



**DROP-IN
May 2024**

**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 847-2040 ext. 117 or just "drop in" @ 1585 W. Dempster St. Mount Prospect, IL 60056 (located next to Culvers)

Updates:

Mental Health Awareness Month!

N.A.M.I. Connection: Now meeting the 1st and 3rd Sunday of the Month from 1:00PM - 2:30PM.

Leadership and Empowerment: Meets on Thursday, May 9 and Thursday, May 30 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 1st 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 2nd and 4th 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 May 13th and May 27th.**

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! Or, maybe you would rather recite poetry...any oratory is ok. Raffle tickets given for performing to win a \$10 gift card. **(Meets on, Thursdays, May 2, May 16, and May 30 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, May 1 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. **(Meeting on Thursday, May 24 this month.)**

Special Events & Excursions

Saturday, May 4 – 27th 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

Wednesday, May 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

Saturday, May 11 – Half Price Books and Walmart Supercenter – Bloomingdale

- 366 W Army Trail Rd and 314 W Army Trail Rd
- Browse new and used books, magazine, movies, toys and music
- We will leave Drop-In by 10:15am and return by 3pm
- Please RSVP to Drop-In in advance
- Van seating limited

Saturday, May 18 – Bowling at Beverley Lanes – Arlington Heights

- 8n S Beverly Ln
- Bowl two games or enjoy company and cheer on fellow peers
- Bumpers will be available on one of three reserved lanes
- Please RSVP to Drop-In
- Van seating is limited

Wednesday, May 22 – Mental Health First Aid – Drop-In Center

- 1585 W Dempster St
- 11AM-3PM
- Must sign up in advance/Please RSVP to Drop-In Center
- To become certified you must attend the session on Wednesday, May 29 also
- Mental Health First Aid is a course that teaches you to identify, understand, and respond to the signs of Mental Illness and Substance Abuse Disorders. The training gives you the skills you need to reach out and provide initial help to someone who may be developing a Mental Illness or Substance Abuse Problem or experiencing a crisis.
- CPR for the Brain
- Please RSVP to Drop-In
- Van seating is limited

Thursday, May 23 – Nature Walk with Mary Anne at Lake Avenue Woods – Northbrook

- 3120 Milwaukee Ave (Lake Avenue Woods East Cook County Forest Preserve)
- A peaceful one-and-a-half-mile hike (picnic benches available if not hiking)
- Nature education provided by Mary Anne Enriquez
- Trek through the forest and see blooming spring wildflowers
- Possibility of hearing and seeing 17-year cicadas!
- **Special Hours: 2:00pm to 7:00pm**

- The van will leave Drop-In at 2:15pm. The hike is from 2:45-4:15pm in Lave Avenue Woods. We will reload in the van at 4:45 to return to the Drop-In Center.
- **Van seating is limited to 7 guests**
- RSVP required, please RSVP to Drop-In

Saturday, May 25 – Hope Has a Home Party – Mount Prospect

- 1585 W Dempster St
- Lunch is at 12pm noon
- Craft projects
- Hopeful Personal Testimonials
- Chicken Fettuccini Alfredo will be served
- Please feel free to bring a side dish for sharing
- Featured Movie Godzilla (original 1954 movie)
- You are strongly urged to bring your Friends and Family
- Please RSVP to Drop-In in advance.

Monday, 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 served at approximately noon
- Music
- Games
- RSVP required, please RSVP to Drop-In in advance

Wednesday, May 29 – Mental Health First Aid – Drop-In Center

- 1585 W Dempster St
- 11AM-3PM
- Must sign up in advance/Please RSVP to Drop-In Center
- Must also attend the Wednesday, May 22 session
- Mental Health First Aid is a course that teaches you to identify, understand, and respond to the signs of Mental Illness and Substance Abuse Disorders. The training gives you the skills you need to reach out and provide initial help to someone who may be developing a Mental Illness or Substance Abuse Problem or experiencing a crisis.
- CPR for the Brain
- Please RSVP to Drop-In
- Van seating is limited