

## Recreation Programs Summer 2019 (June - August)

All classes below are offered for FREE at  
the Community Center  
from 10:30AM to 11:30AM

### Mondays

- **Yoga**

Professional instructors from Prairie Yoga run this program (Equipment provided).

### Tuesdays

- **Creative Writing - 2nd and 4th Tuesdays**

Read/write some beautiful poetry & stories.

- **Art - 1st, 3rd, 5th Tuesdays**

Art activities using a variety of supplies.



### Wednesdays

- **Sports & Fitness**

Join us as we play some friendly sports like basketball, volleyball, ladder ball & more!

### Thursdays

(not meeting 7/4)

- **Games**

Uno, Scrabble, Trivia, Cards and more. Winners can pick from our Prize Bin! *(2 prize max)*

### Fridays

- **Bingo**

Bingo winners can pick something from our Prize Bin!  
*(3 card & 2 Prize Max)*

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

**Community Center - 115 N. County Farm Road  
Wheaton, IL 60187 - 630-752-0066  
[www.namidupage.org](http://www.namidupage.org)**

## Recreation Programs Summer 2019 (June – August)

All classes below are offered for FREE at  
the Community Center

### Mondays

- **Yoga, 7-8PM**  
Professional instructors from Prairie Yoga run this program and we provide all supplies.
- **Personal Fitness, 7-8PM**  
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 Yoga or Personal Fitness.

### Tuesdays

- **Art, 7-8:30PM**  
Discover your creative side as we try out various art materials and activities.



### Wednesdays

- **Drop in Center, 5:30-7PM**  
Join us for games, conversation, and more! Right before Wednesday night Support Groups at 7pm.

### Thursdays

(not meeting 7/4)

- **Jewelry Making, 7-8:30PM**  
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**  
Learn songs to practice for various performances. If you are interested in auditioning please call NAMI DuPage.