



## **DROP-IN**

**May 2023**

**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 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 2<sup>nd</sup> and 4<sup>th</sup> 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. **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, May 18 at 6:00 PM this month.**

**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! **Meets Thursday, May 24 at 2PM this month.**

## **Special Events & Excursions**

### **Thursday, May 4 – 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, May 6 – Mount Prospect Plaza – Mount Prospect**

- 930 Mount Prospect Plaza
- Shopping at Walmart Supercenter, 5BeLoW and Dollar Tree
- We will leave Drop-in by 10:15am and return by 3pm
- Van seating is limited to 7 guests

### **Wednesday, May 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 to 7 guests

### **Saturday, May 13 Lambs Farm Potting Party – Libertyville**

- 14245 W. Rockland Road
- Bring in your own potting container or use one of ours
- Gardeners will help you select from a variety of sun or shade annuals, perennials & others
- Potting in Greenhouse at the Dogwood Garden + Pet Center (from 10:00 am-1:00 pm)
- **Free** to those who attend drop-in (save \$1 on soil and save \$10 cost for plants)
- Bakery, restaurant and thrift store on site
- We will leave Drop-In by 10:00am and return by 3pm
- Please RSVP to Drop-In in advance
- Van seating is limited to 8 guests

### **Saturday, May 20 - Congo River Miniature Golf – Hoffman Estates**

- 1325 Barrington Rd
- Mini golf course with an African river expedition theme
- **Free** to those who attend Drop-In (Save \$10.50 per person)
- Van seating is limited to 6 guests (about 11.4 miles from Drop-In)
- RSVP required, please RSVP to Drop-In in advance

**Saturday, May 27 – Second Annual Hope Has A Home Party – Mount Prospect**

- 1585 W Dempster St
- Second Annual Hope Has a Home!
- Pizza and salad will be served
- Outdoor games and BINGO
- Raffle and games. **Family and Friends Day!**
- You are strongly urged to bring Your Friends and Family
- Games and a raffle for a special prize
- Please RSVP to Drop-In in advance

**Monday, May 29 – Memorial Day Barbecue - Mount Prospect**

- 1585 W Dempster Street
- Honoring military lives and celebrating family and friends
- Hamburgers, hot dogs and potato salad will be served
- Music, games, and raffles
- RSVP required, please RSVP to Drop-In in advance