



## **DROP-IN**

**September 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:**

**National Suicide Prevention Awareness Month**

**September 8–14 is National Suicide Prevention Week**

**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 **Thursday September 13 and Thursday September 27 at 4PM** 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.

**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 Wednesday, September 4 at 1PM this month.**

**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> Monday mornings of each month. We will leave the Drop-In Center at 10:30AM and return to the Drop-In Center by 1PM. Enjoy all of the resources the library has to offer. We will also go out to lunch at the guest's expense. **This month, excursions to the library will be on September 8 and September 22.**

**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 Thursday September 6 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, September 4 at 11:15AM.**

**Art Therapy:** An art therapist will facilitate the group. Use art to learn something about yourself. **Date for this month to be announced.**

**Lunch:** While a small snack is served every day, **guests are encouraged to bring a bag lunch.** A microwave oven is available for guest to use. 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, **guests 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.

**Potluck Meal: NEW!** Each second Friday of the month guests are welcome to bring a dish/side/dessert to share with everyone. The first Potluck will be on Friday September 13<sup>th</sup>.

## **Special Events & Excursions**

### **Monday, September 2 – Labor Day Barbecue – Mount Prospect**

- 1585 W Dempster
- Celebrate Labor Day with Drop-In
- Serving Hamburgers, Veggie Burgers and Hot Dogs at 12pm noon
- Prize BINGO
- Single raffle for all who attend
- Free to those who attend Drop-In
- Please RSVP to Drop-In in advance

### **Saturday September 7 – Bahá'í House of Worship – Wilmette**

- 100 Linden Ave
- One of seven temples
- Walk inside and around the beautiful 135-foot stone structure and its gardens
- Peaceful seating and views
- **Free** to those who attend Drop-In
- Please RSVP to Drop-In in advance
- Van seating is limited to 8 guests

### **Wednesday, September 11 – 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, September 14 –Warren Township Park & Gurnee Mills Mall – Gurnee**

- 17801 W Washington St and 6170 W Grand Ave
- Illinois largest indoor shopping, dining and entertainment destination
- Warren Park has walking paths, ponds and some disc golf nets
- **Free** to those who attend Drop-In
- We will leave Drop-in by 3:45PM and return by 8:00PM
- Please RSVP to Drop-In in advance
- Van Seating is limited to 8 guests
- Please RSVP to Drop-In in advance

### **Thursday, September 19 – Nature Walk with Mary Anne – Barrington**

- 3 Stover Rd (Crabtree Nature Center)
- Nature hike and education provided by Mary Anne Enriquez
- **Special Hours: 2:30pm to 7:30pm**
- **The van will leave Drop-In at 2:45pm and returns by 5:30pm**
- **Van seating is limited to 7 guests**
- RSVP required, please RSVP to Drop-In

### **Saturday September 21 – Apple Picking at All Seasons – Woodstock**

- 14510 IL Route 176
- Apple Picking, Pumpkin Patch, Barnyard & Farm Market
- Walking required if you are picking apples
- Free to those who attend Drop-In (save \$12 on a ¼ peck of apples)
- RSVP required, please RSVP to Drop-In

### **Saturday, September 28 – Family and Friends Day – Mount Prospect**

- 1585 W Dempster St
- Serving Mostaccioli and cheesy bread for lunch at 12 noon
- Featured Movie this month: Inside Out 2
- Family and Friends Day!
- You are strongly urged to bring Your Friends and Family
- Please RSVP to Drop-In in advance

### **Sunday September 29 – Soulful Prairies Equine Therapy – Woodstock**

- 4706 Alden Rd
- 80 acre therapy & Retreat Center
- Explore the property, nuzzle a horse and see other farm animals.
- Farm tour is at 11:30am and equine therapy demo is at 1pm
- Food truck on site
- See and learn about therapeutic horses used for mental health, addiction, autism, dementia, brain injuries, PTSD, and other conditions
- **Leaving promptly at 10:00am - please plan to arrive to Drop-In early**
- RSVP required, please RSVP to Drop-In