

NAMI DUPAGE RECREATION PROGRAMS

SPRING 2017

EVENING & SPECIAL EVENT PROGRAMS

- WHERE:** The Community Center, 115 N. County Farm Rd., Wheaton (except for some special events noted on this flyer)
- WHO:** For adults who have a primary diagnosis of a mental illness and their family members and friends.
- FEE:** The majority of programs are FREE! There may be some special events that cost a minimal amount.
- REGISTER:** On our website at www.namidupage.org or you can come into our office to fill out a form.
Pre-registration is preferred and the option of registering for a program mid season is possible.



Mondays
3/6—5/22 (No 5/29)

Yoga
7-8pm
Multipurpose Room

Yoga is a great way to relax, stretch and get toned. Professional instructors from Prairie Yoga run this program and we provide all the supplies.

Personal Fitness
7-8pm
Fitness Room

A professional trainer will offer personal training sessions to help you with your weight loss and strengthening goals.

Tuesdays
3/7—5/30

Art
7-8:30pm
Multipurpose Room

A professional Art Therapist will run creative art activities using a variety of supplies such as: paint, collage materials, colored pencils, markers, pastels, clay and more. Making art together can help you explore your creative side while socializing with others. It can also reduce stress and help you feel good about yourself through the art making process.

Wednesdays
3/1—5/31

NAMI Drop In Center
5:30-7pm
Multipurpose Room

Don't worry about making dinner tonight...join us for free pizza and a variety of activities of your choice such as: cards, Uno, board games, Baggo, art, karaoke, Pictionary, basketball and more. This is a great way to socialize and meet others before the Wednesday night Support Groups that happen here at 7pm.

Thursdays
3/2—5/25

Jewelry Making
7-8:30pm
Multipurpose Room

This program is for women to learn how to make beautiful jewelry. All of the supplies will be provided.

**This program is made possible through the Hope & Grace grant we received for Women's programming.*

***NEW Tai Chi**
4/20, 4/27, 5/4, 5/11
6-7pm
Multipurpose Room

Explore the art of moving meditation and improve your fitness and well-being. Dr. James Weeks will show us how to do this ancient Chinese exercise.

Fridays
3/3—5/26 (No 4/14)

Friday Night Special Events

Please see the back of this flyer for special events we are offering on Friday nights in the Spring season.



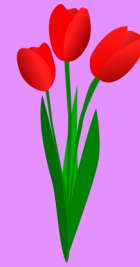
For more information please contact
Dana Stewart, Recreation Director
at 630-752-0066 x222, d.stewart@namidupage.org
or visit www.namidupage.org



NAMI DuPage
115 N. County Farm Rd.
Wheaton, IL 60187



SPECIAL EVENTS FOR SPRING



**Friday
3/10**

Casino Card Game Night

6-8pm

Multipurpose Room

Join us as we learn how to play various casino card games such as Blackjack, Texas Hold'em, Seven-Card Stud and more! We will use poker chips in place of money, and the winners can select something from our Prize Bin! Light refreshments will be served.

FEE: \$2 per person to be paid in cash the day of the event.



**Friday
3/24**

Arm Knitting

6-9pm

Room TBD

In this women's workshop you will learn the basics of Arm Knitting and be able to make a beautiful neck scarf. We will use some soft and bright colored yarn for a nice look for Spring. We will provide the yarn and some light refreshments.

Please join us!

FEE: \$5 per person to be paid in cash the day of the event.

**This program is made possible through the Hope & Grace grant we received for Women's programming.*



**Friday
4/28**

Night of Beauty

6-8pm

Dining Hall

This special event is for women who want to pamper themselves, and why not? You deserve it! We will have professional representatives give you free manicures, hair cuts, makeovers and massages. Light refreshments will be served and everyone will go home with a free beauty gift!

FEE: \$5 per person to be paid in cash the day of the event.

**This program is made possible through the Hope & Grace grant we received for Women's programming.*



**Friday
5/19**

Culinary Creations

6-8pm

Kitchen/Dining Hall

This night we will learn how to make various recipes. We will divide into teams and each team will make a different dish. When we are finished, we will get to taste them all and vote on which one we liked best. Everyone will get a copy of the recipes so you can make them at home too.

FEE: \$5 per person to be paid in cash the day of the event.



For more information please contact
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nami
National Alliance on Mental Illness

**DuPage
County**

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