



DROP-IN

May 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, May 4. 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 2pm

Wellness Recovery Action Plan: WRAP classes on Wednesdays from 1:30pm to 3:00pm. This is a self-designed wellness and prevention process to get well, stay well and create the life you want. WRAP was developed by individuals looking for ways to overcome their own mental health disorders and move on to reaching their goals and dreams.

Special Events & Excursions

Thursday, May 2 – 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 8:15PM
- Please RSVP to Drop-In in advance
- Van Seating is limited to 8 guests

Saturday, May 4 Annual Art Show in Wilder Park – Elmhurst

- 175 S Prospect Avenue
- Outdoor art show with over 100 artists, food vendors and music
- **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

Saturday, May 11 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 the 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

Sunday, May 12 – Ray Franzen Bird Sanctuary – Itasca

- 650 N. Rohlwing Road
- Enjoy an interpretive nature trail, nature-themed playground, shelter, grill, an ADA accessible board walk, bean bag games, and new walking trails.
- 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, May 18 – Civil War Days – Naperville

- 523 S. Webster Street
- 1864 Civil War encampment, meet famous figures of the past, like Abraham Lincoln and Harriet Tubman. Food, fun and shopping on "Sutler's Row" for traditional Civil War-era reproduction products.
- **Free** to those who attend Drop-In (save \$15 per person)
- 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, May 22 – Classic Cinemas – Elk Grove Village

- 1050 Arlington Heights Road
- 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, May 25 – Family and Friends Day – Breakfast and Bowling – Mount Prospect and Elk Grove Village

- 1585 W. Dempster Street
- Continental Breakfast served at 10:30 AM
- Bowling at 12:00 Noon
- Elk Grove Bowl, 53 Arlington Heights Rd, Elk Grove Village 60007
- Drop in between 10am and 3pm. Bring your friends and family members.
- Please RSVP to Drop-In in advance

Sunday, May 26 – Gurnee Mills Mall and Cracker Barrel – Gurnee

- 6170 Grand Avenue
- Gurnee Mills Mall is a one floor outlet mall with great prices. Bonus – The walking you will do is great exercise.
- **The cost of the Cracker Barrel Meal is the responsibility of the guest.**
- 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

Sunday, May 27 – Memorial Day Barbecue – Mount Prospect

- 1585 W Dempster Street
- Celebrating family and friends and honoring military lives
- Hamburgers, Hot Dogs and Potato Salad
- See Flyer for more details
- RSVP required, please RSVP to Drop-In in advance