



DROP-IN

June 2023

**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 under "Special Events & Excursions."

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:

N.A.M.I. Connection: Each Sunday of the Month from 1:00PM – 2:30PM.

Move Your Body at the RecPlex: 10:30AM-12PM Each Monday of the Month, except the first Monday. 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 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. **We will meet at 4:00PM.**

Work Why Not? - Weekly job group will learn skills that will be useful even if you are not looking for a job. **Meets Wednesdays from 11:00AM-12:00PM**

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 joke(s) in to share. Raffle tickets given for telling a joke(s) to win a \$10 gift card.

Journal Group: Given thought-provoking prompts, members of the group write down their feelings, ideas, thoughts, etc. Members may share their work with the group if they wish to do so. **Journal Group will meet on Thursday, June 29 at 4:00 PM this month.**

Music Therapy: Enjoy and benefit from 45 minutes of music therapy from a board certified music therapist. **Meets the first Monday of each month at 10:30 AM**

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 Tuesday. Guests are encouraged to assist in the preparation, cooking, and clean-up of the meal.

Karaoke/Open Mic Night: Meets the **first and third** Thursdays each month from **4:00PM-5:00PM**. 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.**

(Because of a special excursion to the Schaumburg Boomers baseball game, Karaoke will not meet on the third Thursday of this month – June 15!)

New Event! – Cooking with Chef Sarah – Professional Chef, Sarah, will guide you through the process of preparing an appetizer, side dish, or dessert. Instruction will be “hands on.” Yes, you can eat the result of your work! **Meets Wednesday, June 21st at 2PM this month.**

Special Events & Excursions

Thursday, June 1 – Big Band Night – Elk Grove

- 1000 Wellington Avenue - Garden Terrace Banquets
- Live Big Band Music to listen or dance to
- Bakery snacks, Coffee and water available
- Free to those who attend Drop-In (Save \$5.00 per person)
- We will leave Drop-In by 6:30PM and return by 8:30PM
- Please RSVP to Drop-In in advance
- Van Seating is limited to 7 guests

Saturday, June 3 – The 22nd Annual KYC Hustle for Health – Elk Grove Village

- Busse Woods – Grove 27 (Off of Arlington Height Rd, West of Arlington Hts Rd just South of Landmeier)
- **Hours of Drop-In Extended: 9:00am-3:00pm**
- We will depart the Drop-In Center at 9:05am and return by 2:30pm
- Come as walker, runner, cheerleader, and/or as a fundraiser
- Register at the Drop-In Center and join team “Drop-In Peers”
- Lunch after the “Hustle” (save \$12 per person)
- Please RSVP to Drop-In in advance
- Van seating is limited to 7 guests

Saturday, June 10 – KYC Northwest Pride Fest – Schaumburg

- 190 S. Roselle Rd (Trickster Cultural Center)
- Kenneth Young Center event supported by Drop-In
- DJ, Activities, Games, Community Art Project and Fabulous Drag Show
- Support the LGBTQ+ community
- **Hours of Drop-In Extended: 4:30pm-9:30pm**
- We will leave Drop-in by 4:45am and return by 9:30pm
- Van seating is limited to 8 guests

Wednesday, June 14 – 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 7 guests

Thursday, June 15th – Schaumburg Boomers Baseball Game – Schaumburg

- 1999 Springinsguth Rd
- Join us for a day at the baseball park cheering on the Schaumburg Boomers
- **Free** to those who attend Drop-In (save \$16.00 per person)
- **Special Hours: 11:00am-4:00pm (Game Begins at 12:00pm)**
- We will leave Drop-In at 11:15am and Return by 4:00pm
- Please RSVP to Drop-In in advance
- Van Seating Limited to 8 People

Saturday, June 17 – Heider’s Berry Farm – Woodstock

- 1106 N Queen Anne Rd
- Fresh strawberry picking
- Jams and pre picked strawberries also available
- Bring along a picnic lunch - we will make sandwiches
- **No credit Cards accepted** cash or check only
- **Free** to those who attend drop-in (save \$15)
- We will leave Drop-In by 10:00am and return by 3pm
- Please RSVP to Drop-In in advance
- Van seating is limited to 7 guests

Saturday, June 24 – Family and Friends Day – Mount Prospect

- 1585 W Dempster St
- Movie: Mrs Doubtfire
- Cookout including Burgers, Hot Dogs, Tater tots and fruit salad
- Family and Friends Day!
- You are strongly urged to bring Your Friends and Family
- Games and a raffle for a special prize
- Please RSVP to Drop-In in advance

Wednesday, June 28th – CRSS Competency Training Session 1 – Mount Prospect

- 1585 W Dempster
- Training for individuals who have or are seeking the CRSS credential
- We will join the WebEx together and the training is 1:00pm to 4:00pm
- Session 1 of 6. 2.75 CEUs awarded for attending each session
- Session 2 is July 12th and Session 3 is July 26th
- Please RSVP to Drop-In in advance

Thursday, June 29 – The Healing Nature of the Forest, a calming walk – Linne Woods, Morton Grove

- A woodland immersions for those seeking peace, mindfulness, and slow walking. We will use a combination of nature meditations, silence, and observations to enhance our sensed to find hope within nature. We will learn some history and facts about the nature around us.
- Education provided by Mary Anne Enriquez
- Participants should be able to walk 1.5 miles without discomfort/slow walk
- Please wear close toed walking shoes (like sneakers) with socks/no flip flops or sandals
- KYC will provide bug spray and bottled water
- The van will leave Drop-In at 4:00 PM
- The hike will be from 5-6:30PM
- The van will return to Drop-In by 7:15PM
- Van seating is limited to 8 guests
- RSVP required, please RSVP to Drop-In in advance