



DROP-IN

October 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 Illness Awareness Week is October 3rd through October 9th

October is Attention-Deficit / Hyperactivity Disorder (ADHD) 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 **Thursday October 10 and Thursday October 24 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 on Wednesdays at 11:15AM.**

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.

Mt Prospect Plaza Excursion: The Drop-In Center will take an excursion to the Mt. 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 also. **In October, this excursion will occur only on the 28th, leaving Drop-In at 10:30AM.**

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 October 3 at 4PM this month.)**

Music Therapy: Enjoy and benefit from 45 minutes of music therapy from a board Certified music therapist. Now meeting the second Tuesday of each Month at 7PM.
Meeting this month on Tuesday, October 8 at 7PM.

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.** 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.

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 October 11.**

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 1PM-3PM each Friday of the month, Tom Fledderman 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.

Special Events & Excursions

Saturday, October 5 – Randall Oaks Zoo – West Dundee

- 1180 N Randall Rd
- Petting Zoo with Hayrides, Pumpkins and Fall treats for sale
- Animal encounters
- Zoo Admission is \$5 and Hayride is \$3
- Free to those who attend Drop-In
- RSVP required, please RSVP to Drop-In

Wednesday, October 9 – 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, October 12 – 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

Monday, October 14 – Indigenous Peoples' Day at Mitchell Museum – Evanston

- 3001 Central Street (Mitchell Museum of the American Indian)
- Indigenous Peoples' Day honors the culture, art, crafts, clothing, and history of Native people past, present, and future.
- Celebrate diversity and vibrancy of Indigenous cultures.
- Enrich your understanding of Indigenous histories and cultures.
- Free to those who attend Drop-In (Only Day of Year for Free Admission)
- RSVP required, please RSVP to Drop-In

Thursday, October 17 – Fall Colors Hike with Mary Anne – TBD

- (Location has not been determined yet)
- A meditative hike in ancient woodlands of reds, oranges, yellows, and golds in the Cook County Forest Preserves
- Must be willing to hike up to 1.75 miles
- Dress appropriately for the weather:
- Please wear closed toe walking shoes, long pants and socks
- **Special Hours 2PM-7PM (Leaving Drop In at 2:15PM)**
- Van seating is limited to 7 guests
- RSVP required, please RSVP to Drop-In

Saturday, October 19 – Fall into Fun – Aurora

- 15151 E. Alameda Parkway (Aurora Municipal Center)
- Live entertainment, food trucks, vendors, a variety of fall-themed activities
- Free to those who attend Drop-In
- RSVP required, please RSVP to Drop-In

Saturday, October 26 – Halloween Party / Family and Friends Day – Mount Prospect

- 1585 W Dempster St
- Costume Party – prizes given for Scariest, Most Original and Best
- Spooky Games, Candy and Raffle
- Serving Pizza (See Signup Sheet if interested in bringing a Dessert to share)
- Featured Movie will be Monster House
- Family and Friends Day!
- You are strongly urged to bring Your Friends and Family
- Please RSVP to Drop-In in advance

Thursday, October 31 – Halloween Drive at Mack Manor – Fox River Grove

- 1100 Algonquin Road, Fox River Grove
- Spooky Halloween decorated Driveway
- We will find additional spooky houses to drive by
- Free – donations accepted
- **Van seating is limited to 7 guests**
- RSVP required, please RSVP to Drop-In