



DROP-IN May 2025

**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 the 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:

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 from 2:30pm to 4:30pm The Wrap Group will not meet on Friday, May 9 (Art Therapy) or Friday 23 (special shortened hours).**

Leadership and Empowerment: Meets **Thursday, May 8 at 4pm and Thursday, May 22 at 6PM** 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, May 14 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 each month (**May 7, 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 support group where participants give and get support by sharing their own experiences. It is open to anyone 18 and older, living with a mental health challenge. NAMI's support groups are free, peer-led and follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need. The group meets on the 1st and 3rd Sundays of the Month from 1pm to 2:30pm. This month the group will meet on May 4th and 18th.

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 May, this excursion will occur on Mondays the 12th and 26th. We try to leave Drop-In at 10:30am and 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 Thursdays, May 1st and 15th at 4p this month.)**

Art Therapy: A trained 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, May 9 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 May 9. We will begin Potluck Festivities at about 3:30p – not before!**

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.

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

Thursday, May 1 – 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 3 – St. Vincent de Paul DejaVu Thrift Warehouse and Phillips Park Zoo – Aurora

- 911 Sullivan Rd and 1000 Ray Moses Dr
- Charity sale: Board Games, CD's, DVD's electronics, furniture, tools and household items. **(Thrift Warehouse closes at 1pm)**
- Proceeds of the sales are used to help others
- Phillips Park Zoo has a bald eagle, elk, owls, wolves, a reptile house, goats, turkeys and more
- Phillips Park also offers tram rides around the entire park
- Free to those who attend Drop-In (Free excursion)
- Please RSVP to Drop-In in advance

Monday, May 5 – Cinco De Mayo – Mount Prospect

- 1585 W Dempster
- Special snack: Taquitos and Salsa
- Mexican music to set the mood
- Coloring and Puzzle Pages will be available
- Please RSVP to Drop-In in advance

Friday, May 9 – Potluck – Mount Prospect

- 1585 W Dempster St
- It's a Potluck – please bring some food to share with everyone

- If possible, please let us know what you are bringing in advance
- April Potluck
- Potluck festivities will begin at about 3:30 – not before!
- Fill ‘er up!

Saturday, May 10 – Kite Festival – Homer Glen

- 14240 W 151 St
- Show-stopping kites and jaw-dropping trick performances from Chicago Kite.
- Bring lawn chairs or blankets to sit on
- Drop-In will have a couple of kites to fly
- Feel free to bring your own kite
- Free excursion
- We will leave Drop-in by 10:15AM and return by 3:00PM
- Please RSVP to Drop-In in advance
- Limited Van Seating

Wednesday, May 14 – 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, May 13...maybe even a little before then...shhhh, don't tell anyone
- 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

Saturday, May 17 – KYC Hustle for Health 5K Run/Walk – Elk Grove Village

- Busse Woods – Grove 27
- “Under the Sea” them this year for our annual fundraiser
- **Hours of Drop-In Extended: 9:00am-3:00pm**
- Registration begins at 9:00am. The walk/run starts at 10am
- We will depart the Drop-In Center at 9:05am and return by 2:30pm
- Come as walker, runner, cheerleader, and/or as a fundraiser
- Register at the Drop-In or Online: give.kennethyoung.org/2025
- Join the Team Drop-In Peers
- Absolutely no fundraising is asked of you!...but we won't complain if you raise a few dollars for a great cause like KYC
- We will find a place for lunch after the “Hustle”
- Please RSVP to Drop-In in advance

Thursday, May 22 – Walk with Mary Anne – Elk Grove

- Busse Woods- Grove 32

- **Special Hours 2:30pm-7:00pm**
- Walk along the 1.5-mile walk (Alternative to walking is sitting under a pavilion)
- We will leave Drop-In at 2:45pm and be back by 5:30pm (because we've got Leadership and Empowerment at 6pm sharp!)
- Van seating is limited to 6 guests
- Please RSVP to Drop-In in advance

Friday, May 23 – Special Hours at Drop-In: 5p-7:30p no pickups or drop-offs

- The Special Hours are because the Drop-In Team Members are attending an educational event
- We will open at 5p and start of with "How U Doin"?"
- From 5:30p-6:30p the Team will facilitate an Arts and Crafts Project
- At 6:30p, we'll pass out a small snack
- At 7:00p, the Team and the guests will say good-bye to one another!
- About 13 hours later, Matt and Larry will see you for "Bowling at Beverly Lanes!"

Saturday, May 24 – Bowling at Beverly Lanes – Arlington Heights

- 8 S Beverly Lane
- 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, May 26 – Memorial Day Barbecue – Mount Prospect

- 1585 W Dempster Street
- Celebrating family and friends and honoring military lives
- Burgers, Hot Dogs, Potato Salad plus cake or cookies served at approximately noon
- Music
- Games
- RSVP required, please RSVP to Drop-In in advance

Saturday, May 31 – Hope Has a Home Party – Mount Prospect

- 1585 W Dempster St
- Lunch is at 12pm noon
- Talent Show: Perform Karaoke/Magic Tricks/Tell Jokes/etc.
- Little Caesars Pizza will be served
- You are strongly urged to bring your Friends and Family
- Please RSVP to Drop-In in advance.