



# Kenneth Young Center

Community Mental Health and Senior Services

## **DROP-IN**

**April 2017**

**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 847-621-2040 ext. 117 or just "drop in" @ 1585 W. Dempster St. Mount Prospect, IL 60056 (located next to Culvers)

### **Updates:**

**Get Fit Club:** This club meets at the Drop-In every Monday morning to set our weekly goals, check-in and then buddy up for our weekly trip to the Rex Plex to do light exercise at the Rec Plex. **(Continuing in April 2017)**

**8 Dimensions of Wellness:** Learning about the Eight Dimensions of Wellness can help you choose how to make wellness a part of your everyday life. Wellness strategies are practical ways to start developing healthy habits that can have a positive impact on your physical and mental health.-meets weekly on Monday afternoons.

**N.A.M.I. Connection:** 1<sup>st</sup> and 3<sup>rd</sup> Sundays of the Month

**Leadership and Empowerment:** on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday - 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.

**Vocations for Recovery: (Job Club)** Fridays from 1pm to 2pm

### **Special Events & Excursions:**

#### **Saturday, April 1st – American Science and Surplus – Chicago**

- Gladstone Corners, 5316 N Milwaukee Ave, Chicago, IL 60630
- Shopping day
- We will leave Drop-In by 10:15am and return by 3pm.
- **FREE** to those that attend Drop-In  
Please RSVP to Drop-In in advance

#### **Thursday, April 6th – Big Band Night – Elk Grove Village**

- Garden Terrace Banquets – 1000 Wellington Avenue
- We will leave Drop-In by 6:30pm and return by 8:30pm
- **FREE** to those that attend Drop-In (save \$5.00 per person)
- Please **RSVP** to Drop-In in advance
- Van seating is limited to 8 people

### **Saturday, April 8th – Arts and Crafts Festival – Villa Park**

- The Odeum, 1033 North Villa Ave.
- Be prepared to walk a lot
- We will leave Drop-In by 10:15am and return by 3pm.
- **FREE** to those that attend Drop-In (save \$9.00 per person)
- Please RSVP to Drop-In in advance

### **Saturday, April 15<sup>th</sup> – Bowling – Elk Grove Village**

- 53 South Arlington Heights Road
- We will leave Drop-In by 10:15am and return by 3pm
- **FREE** to those that attend Drop-In (save up to \$5.00 per person)
- Bowling, Arcade, and Pool
- Please RSVP to Drop-In in advance

### **Sunday, April 16<sup>th</sup> – Easter Brunch – Drop-In**

- Activities and Brunch (NAMI at 1pm)
- RSVP to Drop-In in advance

### **Wednesday, April 19th – Classic Cinemas – Elk Grove Village**

- 1050 Arlington Heights Road
- Arrive to Drop-In by 11am
- **FREE** to those that attend Drop-In (save \$6.00 per person)
- Please RSVP to Drop-In in advance
- Van seating is limited to 8 people

### **Saturday, April 22nd – Chicago Botanic Garden (Earth Day) – Glencoe**

- 1000 Lake Cook Rd Glencoe IL
- We will leave Drop-In at 10am and return by 3pm
- **FREE** to those that attend Drop-In
- Please **RSVP** to Drop-In in advance
- Van seating is limited to 8 people
- Please be prepared for a lot of walking

### **Saturday, April 29th – Family and Friends Day – Drop-In**

- Movie and discussion – “Silver Linings Playbook”
- 10:30am
- Please RSVP to Drop-In