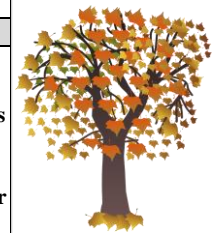




OPEN 10:00a to 3:00p	OPEN 10:00a to 3:00p	OPEN 3:30p to 8:00p	OPEN 11:00a to 4:00p	OPEN 3:30p to 8:00p	OPEN 1:00p to 6:00p	OPEN 10:00a to 3:00p
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 - Labor Day	3	4	5	6	7
10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	10:00 How u Doin'? 10:30 Bingo 12:00 BBQ - Burgers, Veggie Burgers, Dogs 1:30 Guest Choice 2:30 Grand Prize Raffle	3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:15 Music Therapy 12:00 Prep and Lunch/September Birthdays 1:00 Work, Why Not? 2:00 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 (Snacks will be available from 4:00 to 5:30)	Saturday Excursion Baha'i House of Worship - Wilmette (See Announcements) Please Call Drop-In for Reservations
8	9	10	11	12	13	14
10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 Gratitude Group	10:00 How u Doin'? 10:30 Library Excursion/Lunch Out 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 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 3:00 Potluck (See Signup Sheet and Please Bring Something to Share!)	Saturday Excursion Warren Township Park and Gurnee Mills Mall - Gurnee (See Announcements) Please Call Drop-In for Reservations
15	16	17	18	19	20	21
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 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 Popeorn	11:15 Work Why Not 12:00 Prep and Lunch 1:00 Guest Choice	Special Hours: 2:30pm - 7:30pm Nature Walk with Mary Anne Crabtree Nature Center- Barrington Depart Drop-In at 2:45 (See Announcements)	1:15 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 - 5:30)	Saturday Excursion Apple Picking - Woodstock (See Announcements) Please Call Drop-In for Reservations
22	23	24	25	26	27	28
10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 Gratitude Group	10:00 How u Doin'? 10:30 Library Excursion Lunch Out 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	Family and Friends Day Lunch - Mostaccioli and Cheesy Bread Movie - Inside Out 2 (See Announcements) Please Call Drop-In for Reservations
29	30					
Special Excursion Soulful Prairies Equine Therapy - Woodstock We wil depart promptly at 10 AM (See Announcements) Please call Drop-In for Reservations	10:00 How u Doin'? 10:30 Bingo 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	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 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.*