



Kenneth Young Center

Community Mental Health and Senior Services

DROP-IN

May 2017

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 847-621-2040 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 May 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: 1st and 3rd Sundays of the Month

Leadership and Empowerment: on the 2nd and 4th 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:

Thursday, May 4th – 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

Friday May 5th – Cinco De Mayo Party – Drop-In Mount Prospect

- Join us for Food, Fun and Games!
- 1pm to 6pm

Saturday May 6th - KYC Hustle for Health Walk & Breakfast – Elk Grove

- Busse Woods (Meet at Drop-In)
- We will leave drop-in at 8am
- Drop-In will close at 1pm
- Breakfast after the walk (bring a little money)
- **FREE** to those that attend Drop-In
- Please RSVP to Drop-In in advance
- Van seating is limited to 8 people

Saturday, May 13th – Arts and Crafts Adventure – Park Ridge

- 101 S. Courtland (Prospect & Vine by City Hall)
- We will leave Drop-In by 10:15am and return by 3pm
- **FREE** to those that attend Drop-In
- Street Art and Booths
- Please RSVP to Drop-In in advance

Wednesday, May 17th – 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, May 20th – Bowling and Garage Sale Shopping – Elk Grove Village/Mt. Prospect

- 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

Saturday, May 27th – Family and Friends Event @ Prairie Arts Festival – Schaumburg

- 101 Schaumburg Ct.
- 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
- Come check out over 120 painters and sculptors

Wednesday, May 31st – Lincoln Park Zoo – Chicago

- 2001 N Clark St Chicago 60614
- We will leave Drop-In at 9am and return by 2pm
- **FREE** to those that attend Drop-In (Save \$20 to \$35 in parking)
- Please **RSVP** to Drop-In in advance
- Van seating is limited to 8 people
- Please be prepared for a lot of walking

