

EVENING RECREATION PROGRAMS

SUMMER 2018

Free Classes



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 (address below).

Mondays, 6/4 - 8/27

YOGA, 7-8pm (Multipurpose Room)

Professional instructors from Prairie Yoga run this program and we provide all of 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 (Multipurpose Room)

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

Tuesdays, 6/5 - 8/28 (No 7/3)

ART, 7-8:30pm (Multipurpose Room)

Discover your creative side as we try out various art materials and activities.

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

DROP IN CENTER, 5:30-7pm (Multipurpose Room)

Join us for a free meal and activity. Happens right before the Wednesday night Support Groups at 7pm.

YOGA, 7-8pm, 7/11-8/29 (Fellowship Hall Room)

*This program meets at St. Paul's Church of Christ, 5739 Dunham Rd., Downers Grove
A professional yoga instructor runs this program. We have a few extra yoga mats, but if you have your own please bring them.

MEDITATION, 8-8:30pm, 7/11-8/29 (Fellowship Hall Room)

*This program meets at St. Paul's Church of Christ, 5739 Dunham Rd., Downers Grove
Join us for a relaxing meditation session right after our Yoga class.

Thursdays, 6/7 - 8/30

JEWELRY MAKING, 7-8:30pm (Multipurpose Room)

For women to learn how to make jewelry that they can keep. All supplies are provided.

CHOIR, 7-8:30pm (Dining Room)

Sing songs to practice for various performances. If you are interested please contact Dana Stewart to audition, 630-752-0066 or d.stewart@namidupage.org.

Fridays, 6/15, 7/20, 8/17

CARD NIGHT, 7-8:30pm (Multipurpose Room)

On the 3rd Friday of every month we learn and play a variety of card games. Winners can pick from our prize bin. Light snacks will be served.

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