



**DROP-IN**  
**April 2024**

**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.

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

**Leadership and Empowerment:** Meets on Thursday, April 11 and Thursday, April 25 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 1<sup>st</sup> Wednesday of the month. Celebrate your birthday with Drop-In. Enjoy cake and fun as we celebrate all birthdays from the current month.

**Library Excursions:** The Drop-In Center will take an excursion to the Mt. Prospect Library at 10 South Emerson St in Mt. Prospect on the 2<sup>nd</sup> and 4<sup>th</sup>s Monday mornings of each month. We will leave the Drop-In Center at 10:30AM and return to the Drop-In Center by Noon. Enjoy all of the resources the library has to offer. **This month, excursions to the library will be on April and April 22.**

**Comedy Hour:** Meets the last Thursday of each month from **6:00PM – 7:00PM** - Watch standup comedians on screen and bring your own jokes in to share. Raffle tickets given for telling a joke to win a \$10 gift card.

**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. **(Meets on, Thursdays, April 4 and April 18 at 4PM this month.)**

**Music Therapy:** Enjoy and benefit from 45 minutes of music therapy from a board Certified music therapist. **Meets this month on Wednesday, April 3 at 11:15AM.**

**Lunch:** While a small snack is served every day, **guests are encouraged to bring a bag lunch.** Microwave oven is available. Enjoy a full, 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 a small snack is served every day, **guest are encouraged to bring a bag dinner.** Microwave oven is available. Enjoy a homemade dinner each Tuesday. Guests are encouraged to assist in the preparation, cooking, and clean-up of the meal.

**Art Therapy:** An art therapist will facilitate the group. Use art to learn something about yourself. **(Meets on Friday, April 19 this month.)**

## **Special Events & Excursions**

### **Saturday, April 6 – Picnic and Games at Cantigney Park – Wheaton**

- 1S151 Winfield Rd
- Outdoor Food and games at Cantigney Park
- Bring your own picnic lunch (peanut butter and jelly sandwiches can be provided)
- 500 Acre Park with gardens and a walking path
- The War Museum will not be visited during this excursion

### **Wednesday, April 10 – 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

### **Saturday, April 13 – Lincoln Park Zoo – Chicago**

- 2400 N Cannon Dr
- Lincoln Park is a Free admission 35-acre Zoo founded in 1868
- Exhibits featuring nearly 200 unique species
- We will leave Drop-in by 10:15am and return by 3pm
- Please RSVP to Drop-In in advance
- Van seating is limited

### **Saturday, April 20 – The Bahá'í Temple– Wilmette**

- 100 Linden Ave
- Oldest of eight temples to serve North America
- Open to the public as a devotional space for people of any faith
- We will leave Drop-In by 10:15am and return by 3pm
- Please RSVP to Drop-In in advance
- Van seating limited

### **Saturday, April 27 – Family and Friends Day – Mount Prospect**

- 1585 W Dempster St
- Lunch is at 12pm noon
- We will be barbecuing Burgers and Bratwurst
- Please feel free to bring a side dish for sharing
- Featured Movie will be announced in April
- You are strongly urged to bring your Friends and Family
- Please RSVP to Drop-In in advance.