



## **DROP-IN March 2025**

**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:**

**W.R.A.P. (Wellness Recovery Action Plan):** Develop a personal plan to manage symptoms and help you stay well or get well and create the life you want. Guests attending WRAP are urged to commit to attending this group each Friday. This group meets Fridays 2:30pm to 4:30pm (Exception – Wrap will not meet on Friday, March 28.)

**Leadership and Empowerment:** Meets **Thursday March 13 and Thursday March 27 at 4PM** this month. - Have a say, increase confidence, share ideas, plan the events and activities that you and guests of the Kenneth Young Drop-In Center Community may participate in.

**Work, Why Not?:** Weekly job group where you will learn skills that will be useful to you even if you are not interested in working. **Meets on Wednesdays at 11:15am, except Wednesday, March 12 due to the movie excursion.**

**Recovery Connection:** Mental Health recovery focused class. **Meeting Fridays at 1:15pm.**

**Monthly Birthday Celebrations:** Meets at **12:00pm** on the 1st Wednesday of the month (**March 5, this month.**) Celebrate your birthday and the birthdays of others with Drop-In. Enjoy cake and fun as we celebrate all birthdays from the current month.

**NAMI Connection:** NAMI Connection is a peer led support group where participants give and get support by sharing their own experiences. The group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Sundays of the Month from 1pm to 2:30pm. This month the group will meet on March 2<sup>nd</sup> and 16<sup>th</sup>.

**Monday Excursion – Prospect Plaza:**

Prospect Plaza at 930 Mt. Prospect Plaza Mt. Prospect 60056. The Plaza features Walmart, Aldi, Burlington Coat Factory, Marshalls, Five Below, Dollar Tree, and other shops. Guests will find several options there for lunch as well. In March, this excursion will occur on Mondays the 10<sup>th</sup> and 24<sup>th</sup> we are leaving Drop-In at 10:30am and will return by 1pm.

**Karaoke/Open Mic:** 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 are given, for performing, so that you have a chance to win a \$10 gift card. **(Meets on Thursday, March 6 at 4pm this month.**

**Art Therapy:** An art therapist will facilitate the group. Use art to learn about how you think, relate to others, understand the world around you, etc.. **This group will meet on Friday, March 28 at 2:15p this month.**

**Potluck Day:** Each second Friday of the month guests are welcome to bring a dish/side/or dessert to share with everyone. **This month's Potluck Day will be on Friday March 14.** Since 3.14 is Pi Day, we will be serving pie for dessert!

**Work on Interpersonal Issues w/ Tom:** Are you experiencing interpersonal issues (i.e., having trouble getting along with) another guest(s)? Or perhaps even a member of the Drop-In Staff? **From 1Ppm-2:30pm each Friday of the month, Tom will have open office hours to meet with guests individually.** In these

meetings, Tom and guests will work together so that guests are empowered to work out these problems either on their own or with minimal assistance. Emphases will be placed on mentoring and advocacy.

**New Group!!! - Communication Group:** This group, lead by Zjennai Vang, Living Room Supervisor, aims to help participants enhance communication skills, set and maintain healthy boundaries, and build stronger, healthier relationships. It provides a safe and supportive environment to share experiences, gain insights, and practice new skills. **This group will meet every Thursday at 6p.**

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

## **Special Events & Excursions**

### **Saturday, March 1 – Lambs Farm Mini Golf and Shops - Libertyville**

- 14245 W. Rockland Rd
- 18-hole outdoor mini golf course
- 300+ animals, café, bakery, greenhouse, and thrift shop
- Free to those who attend Drop-In (Save \$6.00 per person)
- We will leave Drop-in by 10:15AM and return by 3:00PM
- Van seating is limited to 8 guests
- Please RSVP to Drop-In in advance

### **Saturday, March 8 – Bowling at River Rand – Des Plaines**

- 191 S Des Plaines River Rd
- Three Lanes and two games of Bowling for the group
- Free to those who attend Drop-in (save \$5.00 per person)
- We will leave Drop-in by 10:15am and return by 3pm
- Please RSVP to Drop-In in advance

### **Wednesday, March 12 – Classic Cinemas – Elk Grove Village**

- 1050 Arlington Heights Rd
- Arrive to Drop-In by 11am
- To find out what movie we will be seeing, call Drop-In on Tuesday, March 11
- Drop-In will purchase movie tickets (Save \$6.00 per person)
- Guests are responsible for purchase of own snacks
- Please RSVP to Drop-In in advance

### **Friday, March 14 – Pi Day Potluck – Mount Prospect**

- 1585 W Dempster St
- 3.14 is Pi Day, so we will be serving pie for dessert!
- It's a Potluck – please bring some food to share with everyone
- March Potluck with Pies for 3.14(Pi Day)

### **Saturday, March 15 – Spring Valley Pancake Breakfast and Maple Syrup Demonstration – Schaumburg**

- 1111 E. Schaumburg Road
- Merkle Cabin at Spring Valley
- Outdoor Tent breakfast with Pancakes, sausage, beverages and real maple syrup
- See how Maple Syrup is tapped and boiled
- Free to those who attend Drop-In (Save \$7.50 on breakfast)
- We will leave Drop-in by 10:30AM and return by 3:00PM
- Please RSVP to Drop-In in advance

### **Monday, March 17 – Shamrockin' St. Patrick's Day – Mount Prospect**

- 1585 W Dempster St
- Corned Beef Sandwiches and Green River served for lunch
- Irish Tunes to enjoy
- Coloring Pages for all of you artists
- Wear green if you want

### **Saturday, March 22 – 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
- **Free** to those who attend Drop-In
- Van seating is limited to 8 guests
- Please RSVP to Drop-In in advance

**Thursday, March 27 – Walk with Mary Anne at Busse Woods –  
Arlington Heights**

- **Special Hours 2:30p-7p**
- Walk along the 1.5-mile walk (Alternative to walking is sitting at visitor center)
- We will leave Drop-In at 2:45pm and be back by 5:30pm
- Van seating is limited to 8 guests
- Please RSVP to Drop-In in advance

**Saturday, March 29 – Family and Friends Day – Mount Prospect**

- 1585 W Dempster St
- Family and Friends Day!
- You are strongly urged to bring your Friends and Family Members
- Serving Grilled Cheese and Tossed Salad
- Featured Movie will be National Lampoons Vacation
- Other Fun Activities
- Please RSVP to Drop-In in advance