

DAY RECREATION PROGRAMS



WINTER 2018/2019



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, 12/3-2/25 (No 12/24, 12/31, 2/18)

YOGA (Multipurpose Room)

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

Tuesdays, 12/4-2/26 (No 12/25, 1/1)

CULTURAL ART (Multipurpose Room)

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

Wednesdays, 12/5-2/27 (No 12/26)

SPORTS & FITNESS (Multipurpose Room)

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

Thursdays, 12/6-2/28

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, 12/7-2/22

BINGO (Dining Room)

Bingo winners can pick something from our Prize Bin!

For more information please contact
 Nancy Leguizamon, Interim Recreation Manager
 NAMI DuPage, 115 N. County Farm Rd., Wheaton
 630-752-0066, n.leguizamon@namidupage.org
 or visit www.namidupage.org

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

EVENING RECREATION PROGRAMS



WINTER 2018/2019



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.

Mondays, 12/3-2/25 (No 12/24, 12/31, 2/18)

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 Yoga or Personal Fitness.

Tuesdays, 12/4-2/26 (No 12/25, 1/1)

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

Discover your creative side as we try out various art materials and activities. New projects will be introduced each week.

Wednesdays, 12/5-2/27 (No 12/26)

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.

Thursdays, 12/6-2/28

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

For women to learn how to make jewelry that they can keep, such as earrings, bracelets and necklaces. All supplies are provided.

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

Sing songs to practice for various performances. If you are interested please contact Nancy Leguizamon to audition at n.leguizamon@namidupage.org.

Fridays (*Please see exact dates below)

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

12/21, 1/18, 2/15

3rd Friday of every month we play a variety of card games. Winners pick from our prize bin. Light snacks are served.

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