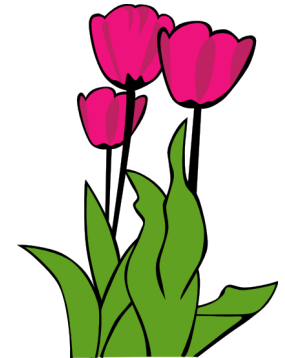


# NAMI DUPAGE RECREATION PROGRAMS SPRING 2018

## 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.  
**REGISTER:** On our website at [www.namidupage.org](http://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.  
**FEE:** All of the programs listed below are FREE!



|  |  |   |   |  |
|--|--|---|---|--|
| <b>Mondays</b><br><b>3/5—5/21</b><br>(No 5/28)   | <b>Tuesdays</b><br><b>3/6—5/29</b>   | <b>Wednesdays</b><br><b>3/7—5/30</b>  | <b>Thursdays</b><br><b>3/1—5/31</b>   | <b>Fridays</b><br><b>3/2—5/25</b>  |
| <b><u>Yoga</u></b><br><b><u>10:30-11:30am</u></b><br>(Multipurpose Room)   | <b><u>Cultural Art</u></b><br><b><u>10:30-11:30am</u></b><br>(Multipurpose Room)   | <b><u>Sports &amp; Fitness</u></b><br><b><u>10:30-11:30am</u></b><br>(Multipurpose Room)  | <b><u>Games</u></b><br><b><u>10:30-11:30am</u></b><br>(Dining Room)   | <b><u>Bingo</u></b><br><b><u>10:30-11:30am</u></b><br>(Dining Room)  |
| 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? | <b><u>Music Sing-A-Long</u></b> (1st Tues)<br>Join us for fun sing-a-longs to various songs.                             | Join us as we play some friendly sports and interactive games such as: basketball, volleyball, Baggio, 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. | 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! | 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! |
|  | <b><u>Creative Writing</u></b> (2nd Tues)<br>We will read and write some beautiful poetry and stories.                   |   |   |  |
|  | <b><u>Art</u></b> (3rd, 4th, 5th Tues)<br>An Art Therapist will run creative art activities using a variety of supplies. |   |   |  |

PLEASE VISIT OUR WEBSITE TO  
 SEE OUR EVENING RECREATION  
 PROGRAMS AND SPECIAL EVENTS!  
[www.namidupage.org](http://www.namidupage.org)



For more information please contact  
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 or visit [www.namidupage.org](http://www.namidupage.org)