



**DROP-IN  
July 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 July 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 July 1st – Frontier Days – Arlington Heights**

- 500 E. Miner Street
- We will leave Drop-In at 10am and return by 3pm
- Carnival rides, food, and booths for shopping
- Please RSVP to Drop-In in advance
- Van seating is limited to 8 people

**Tuesday, July 4th – 79<sup>th</sup> Lions Club Festival – Mt. Prospect**

- Melas Park 1500 W. Central Rd.
- We will leave Drop-In by 3:30pm and return by 8pm
- Live music, food, and carnival rides
- Please RSVP to Drop-In in advance
- **Free** to those who attend Drop-In
- Van seating is limited to 8 people

### **Thursday, July 6th – Gameworks – Schaumburg**

- 601 N. Martingale Road Suite 115
- We will leave Drop-In by 4:45pm and return by 8:00pm
- **FREE** to those that attend Drop-In (save \$10.00 per person)
- Please **RSVP** to Drop-In in advance
- Van seating is limited to 8 people

### **Saturday, July 8<sup>th</sup> – North Shore Art Market at Westfield Old Orchard – Skokie**

- 4905 Old Orchard Shopping Center
- We will leave Drop-In by 10:00am and return by 3pm
- **FREE** to those that attend Drop-In
- Art and Food booths and exhibitions
- Please RSVP to Drop-In in advance
- Van seating is limited to 8 people

### **Thursday, July 13<sup>th</sup> – Summer BBQ Luau – Elk Grove Village**

- 1001 Rohlwing Rd.
- 12pm to 3pm
- Food, Games, and Fun
- Please RSVP to Drop-In in advance
- Van Seating is limited

Drop-In Hours  
will be 11 to 4

### **Saturday, July 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
- Van seating is limited to 8 people

### **Wednesday, July 19<sup>th</sup> – 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, July 22<sup>nd</sup> – Windy City Pet Expo – Schaumburg**

- 1551 Thoreau Dr N
- Leaving Drop-In at 10am return by 3pm
- **FREE** to those that attend Drop-In
- Please RSVP to Drop-In in advance
- Van seating is limited to 8 people

### **Tuesday, July 25<sup>th</sup> – CRSS Training – Chicago**

- Thompson Center - 100 W Randolph St, Chicago, IL 60601
- Leave Drop-In at 7am and return by 5:30pm
- Train leaves Mt. Prospect at 7:50am and returns at 5:16pm (4:39 Departure Time)

### **Tuesday, July 26<sup>th</sup> – M & M Creative Art**

- 11 to 4
- Snacks will be provided
- **RSVP is required for this event due to limited seating**
- All materials will be supplied by Drop-In

### **Saturday, July 29<sup>th</sup> – Family and Friends Day – Movie and Discussion about resiliency “The Pursuit of Happiness” a Will Smith movie**

- Drop-In
- Please RSVP to Drop-In in advance