



DROP-IN

December 2024

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

Updates:

Happy Holidays!

Christmas Day Wednesday, December 25: Drop-In closed

Leadership and Empowerment: Meets **Thursday December 12 and Thursday December 26 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 the 1st and 3rd Sundays of the Month. This month the group will meet on December 1st and 8th.

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 11th and 25th 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, December 5 at 4PM and Thursday, December 19 at 4PM)**

The “Holiday Blues Group”: This group will, during the Holidays in December, replace Mental Health Booster on **Tuesdays at 4PM**. In this group, some of the issues that negatively impact people during the Holidays will be discussed. “I feel lonely.” I don’t really enjoy gathering with large groups of people or small groups of people that include my family members.” “I really can’t afford to buy gifts for all of these people, and I am embarrassed, or I always spend more than I can afford on Holiday gifts!” Difficult questions like these will be addressed in this group. The group will be facilitated by Christine.

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, December 10 at 7PM.**

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 December 13.**

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

Thursday, December 5 – Big Band Night – Elk Grove

- 1000 Wellington Avenue
- Listen and dance to live Big Band Music. Enjoy delicious refreshments
- Free to those who attend Drop-In (Save \$5.00 per person)
- We will leave Drop-In by 6:30PM and return by 8:15PM
- Please RSVP to Drop-In in advance
- Van Seating is limited to 8 guests

Saturday, December 7 – Enchanted Castle Indoor Mini Golf – Lombard

- 600 E. Grand Avenue
- Glow-in-the-dark mini golfing with lots of twists and turns
- Tricky traps throughout the blacklight course
- Free to those who attend Drop-In (Save \$7 per person)
- Please RSVP to Drop-In in advance
- Lunch on your own

Sunday, December 8 – The Nutcracker Ballet - Schaumburg

- 201 Schaumburg Ct (Al Larson Prairie Center for the Arts)
- Tchaikovsky's glorious holiday ballet in Schaumburg Dance Ensemble's 25th anniversary production.
- A cast of over 100 area student and adult performers enhanced by dazzling costumes bathed in colorful lights and scenery in the telling of young Clara's magical adventures to faraway lands.
- **Special Hours:** 12:00PM to 5:00PM (Performance begins promptly at 1:00PM)
- **Free** to those who attend Drop-In (save \$85 per person on complementary tickets)
- We will leave Drop-In at 12:05PM and return by 5:00PM
- Please RSVP to Drop-In in advance
- Van seating is limited to 8 guests

Wednesday, December 11 – 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, December 12 – NAMI Schaumburg Area Holiday Party – Elk Grove Village

- 1001 Rohlwing Rd (Community Room)
- Holiday Party
- Everyone receives gift(s). Although not required, guests are asked to bring a wrapped gift, valued at \$5-10, to share with others
- There will be raffles where gift cards will be prizes
- Lou Malnati's pizza, salad, and cake for dessert
- Holiday music provided.
- We will leave Drop-In by 5:15PM and return by **8:30PM** (Begins at 6:00PM)

- Please RSVP to Drop-In in advance
- Van seating is limited to 7 guests

Saturday, December 14 – Hawthorn Mall - Vernon Hills

- 122 Hawthorn Ctr.
- Shopping for gifts at over 100 stores
- Free to those that attend Drop-In (must buy items on your own)
- We will leave Drop-In by 10:15AM and return by 3PM

Saturday, December 21 – The Arboretum and Star Cinema and Grill– South Barrington

- 101 W Higgins Rd
- Movie at Star Cinema and Grill to be selected. Guests are responsible for any food purchases
- After the movie, enjoy decorated outdoor mall with dozens of stores and restaurants
- Free to those who attend Drop-In
- RSVP required, please RSVP to Drop-In

Tuesday, December 24 – Christmas Eve Gathering – Drop-in Center in Mount Prospect

- 1585 W Dempster St.
- **Special Hours 10:00AM – 3:00PM**
- Pizza and Salad served at approximately 5:30p
- Secret Santa gift exchange (must have previously signed up for this activity)
- Karaoke and Prize Bingo
- Limited number of small gifts distributed at closing
- Please RSVP to Drop-In in advance

Wednesday, December 25 – Drop-In is Closed

- In Emergency, please call 988 or Mobile Crisis Team at (847)383-0406
- If in Crisis, you may visit the Living Room at 1585 W. Dempster St Mt. Prospect 60056 (224)619-4741

Thursday, December 26 – ZooLights – Lincoln Park Zoo

- 2302 N Cannon Dr (Zoo Paring Lot)
- Free to those who attend Drop-In (Save \$7-\$10 per person and \$30 on parking)
- Van seating is limited to 7 guests
- RSVP required, please RSVP to Drop-In

Saturday, December 28 – Family and Friends Day – Mount Prospect

- 1585 W Dempster St
- Family and Friends Day!
- You are strongly urged to bring Your Friends and Family
- Potluck – Please bring a dish to share
- Featured Movie will be Elf
- Please RSVP to Drop-In in advance

Tuesday, December 31 – New Years Party – Mount Prospect

- 1585 W Dempster St.
- **Standard Wednesday Hours 11:00AM – 4:00PM**
- Games, featuring Family Feud w/ Prizes and some Karaoke
- Serving Make your own submarine sandwiches, potato salad, homemade artichoke dip w/ savory crackers for dipping
- Please RSVP to Drop-In in advance