

DAY RECREATION PROGRAMS

SUMMER 2018 

Free Classes from 10:30-11:30am

WHERE: The Community Center, 115 N. County Farm Rd., Wheaton
WHO: For adults with mental illness and their family members/friends.
REGISTER: At www.namidupage.org or at our office. *DuPage County Health Department clients do not need to fill out a form.

Mondays, 6/4 - 8/27

YOGA (Multipurpose Room)

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

Tuesdays, 6/5 - 8/28

CULTURAL ART (Multipurpose Room)

- **Music Sing-A-Long** (1st Tues)
Join us for fun sing-a-longs to various songs.
- **Creative Writing** (2nd Tues)
Read/write some beautiful poetry & stories.
- **Art** (3rd, 4th, 5th Tues)
Art activities using a variety of supplies.

Wednesdays, 6/6 - 8/29 (No 7/4)

SPORTS & FITNESS (Multipurpose Room)

Join us as we play some friendly sports & games such as basketball, volleyball, Baggio, Ladder Ball and more!

Thursdays, 6/7 - 8/30

GAMES (Dining Room)

Volunteers will run a variety of games: Uno, Scrabble, Bingo, Trivia, Cards and more. Winners can pick from our Prize Bin!

Fridays, 6/1 - 8/31

BINGO (Dining Room)

Bingo winners can pick something from our Prize Bin!

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

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