

NAMI DUPAGE RECREATION PROGRAMS

WINTER 2017/2018

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

12/4—2/26

(No 12/25, 1/1, 1/15, 2/19)

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

8-8:30pm

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

Tuesdays

12/5—2/27

(No 12/26, 1/2)

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

12/6—2/28

(No 12/27)

NAMI Drop In Center

5:30-7pm

Multipurpose Room

Don't worry about making dinner tonight...join us for a free meal 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

12/7—2/22

(No 12/28)

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.

Choir Practice

For those that have auditioned

7-8:30pm

Dining Room

Our NAMI DuPage Choir meets every Thursday night to practice for various performances. If you are interested in being in our choir, please contact Dana Stewart to audition, 630-752-0066 x222 or d.stewart@namidupage.org.

Fridays

12/15, 1/19, 2/16

Game Night

7-8:30pm

Multipurpose Room

Please join us on the 3rd Friday of every month for a fun Game Night! We will decide as a group which games we will play which may include: Poker, Rummy, Scrabble, Uno, Monopoly, Trivial Pursuit, Clue, Scattergories, Pictionary, Yahtzee and more! Light snacks will be served and winners can pick an item from our prize bin.

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

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



SPECIAL EVENTS FOR WINTER 2017/2018



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.

Saturday, 1/27
6-8pm

Pizza & Bingo At Gino's East

Gino's East Pizza, 315 W. Front St., Wheaton

Come join us at Gino's East Pizza as we socialize in one of their party rooms. Dinner will include salad, pizza and soda. We will also enjoy playing some competitive bingo games with some great prizes for the winners. Hope to see you there!

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



Saturday, 2/10
1-4pm

Candy & Card Making for Valentine's Day

Community Center, 115 N. County Farm Rd., Wheaton

Join us as an expert candy maker teaches us how to make some delicious candies and chocolates. We will also have an artist show you how to make your own Valentine's cards using stamps, scrapbook paper, glitter and more. Everyone will go home with a plate full of goodies and some beautiful cards to give to someone you love!

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



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