

NAMI DUPAGE RECREATION PROGRAMS

WINTER 2017/2018

DAY PROGRAMS

Day programs are offered jointly by NAMI DuPage and the DuPage County Health Department

- WHERE:** The Community Center, 115 N. County Farm Rd., Wheaton
- WHO:** For adults who have a primary diagnosis of a mental illness and their family members and friends.
- FEE:** FREE!
- REGISTER:** On our website at www.namidupage.org or you can come into our office to fill out a form.
*DuPage County Health Department clients do not need to fill out a form for the day programs.



<p>Mondays 12/4—2/26 (No 12/25, 1/1, 1/15, 2/19)</p> <p>Yoga <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>Tuesdays 12/5—2/27 (No 12/26, 1/2)</p> <p>Cultural Art <u>10:30-11:30am</u> <u>Multipurpose Room</u></p> <p>Music Sing-A-Long (1st Tues) Join us for fun sing-a-longs to various songs.</p> <p>Creative Writing (2nd Tues) We will read and write some beautiful poetry and stories.</p> <p>Theatre Games (3rd Tues) We will try our hand at some improv and other fun games.</p> <p>Art (4th, 5th Tues) An Art Therapist will run creative art activities using a variety of supplies.</p>	<p>Wednesdays 12/6—2/28</p> <p>Sports & Fitness <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, shuffleboard and more! We will also have opportunities for volunteers to work with you on exercising, stretching, using weights and getting fit.</p>	<p>Thursdays 12/7—2/22</p> <p>Games <u>10:30-11:30am</u> <u>Dining Hall</u></p> <p>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!</p>	<p>Fridays 12/1—2/23</p> <p>Bingo <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>
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For more information please contact
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or visit www.namidupage.org

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