



DROP-IN

January 2020

**Feel Free to Call the Drop-In at 847-621-2040 ext. 117
Announcements, Special Events & Excursions**

Announcements: Visit the Kennethyoung.org website to see Drop-In Center activities, schedules and other Kenneth Young programming.

All On-Site Kenneth Young Drop-In Center activities are FREE to registered guests. Off-Site Excursions and Special Events are commonly free, however, some do have a minimal cost to you. *Please see details below.

For questions or more information call your Drop-In Team at 847-621-2040 ext. 117 or just "drop in" @ 1585 W. Dempster St. Mount Prospect, IL 60056 (located next to Culvers)

Updates:

Bingo and Light Yoga: Bingo with prizes followed by light yoga. This group meets on Monday mornings from 10:15AM - 12:15PM.

Helping Hands: This is a discussion group that will utilize "group knowledge" in problem solving or dealing with day-to-day things that may inhibit someone from achieving their goals.

N.A.M.I. Connection: 1st and 3rd Sundays of the Month from 1:00PM – 2:30PM

Leadership and Empowerment: on the 2nd and 4th Thursday - have a say, increase confidence, share ideas, plan events and activities for you, the guests of the Kenneth Young Drop-In Center and our community.

Vocations for Recovery: (Job Club) Fridays from 1PM – 2PM

Selected Topics in Recovery: Meeting focusing on how to move through your Recovery, meets on Mondays at 1:15PM

Sleep Hygiene: This meets on Tuesdays at 4:30PM and explores factors and strategies for improving sleep.

Special Events & Excursions

Thursday, January 2 – Illumination: Tree Lights at the Morton Arboretum – Lisle

- 4100 IL-53
- Be surrounded by color as you walk a one-mile paved path amid interactive lighting effects that highlight the beauty of trees in winter. Enjoy seasonal music, marvel at ever-changing, captivating lighting designs, and warm up by a crackling fire with a cozy drink or roast marshmallows for s'mores.
- The Illumination trail is a one-mile paved walking path that includes a large incline approximately halfway through the exhibition (Ornament Hill), and several smaller inclines and declines.
- **Free** to those who attend Drop-In and NAMI Schaumburg members (Save \$13 per person)
- 5:30PM Entry - We will leave Drop-In by 4:30PM and return by 8:00PM
- Please RSVP to Drop-In in advance
- Van seating is limited to 8 guests

Saturday, January 4 – Sip of Hope - Chicago

- 3039 W Fullerton Avenue
- The world's first coffee shop where 100% of proceeds support proactive suicide prevention and mental health education.
- Sip of Hope is the perfect space for breaking the silence around suicide and raising the visibility of mental health resources in our community.
- Enjoy Coffee, Tea and Pastries
- **Free** to those who attend Drop-In
- We will leave Drop-In by 10:00AM and return by 3:00PM
- Please RSVP to Drop-In in advance
- Van seating is limited to 8 guest

Thursday, January 11 – Bess Bower Dunn Museum of Lake County – Libertyville

- 1899 West Winchester Road
- Museum about the history of this North Chicago region including prehistoric, Native American, Frontier, Civil War, and more.
- See the Dunn Museum's fossil rock estimated to be 420 million years old. Learn more about the dinosaurs that lived in Lake County
- Explore a full-scale reproduction of a wigwam
- Discover Lake County's role in the Abolitionist movement and Underground Railroad, visit a reproduction of a one-room schoolhouse, see an authentic Gatling gun and artifacts from the Civil War era
- Free to those who attend Drop-In
- **Special Hours:** 3:30PM – 8:30PM
- We will leave Drop-In by 4:30PM and return by 8:30PM
- Please RSVP to Drop-In in advance
- Van Seating is limited to 8 guests

Saturday, January 18 – Bowling – Elk Grove Village

- 53 South Arlington Heights Rd
- Bowling, Arcade, and Pool
- **Free** to those who attend Drop-in (save \$5.00 per person)
- We will leave Drop-in by 10:15am and return by 3pm
- Please RSVP to Drop-In in advance
- Van Seating is limited to 8 guests

Wednesday, January 22 – Classic Cinemas – Elk Grove Village

- 1050 Arlington Heights Rd
- Arrive to Drop-In by 11am
- Free to those who attend Drop-In (Save \$6.00 per person)
- Please RSVP to Drop-In in advance
- Van seating is limited to 8 guests

Saturday, January 25 – Family and Friends Day – Mount Prospect

- 1585 W Dempster St.
- **Movie: Frozen**
- Drop in between 10:00AM and 3:00PM
- Sloppy Joes will be served
- You are strongly encouraged to bring friends and family members.
- Please RSVP to Drop-In in advance