



DROP-IN

April 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. During March, our intern, Wiktoria Blacha, will be facilitating this group. **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, April 20 at 6:00 PM this month.**

Wellness with Os: Our intern, Osumundas Balciunaitis, will facilitate this group. It will explore topics focusing on your overall wellness. **Meets each Monday at 1:00 PM.**

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.**

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!

Special Events & Excursions

Saturday, April 1 – Fullersburg Nature Center & Graue Mill and Museum – Oak Brook

- 3609 Spring Rd, 3800 York Rd
- Nature Education Center includes a 13,000-year-old skeleton of a woolly mammoth (found in DuPage County), giant stuffed beaver and other fossils
- Free to those who attend Drop-In
- Graue Mill is on the National Historic Register and a stop on the Underground Railroad.
- Graue Mill and Museum is the only operating waterwheel gristmill in Illinois, and started in 1850.
- We will leave Drop-in by 10:15AM and return by 3:00PM
- Van seating is limited to 7 guests

Thursday, April 6 – 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, April 8 – Shed Aquarium – Chicago

- 1200 S. Lake Shore Drive
- Aquatic animal world in downtown Chicago
- One SNAP/EBT card needed for every 4 Museums for All admissions
- Free to those who attend Drop-In(Save \$3.00 per person)
- We will leave Drop-In by 10:15am and return by 3pm
- Please RSVP to Drop-In in advance

Sunday, April 9 – Easter Celebration – Mount Prospect

- 1585 W Dempster
- Easter Egg Hunt
- Hourly Raffles
- Easter Basket Raffle
- Catered lunch will be served
- Free to those who attend Drop-In
- Please RSVP to Drop-In in advance

Wednesday, April 12 – 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

Saturday, April 15 – Bahá'í House of Worship – Wilmette

- 100 Linden Ave
- One of seven temples
- Walk inside and around the beautiful 135 foot stone structure and its gardens
- Free to those who attend Drop-In
- Please RSVP to Drop-In in advance
- Van seating is limited to 8 guests

Saturday, April 22 – Bowling at Beverly Lanes – Arlington Heights

- 8 S Beverly Ln
- Bowling at 10:30am
- **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
- Van seating is limited to 7 guests

Saturday, April 29 – Family and Friends Day – Mount Prospect

- 1585 W Dempster St
- Veggie and Turkey Burgers with side of tater tots will be served for lunch
- Movie: The Breakfast Club
- You are strongly urged to bring Your Friends and Family
- Please RSVP to Drop-In in advance.