



DROP-IN

November 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:

NAMI 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, November 9 and Thursday, November 30 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.

Music Therapy: Enjoy and benefit from 45 minutes of music therapy from a board certified music therapist. **Meets this month on November 1 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: 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, November 2 and November 16 at 4PM this month.)**

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, current KYC Representative Payee Case Manager. **Meeting on Wednesday, November 29 at 1PM this month.**

Special Events & Excursions

Thursday, November 2 - 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, November 4 – Gurnee Mills Mall – Gurnee

- 6170 W Grand Ave
- Walk and shop over 170 stores with two food courts
- Shop Bass Pro World: for fishermen and lovers of outdoors
- We will leave Drop-in by 10:15am and return by 3pm
- Please RSVP to Drop-In in advance

Wednesday, November 8 – 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

Friday, November 10 – Special Hours: 5:00pm to 8:00pm

- Recovery Connections at 5:00pm, Snacks at 6:15pm and Multimedia at 7:00pm
- Drop-In will be closed during regular hours for all staff appreciation party

Saturday, November 11 – Bowling at Beverly Lanes – Arlington Heights

- 8 S Beverly Ln
- **Free** to those who attend Drop-in (save \$7.00 per person)
- Lunch will be on your own after bowling – location to be decided on the day
- We will leave Drop-in by 10:15am and return by 3pm

Saturday, November 18 – Thanksgiving Dinner – Elk Grove

- 1045 S. Arlington Heights Road (Christus Victor Church)
- Bountiful Traditional Thanksgiving Feast with hand carved turkey, homemade stuffing, gravy, green bean casserole, cranberry sauce, corn, mashed potatoes, rolls, and dessert
- **Free** to those who attend Drop-In
- Please RSVP to Drop-In in advance (15 tickets available)

Thursday, November 23 – Thanksgiving Celebration – Mount Prospect

- **Special Hours: 10:00am – 3:00pm**
- 1585 W Dempster
- Annual Turkey Dinner with sides
- **Meal served at Noon**
- Must RSVP to Drop-In in advance

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

- 1585 W Dempster St
- **Serving Pot Pies and Blueberry Muffins at Noon**
- Featured movie is October Sky
- Family and Friends Day!
- You are strongly urged to bring Your Friends and Family
- Please RSVP to Drop-In in advance