



## **DROP-IN**

**January 2025**

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

**Updates:**  
**Happy New Year!**

**Leadership and Empowerment:** Meets **Thursday January 9** and **Thursday January 23 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.

**NAMI Connection:** NAMI Connection is a peer led support group where participants give and get support by sharing their own experiences. The group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Sundays of the Month. This month the group will meet on January 5th and 19th.

**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 also. In November, this excursion will occur on Mondays the 13<sup>th</sup> and 27<sup>th</sup> we are leaving Drop-In at 10:30AM.

**Did you know.. Group:** Explore current event topics and topics that may simply be of interest. **This group meets each Tuesday at 4PM.**

**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 are given for performing to win a \$10 gift card. **(Meets on Thursday, January 2 at 4PM and Thursday, January 16 at 4PM)**

**Music Therapy:** Enjoy and benefit from 45 minutes of music therapy from a Board-Certified Music Therapist. **Meets the 2<sup>nd</sup> Tuesday of the month at 7:15 – January 14.**

**Art Therapy:** An art therapist will facilitate the group. Use art to learn something about how you think, relate to others, understand the world around you, etc..  
**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 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.

**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 January 10.**

**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 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.

**Comedy Group:** Guests have the opportunity to "stand up" and share some jokes of their own or jokes they have found elsewhere. Each guest who share a joke or jokes will receive a raffle ticket which may result in them winning a \$10 Gift Card. In Comedy Group, we will also view a professional comedian on YouTube or some other medium.

**Journal Group:** Given journal prompts, guests will have the opportunity to write in their journal as a means of reflection and meaning-making. Guest will also be able to share and discuss with the larger group, if they desire.

## **Special Events & Excursions**

### **Saturday, January 4 – Petland Aquarium Adventure and Denny's – Hoffman Estates**

- 11 Golf Center, Suite A
- Petland Aquarium: 1,000 Species of fish in 450 aquariums and 20,000 gallons of water - this truly is an Aquarium Adventure!
- Petland: Rabbits, Guinea Pigs, Hamsters, chinchillas, Birds, Reptiles, Amphibians. Guests have the opportunity to hold some of the pets at Petland.
- 2 stores connected in one!
- Drop-In will provide \$10 toward each guest's lunch at Denny's.
- Leave Drop-In at 10:15am and return by 3pm

### **Wednesday, January 8 – Classic Cinemas – Elk Grove Village**

- 1050 Arlington Heights Rd
- Arrive to Drop-In by 11am
- 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, January 11 – Barnes and Noble and Geneva Commons – Geneva**

- 102 Commons Dr.
- Barnes and Noble has books and magazines for adults and kids
- Geneva Commons offers a one-stop shopping and dining experience with over 80 stores and restaurants. Whether your looking for popular national retailers like Gap, JCrew, Williams Sonoma or trendy boutiques and local favorites, you'll find it all here.
- Guests are responsible for their own shopping and lunch purchases
- Please RSVP to Drop-In in advance
- Van seating is limited

### **Saturday, January 18 – Chinatown Lunch and shopping – Chicago**

- At the heart of Chinatown's lively business district are Cermak Road and Wentworth Avenue (Zip Code 60016).
- Offerings there include an extensive roster of shops, cafes, dim sum spots and teahouses. Chinatown Square outdoor mall has similar attractions. The Chinese-American Museum has exhibits about the history of the neighborhood. The Nine-Dragon Wall is a reproduction of the 15th-century mural of the same name in Beijing
- Guests are responsible for food and shopping purchases
- Drop-In will provide transportation and parking costs
- Leave Drop-In at 11:45am and return by 3pm

### **Saturday, January 25 – Family and Friends Day – Mount Prospect**

- 1585 W Dempster St
- Family and Friends Day!
- You are strongly urged to bring your Friends and Family
- Serving Italian Beef, Salad and Crinkle Fries
- Featured Movie will be a TBD Hallmark Movie
- Please RSVP to Drop-In in advance