

NAMI DUPAGE RECREATION PROGRAMS

FALL 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 9/11—11/27 (No 9/4, 10/9)
<u>Yoga</u> <u>10:30-11:30am</u> <u>Multipurpose Room</u>
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?

Tuesdays 9/5—11/28
<u>Cultural Art</u> <u>10:30-11:30am</u> <u>Multipurpose Room</u>
<u>Music Sing-A-Long</u> (1st Tues) Join us for fun sing-a-longs to various songs.
<u>Creative Writing</u> (2nd Tues) We will read and write some beautiful poetry and stories.
<u>Theatre Games</u> (3rd Tues) We will try our hand at some improv and other fun games.
<u>Art</u> (4th, 5th Tues) An Art Therapist will run creative art activities using a variety of supplies.

Wednesdays 9/6—11/29
<u>Sports & Fitness</u> <u>10:30-11:30am</u> <u>Multipurpose Room</u>
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.

Thursdays 9/7—11/30 (No 11/23)
<u>Games</u> <u>10:30-11:30am</u> <u>Dining Hall</u>
Volunteers will offer to play a variety of games which may include Uno, Scrabble, Bingo, Trivia, Pictionary, Board Games, Cards and more. Winners of the games can pick something from our Prize Bin!

Fridays 9/1—11/17 (No 11/24)
<u>Bingo</u> <u>10:30-11:30am</u> <u>Multipurpose Room</u>
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!



For more information please contact
Dana Stewart, Recreation Director
115 N. County Farm Rd., Wheaton, IL 60187
at 630-752-0066 x222, d.stewart@namidupage.org
or visit www.namidupage.org

*Please check out our evening recreation programs, special events and other services at www.namidupage.org.