

# NAMI DUPAGE RECREATION PROGRAMS

# SPRING 2017

## DAY PROGRAMS

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

\*Please Note: Only NAMI DuPage participants (not DuPage County Health Department clients) will need to fill out a registration form online at [www.namidupage.org](http://www.namidupage.org).



All programs take place at the Community Center, 115 N. County Farm Rd., Wheaton.

<b>Mondays</b> 3/6—5/22 (No 5/29)	<b>Tuesdays</b> 3/7—5/30	<b>Wednesdays</b> 3/1—5/31	<b>Thursdays</b> 3/2—5/25	<b>Fridays</b> 3/3—5/26 (No 4/14)
<p style="text-align: center;"><b><u>Yoga</u></b>  <b><u>10:30-11:30am</u></b>  <b><u>Multipurpose Room</u></b></p> <p>Yoga is a great way to relax, stretch and gain strength. Professional instructors from Prairie Yoga run this program and we provide all of the supplies. Why not try it out?</p>	<p style="text-align: center;"><b><u>Cultural Art</u></b>  <b><u>10:30-11:30am</u></b>  <b><u>Multipurpose Room</u></b></p> <p><b><u>Music Sing-A-Long</u></b> (1st Tues)                      Join us for fun sing-a-longs to various songs.</p> <p><b><u>Creative Writing</u></b> (2nd Tues)                      We will read and write some beautiful poetry and stories.</p> <p><b><u>Art</u></b> (3rd, 4th, 5th Tues)                      A professional Art Therapist will run creative art activities using a variety of supplies.</p>	<p style="text-align: center;"><b><u>Sports &amp; Fitness</u></b>  <b><u>10:30-11:30am</u></b>  <b><u>Multipurpose Room</u></b></p> <p>Join us as we play some friendly sports and interactive games such as: basketball, volleyball, baggo, ring toss, ladder ball, bocce, shuffleboard and more! We will also have opportunities for volunteers to work with you on exercising, stretching, using weights and getting fit.</p>	<p style="text-align: center;"><b><u>Games</u></b>  <b><u>10:30-11:30am</u></b>  <b><u>Dining Hall</u></b></p> <p>Games vary each week and may include Uno, Scrabble, Bingo, Trivia, Pictionary, Board Games, Cards and more. Winners of the games can pick something from our Prize Bin!</p>	<p style="text-align: center;"><b><u>Bingo</u></b>  <b><u>10:30-11:30am</u></b>  <b><u>Dining Hall</u></b></p> <p>Each Friday we will play some fun games of Bingo! Winners can pick something from our Prize Bin! Come have a great time with us!</p>

\*Please check out our evening recreation programs and other services too at [www.namidupage.org](http://www.namidupage.org).



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