

# NAMI DUPAGE RECREATION PROGRAMS

# SUMMER 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](http://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**  
6/5—8/28

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**  
6/6—8/29 (No 7/4)

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**  
6/7—8/30

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**  
6/1—8/31

Jewelry Making  
*For Women*  
**7-8:30pm**  
Multipurpose Room

This program is for women to learn how to make beautiful jewelry such as: necklaces, bracelets, earrings, rings, etc. All of the supplies will be provided and you can take home what you make.

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

**Fridays**  
6/16, 7/21, 8/18

50 & Older Social Club  
**7-8:30pm**  
Multipurpose Room

Please join us for a social club that's just for adults who are 50 and older. This group meets once a month and each month the group can decide on activities they would like to do which may include: board games, cards, shuffleboard, art projects, cooking and more!

For more information please contact  
Dana Stewart, Recreation Director  
at 630-752-0066 x222, [d.stewart@namidupage.org](mailto:d.stewart@namidupage.org)  
or visit [www.namidupage.org](http://www.namidupage.org)



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

PLEASE SEE THE  
BACK OF THIS FLYER  
FOR OUR SPECIAL  
EVENTS!

# SPECIAL EVENTS FOR SUMMER 2017



**Saturday, 6/17**  
**10am-12pm**

**Container Gardening**  
Community Center, 115 N. County Farm Rd., Wheaton

Learn how to put together a beautiful garden pot with rich soil, flowers and plants that we will provide for you. All you have to do is bring a pot to put them in (we recommend a small to medium size pot). We will also teach you how to make a butterfly decoration to put in your pot to make it even more beautiful!

FEE: \$5 per person to be pre-paid before the event.



**Saturday, 6/24**  
**1-3pm**

**Women's Walk at Willowbrook Wildlife Center**

Willowbrook Wildlife Center, 525 S. Park Blvd., Glen Ellyn (Meet at the main entrance)

Willowbrook Wildlife Center is a native rehabilitation facility that provides care to injured and orphaned wild animals. We will meet there to see the animals and enjoy nature as we walk on the beautiful path together.

*\*Please note: If there is rain on this day we will cancel the event and try to reschedule it at a later date.*

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

FEE: FREE!



**Saturday, 7/8**  
**1-3pm**

**Mini Golf & Ice Cream**  
Coyote Crossing Mini Golf, 27W650 North Ave., West Chicago (Meet at the main entrance)

Let's get together and play some mini golf at Coyote Crossing! This facility has a great course and they are giving us a group discount. After, we will provide you with a refreshing ice cream treat. All family members are welcome!

*\*Please note: If there is rain on this day we will cancel the event and try to reschedule it at a later date.*

FEE: \$5 per person to be pre-paid before the event.



**Saturday, 8/19**  
**11:30-1:30pm**

**End of Summer Picnic**  
Community Center, 115 N. County Farm Rd., Wheaton

Let's enjoy the last bit of summer and get together for a picnic and games!

We will have drinks, sandwiches, chips, fruit and cookies, all provided by the NAMI DuPage Rise & Shine Café. Everyone in the family is welcome! If the weather is nice this event will be outside. Please bring a folding chair or blanket to sit on. If the weather is rainy we will bring the event indoors.

FEE: \$5 per person to be pre-paid before the event.



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