

NAMI DUPAGE RECREATION PROGRAMS

SUMMER 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.



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

Mondays 6/5—8/28	Tuesdays 6/6—8/29 (No 7/4)	Wednesdays 6/7—8/30	Thursdays 6/1—8/31	Fridays 6/2—8/25
<p style="text-align: center;"><u>Yoga</u> <u>10:30-11:30am</u> <u>Multipurpose Room</u></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;"><u>Cultural Art</u> <u>10:30-11:30am</u> <u>Multipurpose Room</u></p> <p><u>Music Sing-A-Long</u> (1st Tues) Join us for fun sing-a-longs to various songs.</p> <p><u>Creative Writing</u> (2nd Tues) We will read and write some beautiful poetry and stories.</p> <p><u>Art</u> (3rd, 4th, 5th Tues) A professional Art Therapist will run creative art activities using a variety of supplies.</p>	<p style="text-align: center;"><u>Sports & Fitness</u> <u>10:30-11:30am</u> <u>Multipurpose Room</u></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;"><u>Games</u> <u>10:30-11:30am</u> <u>Dining Hall</u></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;"><u>Bingo</u> <u>10:30-11:30am</u> <u>Multipurpose Room</u></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 at www.namidupage.org.



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