



# 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 847-621-2040 ext 117 or just "drop in" @ 1585 W. Dempster St. Mt. Prospect, IL 60056 (located next to Culver's)		<b>HAPPY NEW YEAR!</b>	1 11:15 <b>Work, Why Not</b> 12:00 <b>Prep and Lunch/January Birthdays</b> 1:00 Guest Choice	2 3:30 How U Doin'? <b>4:00 Karaoke</b> 5:30 Snacks/Social 6:30 Recovery Circle	3 1:15 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 4:00 Multimedia 1:00-3:00 <b>Work on Interpersonal Issues w/ Tom</b>	4 Saturday Excursion <b>Aquarium Adventure, Petland, and Denny's - Hoffman Estates</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
5 10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>NAMI Connection</b>	6 10:00 How u Doin'? 10:30 <b>Bingo w/ prizes</b> 1:00 <b>Yoga, Mindfulness and Meditation</b> 2:00 Guest Choice	7 3:30 How U Doin' 4:00 <b>Did you know...Group</b> 5:00 <b>Prep and Dinner</b> 7:00 Movie and Popcorn Night	8 11:15 <b>Work, Why Not</b> 12:00 <b>Excursion - Movie at Elk Grove Cinemas</b>	9 3:30 How U Doin' 4:00 <b>Leadership and Empowerment</b> 5:15 Snack/Social 6:30 Recovery Circle	10 1:15 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 3:15 <b>Potluck</b> 5:00 Multimedia 1:00-3:00 <b>Work on Interpersonal Issues w/ Tom</b>	11 Saturday Excursion <b>Barnes &amp; Noble and Geneva Commons - Geneva</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
12 10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>Gratitude Group</b>	13 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>	14 3:30 How U Doin' 4:00 <b>Did you know...Group</b> 5:00 <b>Prep and Dinner</b> 7:00 <b>Music Therapy</b>	15 11:15 <b>Work, Why Not</b> 12:00 <b>Prep and Lunch</b> 1:00 Guest Choice	16 3:30 How U Doin'? 4:00 <b>Karaoke</b> 5:30 Snacks/Social 6:30 Recovery Circle	17 1:15 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 4:00 Multimedia 1:00-3:00 <b>Work on Interpersonal Issues w/ Tom</b>	18 Saturday Excursion <b>Chinatown Lunch and Shopping - Chicago</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
19 10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>NAMI Connection</b>	20 10:00 How u Doin'? 10:30 <b>Bingo w/ prizes</b> 1:00 <b>Yoga, Mindfulness and Meditation</b> 2:00 Guest Choice	21 3:30 How U Doin' 4:00 <b>Did you know...Group</b> 5:00 <b>Pre and Dinner</b> 7:00 Movie and Popcorn Night	22 11:15 <b>Work, Why Not</b> 12:00 <b>Prep and Lunch</b> 1:00 Guest Choice	23 3:30 How U Doin' 4:00 <b>Leadership and Empowerment</b> 5:15 Snack/Social 6:30 Recovery Circle	24 1:15 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 4:00 Multimedia 1:00-3:00 <b>Work on Interpersonal Issues w/ Tom</b>	25 Family and Friends Day <b>Featured Movie - A Hallmark Movie TBA</b> <b>Lunch - Italian Beef, Crinkle Cut Fries, and Salad</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
26 10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>Gratitude Group</b>	27 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>	28 3:30 How U Doin' 4:00 <b>Did you know...Group</b> 5:00 <b>Prep and Dinner</b> 7:00 Movie and Popcorn Night	29 11:15 <b>Work, Why Not</b> 12:00 <b>Prep and Lunch</b> 1:00 Guest Choice	30 3:30 How U Doin' 4:00 <b>Journal Group</b> 5:15 Snack/Social 6:30 <b>Comedy Hour</b>	31 1:15 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 4:00 Multimedia 1:00-3:00 <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.*