



DuPage County Illinois

## DAY RECREATION PROGRAMS

### FALL 2018

Free Classes from 10:30-11:30am

WHERE: The Community Center, 115 N. County Farm Rd., Wheaton  
WHO: For adults with mental illness and their family members/friends.  
REGISTER: At [www.namidupage.org](http://www.namidupage.org) or at our office. \*DuPage County Health Department clients do not need to fill out a form.

#### Mondays, 9/10-11/26 (No 9/3, 10/8)

**YOGA** (Multipurpose Room)  
Professional instructors from Prairie Yoga run this program and we provide all of the supplies.

#### Tuesdays, 9/4-11/27

- CULTURAL ART** (Multipurpose Room)
- **Music** (1st Tues)  
Join us for fun sing-a-longs to various songs.
  - **Creative Writing** (2nd Tues)  
Read/write some beautiful poetry and stories.
  - **Art** (3rd, 4th, 5th Tues)  
Art activities using a variety of supplies.

#### Wednesdays, 9/5-11/28

**SPORTS & FITNESS** (Multipurpose Room)  
Join us as we play some friendly sports and games such as basketball, volleyball, Baggo, Ladder Ball and more!

#### Thursdays, 9/6-11/29 (No 11/22)

**GAMES** (Dining Room)  
Volunteers will run a variety of games: Uno, Scrabble, Bingo, Trivia, Cards and more. Winners can pick from our Prize Bin!

#### Fridays, 9/7-11/30 (No 11/23)

**BINGO** (Dining Room)  
Bingo winners can pick something from our Prize Bin!

For more information please contact  
Dana Stewart, Recreation Director,  
NAMI DuPage, 115 N. County Farm Rd., Wheaton  
630-752-0066, [d.stewart@namidupage.org](mailto:d.stewart@namidupage.org)  
or visit [www.namidupage.org](http://www.namidupage.org)

Day programs are offered jointly by NAMI DuPage and the DuPage County Health Department.



DuPage County Illinois

## EVENING RECREATION PROGRAMS

### FALL 2018

Free Classes

WHERE: The Community Center, 115 N. County Farm Rd., Wheaton  
WHO: For adults with mental illness and their family members/friends.  
REGISTER: At [www.namidupage.org](http://www.namidupage.org) or at our office (address below).

#### Mondays, 9/10-11/26 (No 9/3, 10/8)

**YOGA, 7-8pm** (Multipurpose Room)  
Professional instructors from Prairie Yoga run this program and we provide all of the supplies.

**PERSONAL FITNESS, 7-8pm** (Fitness Room)  
A professional trainer will help you with your weight loss goals.

**MEDITATION, 8-8:30pm** (Multipurpose Room)  
Join us for a relaxing meditation session.

#### Tuesdays, 9/4-11/27

**ART, 7-8:30pm** (Multipurpose Room)  
Discover your creative side as we try out various art materials and activities.

#### Wednesdays, 9/5-11/28 (No 10/31)

**DROP IN CENTER, 5:30-7pm** (Multipurpose Room)  
Join us for a free meal and activity. Happens right before the Wednesday night Support Groups at 7pm.

**YOGA, 7-8pm, 7/11-8/29** (Fellowship Hall Room)  
\*This program meets at St. Paul's Church of Christ, 5739 Dunham Rd., Downers Grove  
A professional yoga instructor runs this program. We have a few extra yoga mats, but if you have your own please bring it.

**MEDITATION, 8-8:30pm, 7/11-8/29** (Fellowship Hall Room)  
\*This program meets at St. Paul's Church of Christ, 5739 Dunham Rd., Downers Grove  
Join us for a relaxing meditation session right after our Yoga class.

#### Thursdays, 9/6-11/29 (No 11/8, 11/22)

**JEWELRY MAKING, 7-8:30pm** (Multipurpose Room)  
For women to learn how to make jewelry that they can keep. All supplies are provided.

**CHOIR, 7-8:30pm** (Dining Room)  
Sing songs to practice for various performances. If you are interested please contact Dana Stewart to audition, 630-752-0066 or [d.stewart@namidupage.org](mailto:d.stewart@namidupage.org).

#### Fridays (\*Please see exact dates below)

**ANIMAL INTERACTION, 6:30-7:30pm**  
**9/14, 10/12, 11/9, 12/14\*** This program meets at...  
DuPage County Animal Services, 120 N. County Farm Rd., Wheaton  
2nd Friday of every month help adoptable animals in need.

**CARD NIGHT, 7-8:30pm** (Multipurpose Room)  
**9/21, 10/19, 11/16, 12/21**  
3rd Friday of every month we play a variety of card games.

For more information please contact  
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or visit [www.namidupage.org](http://www.namidupage.org)