:15 Recovery Connection 2:15 Creative Arts 4:00 Multimedia 1:00-3:00 Work on Interpersonal Issues w/ Tom	Saturday Excursion Randall Oak Woods - West Dundee (See Announcements) Please Call Drop-In for Reservations
6	7	8	9	10	11	12
10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	10:00 How u Doin'? 10:30 Bingo and Signo w/ prizes 12:00 Snacks/Social 1:00 Yoga, Mindfulness and Meditation 2:00 Guest Choice	3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 7:00 Music Therapy	11:15 Work, Why Not 12:00 Excursion - Movie at Elk Grove Cinemas	3:30 How U Doin'? 4:00 Leadership and Empowerment 5:00 Snacks/Social 6:00 Recovery Circle	1:15 Recovery Connection 2:15 Creative Arts 3:15 Potluck 5:00 Multimedia 1:00-3:00 Work on Interpersonal Issues w/ Tom	Saturday Excursion Bowling at River Rand - Des Plaines (See Announcements) Please Call Drop-In for Reservations
13	14	15	16	17	18	19
10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 Gratitude Group	10:00 How u Doin'? 10:30 Indigenous Peoples' Day at Mitchell Museum - Evanston (See Announcements) Please Call Drop-In for Reservations	3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popeorn	11:15 Work Why Not 12:00 Prep and Lunch 1:00 Guest Choice	Special Hours 2-7 Fall Colors Hike Cook County Forest Preserves Van Leaves at 2:15 (See Announcements) Please Call Drop-in for Reservations	1:15 Recovery Connection 2:15 Creative Arts 4:00 Multimedia 1:00-3:00 Work on Interpersonal Issues w/ Tom	Saturday Excursion Fall into Fun - Aurora (See Announcements) Please Call Drop-In for Reservations
20	21	22	23	24	25	26 - Halloween Party
10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	10:00 How u Doin'? 10:30 Bingo w/ and Singo prizes 12:00 Snacks/Social 1:00 Yoga, Mindfulness and Meditation 2:00 Guest Choice	3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:15 Work, Why Not 12:00 Prep and Lunch 1:00 Guest Choice	3:30 How U Doin'? 4:00 Leadership and Empowermant 5:00 Snacks/Social 6:00 Comedy Group	1:15 Recovery Connection 2:15 Creative Arts 4:00 Multimedia 1:00-3:00 Work on Interpersonal Issues w/ Tom	Halloween Party! Spooky Games, Candy, Raffle...Serving Pizza for Lunch...Featured Movie is Monster House (See Announcements) Please Call Drop-In for Reservations
27	28	29	30	31 - Halloween		
10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 Gratitude Group	10:00 How u Doin'? 10:30 Mt. Prospect Plaza - Walmart and many Other Stores 1:00 Yoga, Mindfulness and Meditation 2:00 Guest Choice	3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:15 Work, Why Not 12:00 Prep and Lunch 1:00 Guest Choice	Excursion Spooky Halloween Drive at Mack Manor - Fox River Grove (See Announcements) Please Call Drop-In for Reservations	Visit the kenntheyoung.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.*