



## **DROP-IN**

**November 2024**

**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 Thanksgiving!**

**N.A.M.I. Connection:** Now meeting the 1<sup>st</sup> and 3<sup>rd</sup> Sunday of the Month from 1:00PM - 2:30PM.

**Leadership and Empowerment:** Meets **Tuesday November 12 and Thursday November 21 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 1<sup>st</sup> Wednesday of the month. Celebrate your birthday with Drop-In. Enjoy cake and fun as we celebrate all birthdays from the current month.

#### **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 11<sup>th</sup> and 25<sup>th</sup> we are leaving Drop-In at 10:30AM.

**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 given for performing to win a \$10 gift card. **(Meets on Thursday, November 7 at 4PM and Thursday, November 21 at 6PM this month.)**

**Questions/Popcorn Group:** This group will, at least temporarily, replace Mental Health Booster on **Tuesdays at 4PM**. In this group, fun and interactive questions, presented in a bowl, will be answered by individual guests. The guest who answers can “popcorn” to the next guest who will have an opportunity to answer a question.

**Music Therapy:** Enjoy and benefit from 45 minutes of music therapy from a board Certified music therapist. **Now meeting the second Tuesday of each Month at 7PM. Meeting this month on Tuesday, November 12 at 7PM.**

**Art Therapy:** An art therapist will facilitate the group. Use art to learn something about yourself. **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 guest 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 November 8.**

**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 Fledderman 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.

## **Special Events & Excursions**

### **Saturday, November 2 – Round1 Arcade and Bowling Alley – Gurnee Mills**

- 6170 W Grand Ave (inside the mall)
- New and old Arcade favorites plus exclusive games from Japan
- We will not be bowling - just the arcades
- Restaurant available on site
- Free to those who attend Drop-In (Save about \$15 on game credits)
- Please RSVP to Drop-In in advance
- Van seating is limited

### **Saturday, November 9 – Volo Auto Museum – Volo**

- 27582 Volo Village Rd
- Car museum and antique mall
- **Free to those who attend Drop-In (Save \$24.50 on admission \$22 for seniors)**
- Please RSVP to Drop-In in advance
- Lunch on your own

### **Wednesday, November 13 – Classic Cinemas – Elk Grove Village**

- 1050 Arlington Heights Rd
- Arrive to Drop-In by 11am
- Free to those who attend Drop-In (Save \$6.00 per person)
- Please RSVP to Drop-In in advance
- Van seating is limited

### **Thursday, November 14 – Hike with Mary Anne – Sylvan**

- Wintery nature walk, as the trees show their skeletal forms
- Crunch through carpets of leaves
- Dress appropriately for the weather: warm layers with possible gloves and hats
- **Special Hours 2PM-7PM (Leaving Drop In at 2:15PM)**
- **Van seating is limited to 7 guests**
- RSVP required, please RSVP to Drop-In

### **Saturday, November 16 – Phillips Park Zoo and St. Vincent de Paul DeJaVu Thrift Warehouse – Aurora**

- 1000 Ray Moses Dr and 911 Sullivan Road
- Free small zoo with Elk, huge bald eagle, reptile house and free 20-minute tram ride
- Charity sale at St Vincent De Paul: Board Games, CD's, DVD's electronics, furniture, tools and household items
- Proceeds from the sales are used to help others
- Please RSVP to Drop-In in advance
- Van seating is limited

**Saturday, November 23 – Thanksgiving Dinner at Christus Victor – Elk Grove**

- 1045 S. Arlington Heights Road
- Bountiful, traditional Thanksgiving Feast with hand carved turkey, homemade stuffing, gravy, green bean casserole, cranberry sauce, corn, mashed potatoes, rolls, and dessert
- **Free** to those who attend Drop-In
- Please RSVP to Drop-In in advance (18 tickets available)

**Thursday, November 28 – Thanksgiving Celebration – Mount Prospect**

- 1585 W Dempster
- Turkey Dinner with all of the fixings
- **Meal served at Noon**
- **Special Hours: 10:00am – 3:00pm**
- Must RSVP to Drop-In in advance

**Saturday, November 30 – 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 Chicken Sandwiches, Grilled Cheese sandwiches and tater tots
- Featured Movie will be: “A Charlie Brown Thanksgiving”
- Please RSVP to Drop-In in advance