



DROP-IN

March 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, March 16 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.**

March Madness: Come to Drop-In on **Monday March 13 or Tuesday March 14**, and you will be **randomly** given the name of one of the sixty-four teams selected for the NCAA Men's Basketball Tournament. Follow your team throughout the tourney. If your team reaches the Final Four, you will be given a \$5 McDonald's Gift Card. If your team wins the National Championship, you will be given an additional \$20 McDonald's Gift Card. It's March Madness!

Special Events & Excursions

Thursday, March 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
- Van Seating is limited to 8 guests

Saturday, March 4 – Lambs Farm - Libertyville

- 14245 W. Rockland Rd
- 300+ animals, café, bakery, greenhouse, and thrift shop
- Free to those who attend Drop-In (Save \$5.00 per person)
- We will leave Drop-in by 10:15AM and return by 3:00PM
- Van seating is limited to 8 guests

Wednesday, March 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
- Van seating is limited to 8 guests

Saturday, March 11 – Mini Golf at the Library – Mt. Prospect

- 10 S Emerson St, Mt Prospect, IL 60056
- Mini Golf Course set up at the Mt. Prospect Library
- Fundraising sponsors throughout the library
- We will leave Drop-In by 10:15am and return by 3pm
- **FREE** to those that attend Drop-In (save \$5.00 per person)
- Please RSVP to Drop-In in advance

Saturday, March 18 – 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 8 guests

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

- 1585 W Dempster St
- Pulled Pork and Baked Beans for lunch
- Movie: Ordinary People
- You are strongly urged to bring Your Friends and Family
- Please RSVP to Drop-In in advance.