



DROP-IN

April 2019

**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:

Get Fit Club: This club meets at the Drop-In every Monday morning to set our weekly goals, check-in and then buddy up for our weekly trip to the Rec Plex to do light exercise at the Rec Plex. **Registration is on Monday, April 1. Drop-in pays the monthly registration fee as long as you attend on Mondays.**

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

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 to 2 pm

Wellness Recovery Action Plan: New! WRAP classes on Wednesdays. This is a self-created prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals.

Special Events & Excursions

Thursday, April 4 – Big Band Night – Elk Grove

- 1000 Wellington Avenue
- Listen and dance to live Big Band Music. Enjoy delicious refreshments
- 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 8 guests

Saturday, April 6 – Field Museum – Chicago

- 1400 Lakeshore Drive
- From ancient cultures to the latest scientific discoveries, the whole world is at your fingertips here in Chicago.
- April 6th is a free day at the Field Museum.
- Must be 21 years or older and bring an ID
- 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

Saturday, April 13 – Garfield Park Conservatory – Chicago

- 300 N Central Park Ave
- Spring Flower Show: Understory: Layers of Light
- Explore the Spring Flower Show: Understory: Layers of Light and get to know the plants that thrive below the forest canopy. See understory trees arching upwards toward the light, our historic azalea collection, and flowers blooming at the first light of spring.
- **Free** to those who attend Drop-In (donation made)
- 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 guest

Sunday, April 14 – Busse Woods - Elk Grove

- Higgins and Arlington Heights Road
- Fishing, barbecue and badminton
- **Free** to those who attend Drop-In
- 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, April 17 – 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, April 20 – Bowling – Elk Grove

- 53 South Arlington Heights Rd
- Bowling
- **Free** to those who attend Drop-in (save approximately \$5 per person)
- We will leave Drop-In at 10:15am and return by 3:00pm
- Bowling is at 10:30am
- Please RSVP to Drop-In in advance
- Van Seating is limited to 8 guests

Sunday, April 21 – Easter Party – Mount Prospect

- 1585 W Dempster St., Suite #110
- Dinner, dessert, raffles, games and other activities
- RSVP required, please RSVP to Drop-In in advance

Wednesday April 24 – The Morton Arboretum – Lisle

- 4100 IL 53
- Troll Hunt exhibit! Journey through the far-reaching forest to hunt for six colossal trolls crafted from reclaimed wood by Danish artist Thomas Dambo. Marvel at these 15- to 30-foot-tall (and one 60-foot long) sculptures
- Arrive to Drop-In by 11am
- **Free** to those who attend Drop-In (Save \$10.00 per person)
- Please RSVP to Drop-In in advance
- Van seating is limited to 8 guests

Saturday, April 27 – Friends and Family Day: Yoga class, Movie “Mrs. Doubtfire” – Mount Prospect

- 1585 W Dempster St., Suite #110
- Yoga class begins about 10:30 am - all fitness levels welcome
- Lunch at 12:00 pm
- Movie: Mrs. Doubtfire at 1:00pm
- Drop in between 10am and 3pm. Bring your friends and family members.
- Please RSVP to Drop-In in advance

Sunday, April 28 – Randall Oaks Zoo – West Dundee

- 1180 N. Randall Rd.
- We will leave Drop-In at 10:15am and return by 3:00pm
- Celebrate the season at Randall Oaks Zoo's “Spring at the Zoo” event.
- Free to those who attend Drop-In (Save \$4.25 per person)
- Additional cost for: S’mores, Hayrides, Face Painting, Photo with an animal
- Please RSVP to Drop-In in advance
- Van Seating is limited to 8 guests