

NAMI DUPAGE RECREATION PROGRAMS

FALL 2017

EVENING & SPECIAL EVENT PROGRAMS

- WHERE:** The Community Center, 115 N. County Farm Rd., Wheaton (unless otherwise 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

9/11—11/27

(No 9/4, 10/9)

Yoga

7-8pm

Multipurpose Room

Professional instructors from Prairie Yoga run this program and we provide all the supplies.

Personal Fitness

7-8pm

Fitness Room

A professional trainer will help you with your weight loss and strengthening goals.

Meditation

10/2 - 11/27 (No 10/9)

8-8:30pm

Join us for a relaxing meditation session right after our Yoga and Personal Fitness classes.

Tuesdays

9/5—11/28

(No 10/31)

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

9/6—11/29

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

9/7—11/30

(No 11/23)

Jewelry Making

For Women

7-8:30pm

Multipurpose Room

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

Tai Chi

10/5, 10/19, 10/26, 11/2

(No 10/12)

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

9/15, 10/20, 11/17

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 will do lots of fun activities.

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

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 FALL 2017

For those special events that have a fee, you can pre-pay online at www.namidupage.org
or at our office at 115 N. County Farm Rd., Wheaton.



Sunday, 9/17

12-2pm

Bowling & Pizza

Wheaton Bowl

2031 N. Gary Ave., Wheaton

Join us as we get together for a fun day of bowling with a pizza lunch! Bring your family and friends or meet someone new at this special event. We will have lanes pre-reserved and bowling teams will be decided on as people arrive.

FEE: \$10 per person to be pre-paid before the event.



Saturday, 10/7

1-3pm

Women's Walk at St. James Farm

St. James Farm,

2S541 Winfield Rd., Warrenville

Come on out to see the beautiful colors of the Fall season! St. James Farm Forest Preserve contains over 100 acres of woodlands, prairies and wetlands, which are home to over 300 native plants and species. We will meet there to enjoy the sights and sounds of nature as we walk on the beautiful path together.

**Please note: If there is rain on this day/time we will cancel the event.*

FEE: FREE!



Saturday, 10/21

12-2pm

Chili Cook-Off & Baggo Tournament

Community Center,

115 N. County Farm Rd., Wheaton

Fall is the perfect time for some warm, delicious chili! Please make and bring your own chili in a crockpot.

Everyone who attends will get to sample the different chili dishes and we will vote on the winner who will receive a cash prize! After we eat, we will enjoy teaming up and playing some games of "Baggo." The final winning team will also receive a prize!

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



Saturday, 11/11

10am-12pm

Ornament Workshop

Community Center,

115 N. County Farm Rd., Wheaton

The holidays are around the corner! Come join us as we have a fun time making some handmade ornaments. We will have all of the supplies and directions for you to follow to make at least four or more ornaments. We will also listen to holiday music and snack on some hot coco and cookies.

FEE: \$8 per person to be pre-paid before the event.



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