



DROP-IN

January 2024

**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 847-2040 ext. 117 or just "drop in" @ 1585 W. Dempster St. Mount Prospect, IL 60056 (located next to Culvers)

Updates:

Happy New Year!

N.A.M.I. Connection: Now meeting the 1st and 3rd Sunday of the Month from 1:00PM - 2:30PM.

Move Your Body at the RecPlex: 10:30AM-12PM Each Monday of the Month. Meet us at Drop-In or at the RecPlex. Guests are expected to regularly use their Rec Plex membership (paid for by the Drop-In Center) on Mondays with the Drop-In Center, or your membership will not be renewed the following month.

Leadership and Empowerment: Meets on Thursday, January 11 and Thursday, January 25 this month - 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. **We will meet at 4:00PM.**

Work Why Not? - Weekly job group where you will learn skills that will be useful even if you are not looking for a job. **Meets Wednesdays. See Calendar for time.**

Recovery Connection: Mental Health recovery focused class. **Meets Fridays at 1:00PM**

Monthly Birthday Celebrations: Meets at **12:00PM** on the 1st Wednesday of the month. Celebrate your birthday with Drop-In. Enjoy cake, cards and fun as we celebrate all birthdays from the current month.

Comedy Hour: Meets the last Thursday of each month from **6:00PM – 7:00PM** - Watch standup comedians on screen and bring your own jokes in to share. Raffle tickets given for telling a joke to win a \$10 gift card.

Karaoke/Open Mic Night: Sing your favorite karaoke songs solo or with others and dance and get down! Raffle tickets given for performing to win a \$10 gift card. **Bottled water given for any involvement. (Meets on, Thursday, January 4, and January 18 at 4PM this month.)**

Music Therapy: Enjoy and benefit from 45 minutes of music therapy from a board Certified music therapist. **Meets this month on Monday, January 8 at 1PM.**

Lunch: While heavy snacks are served every day, enjoy a homemade lunch each Wednesday (unless an excursion is scheduled). Guests are encouraged to assist in the preparation, cooking, and clean-up of the meal.

Dinner: While heavy snacks are served every day, enjoy a homemade dinner each Thursday. Guests are encouraged to assist in the preparation, cooking, and clean-up of the meal.

Money Management Group: Are you on a low income? Do you need help with creative ways to save money? With Budgeting? With how to manage money? If you answered yes to any of these questions, this group is for you. This group will be led by Allison Villate, former Drop-In Intern, and current KYC Representative Payee Case Manager. **Meeting on Wednesday, January 31 at 1PM this month.**

Art Therapy: An art therapist will facilitate the group. Use, art to learn something about yourself. **Meets this month on Friday, January 5 at 2:15PM.**

Cooking Group: Chef Sarah will help you prepare a snack, meal, or dessert that you can also make at home and teach you some cool cooking techniques along the way. Yes, you can eat your creation!

Special Events & Excursions

Wednesday January 3 – Northlight Theater – Skokie

- 9501 Skokie Blvd, Skokie 60077
- See the live play: “Dial M for Murder”
- Free to those who attend Drop-In (tickets donated)
- We will leave Drop-In at 12:00pm and return by 4:00pm

Saturday, January 6 – CiCi’s Pizza and Half Price Books – Naperville

- 618 S Route 59 and 2867 95th St
- CiCi’s is an all you can eat pizza buffet
- Half Price Books sells and buys new and used books, games and music
- Free to those who attend Drop-In (Save \$9.00 per person at CiCi’s)
- Please RSVP to Drop-In in advance

Wednesday, January 10 – 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 13 – 1st Family and Friends Day – Mount Prospect

- 1585 W Dempster St
- No Bean Chili Cheese Dogs and Fries for lunch
- Movie: The Mask
- You are strongly urged to bring Your Friends and Family
- Please RSVP to Drop-In in advance.

Saturday, January 20 – Dave and Busters – Addison

- 1155 N Swift Rd
- Arcade, virtual reality, billiards and food available for purchase
- Free to those who attend Drop-In (save \$15 per person)
- We will leave Drop-In by 10:30am and return by 3pm
- Please RSVP to Drop-In in advance

Saturday, January 27 – 2nd Family and Friends Day – Mount Prospect

- 1585 W Dempster St
- Chicken Sandwiches will be served
- Lunch is at 12pm noon
- Movie: Toy Story
- You are strongly urged to bring Your Friends and Family
- Please RSVP to Drop-In in advance.