



Recreation Programs Fall 2019

(September – November)

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

Mondays

(not meeting 9/2, 10/14, 11/11)

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

Tuesdays

- **Creative Writing - 2nd and 4th Tuesdays**
Read/write some beautiful poetry & stories.
- **Visual 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, baggo, ladder ball & more!

Thursdays

(not meeting 11/28)

- **Games**
Uno, Scrabble, Trivia, Cards and more. Winners can pick from our Prize Bin! *(no bingo, 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

Last updated 8/12/19



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Read/write some beautiful poetry & stories.
- **Visual Art - 1st, 3rd, 5th Tuesdays**
Art activities using a variety of supplies.



Wednesdays

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

Thursdays

(not meeting 10/31, 11/28)

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

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