



## **DROP-IN**

**September 2023**

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

**Announcements:** Visit the [Kennethyoung.org](http://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:**

**NAMI Connection:** Now meeting the 1<sup>st</sup> and 3<sup>rd</sup> Sunday of the Month from 1:00PM - 2:30PM.

**Move Your Body at the RecPlex: 10:30AM-12PM** Each Monday of the Month. (The Drop-In Center will not be visiting the RecPlex on Labor Day, Monday, September 4.) 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 2<sup>nd</sup> and 4<sup>th</sup> 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. 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 1<sup>st</sup> Wednesday of the month. Celebrate your birthday with Drop-In. Enjoy cake, cards and fun as we celebrate all birthdays from the current month.

**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, August 21st at 6:30 PM this month.**

**Music Therapy:** Enjoy and benefit from 45 minutes of music therapy from a board certified music therapist. **Meets the first Wednesday of each month at 11:15 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.**

**Finance for People w/ Low Incomes (New 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, current KYC Representative Payee Case Manager. **Meets the last Wednesday of each month at 1:00PM.**

## **Special Events & Excursions**

### **Saturday, September 2 – Kane County Flea Market – St. Charles**

- 525 S Randall Rd
- One of the longest running, antique and collectable Flea Markets in the world
- Crafts, artisans, holiday decorations, sports collectibles and antiques
- Over 600 vendors
- Free to those who attend Drop-in (save \$6 per person)
- We will leave Drop-in by 10:15AM and return by 3:00PM

### **Monday, September 4 – End of Summer Cookout – Mt. Prospect**

- 1585 W. Dempster Street – Drop-In Center
- Burgers, Dogs, Potato Salad, and Dessert served.
- Music and Raffles
- Please RSVP to Drop-In Center in advance.

### **Thursday, September 7 - 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

### **Saturday, September 9 – Star Cinema Grill and The Arboretum - South Barrington**

- 100 W Higgins Rd
- See a movie at Star Cinema Grill that offers food delivered to your seats
- Lunch at the The Arboretum outdoor mall after the movie
- Food options include Bamboo Spoon(frozen yogurt), Panera Bread and Potbelly
- Free to those who attend Drop-In (Save \$9.00 for Movie. Lunch is on your own)
- We will leave Drop-In by 10:30am and return by 3pm
- Please RSVP to Drop-In in advance

### **Wednesday, September 13 – 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

### **Saturday, September 16 – Cosley Zoo – Wheaton**

- 1356 N Gary Ave
- 20 exhibits with more than 200 animals and over 50 species
- Behind the scenes tour available
- Free to those who attend Drop-In (Save \$10.00 per person)
- Please RSVP to Drop-In in advance

**Saturday, September 23 – Half Price Books and Cracker Barrel – Naperville**

- 2867 95th St and 1855 W Diehl Rd
- Browse used or new books and games
- Eat brunch at Cracker Barrel
- Gift Shop, checkers games and outdoor chairs and views
- Free to those who attend Drop-In (Save \$13.00 per person on Brunch)
- We will leave Drop-In by 10:30am and return by 3pm
- Please RSVP to Drop-In in advance

**Thursday, September 28 – Forest Preserve Education with Mary Anne – Wheeling**

- Potawatomi Woods - Wheeling
- Explore and learn while walking the forest guided by Mary Anne
- 1.5 mile walk (Alternative to walking is sitting at the pavilion to enjoy the outdoors)
- **Special Hours: 3:00PM – 7:30PM**
- We will leave Drop-In at 3:30pm and be back by 7:30pm
- Van seating is limited to 8 guests
- RSVP required, please RSVP to Drop-In in advance

**Saturday, September 30 – Family and Friends Day – Mount Prospect**

- 1585 W Dempster St
- Grilling Italian Sausages and Burgers with a side of baked beans
- Featured Movie: [On Golden Pond](#)
- Family and Friends Day!
- You are strongly urged to bring Your Friends and Family
- Please RSVP to Drop-In in advance