



Drop In Center – Glen Ellyn

May 2017



Dates: Every Wednesday

Program Time: 6:00pm - 8:30pm

Dinner: 6:00pm - 7:00pm

Activity: 7:00pm - 8:30pm

Fee: Free

Transportation: WDSRA provides transportation to and from Ackerman, for up to 12 people, when we go on outings. You can also drive yourself and meet us there.

Location: Ackerman Sports and Fitness Center (ACK)

Address: 800 St. Charles Road, Glen Ellyn

Age group: Young Adults 18-40 who have a primary diagnosis of mental illness



In cooperation with the National Alliance on Mental Illness (NAMI) and Western DuPage Special Recreation Association (WDSRA).

May 3	<p>Dinner: Surprise Dinner by Donna <i>(Dinner is generously donated by Donna Spandikow)</i></p> <p>Art Night: 3D flowers <u>Ackerman Sports and Fitness Center, 800 St. Charles Rd., Glen Ellyn</u> Tonight after dinner we will relax, listen to music and do some art. The group will create a pot of flowers by using a Styrofoam cup and pom poms to bring dimension to the project and to make your piece come to life.</p>	<p>ACK - Dinner: 6:00-7:00pm ACK – Activity: 7:00-8:30pm</p> 	<p>6:00-7:00pm 7:00-8:30pm</p>
May 10	<p>Dinner: Spaghetti, Salad, and Bread</p> <p>Get Fit and Soccer <u>Ackerman Sports and Fitness Center, 800 St. Charles Rd., Glen Ellyn</u> Put on your exercise clothes...tonight we will have fun getting fit. We will utilize the Ackerman track for walking, and the fitness room for using weights, treadmills, etc. After we will have access to the turf to play some soccer. Don't forget to stretch!</p>	<p>ACK - Dinner: 6:00-7:00pm ACK – Activity: 7:00-8:30pm</p>	<p>6:00-7:00pm 7:00-8:30pm</p>
May 17	<p>Dinner: Tacos, Rice, and Beans <i>(Generously donated by First Congregational Church of Glen Ellyn)</i></p> <p>Bingo and Prizes <u>Ackerman Sports and Fitness Center, 800 St. Charles Rd., Glen Ellyn</u> After dinner we will pull out the bingo set and play a couple games of bingo. Do you think you will win? Winners will be able to pick from our prize bin.</p>	<p>ACK - Dinner: 6:00-7:00pm ACK – Activity: 7:00-8:30pm</p>	<p>6:00-7:00pm 7:00-8:30pm</p>
May 24	<p>Dinner: Hamburgers and French Fries</p> <p>Tye Dye and Adult Coloring Pages <u>Ackerman Sports and Fitness Center, 800 St. Charles Rd., Glen Ellyn</u> Tonight we will have fun with Tye Dye! We will head outside to get some fresh air and to dye white t-shirts. T-shirts will be provided for you but you are more than welcome to bring other items to dye. We will also enjoy the benefits of adult coloring pages.</p>	<p>ACK - Dinner: 6:00-7:00pm ACK – Activity: 7:00-8:30pm</p>	<p>6:00-7:00pm 7:00-8:30pm</p>
May 31	<p>Dinner: Pizza</p> <p>Batting Cages <u>Ackerman Sports and Fitness Center, 800 St. Charles Rd., Glen Ellyn</u> <u>Bulls Sox Academy, 6200 River Bend Dr. Lisle</u> Tonight after dinner we will try out the batting cages that are located at the Bulls Sox Academy. We will have one cage reserved from 7-8pm and everyone will get the chance to take a swing and hit some baseballs!</p>	<p>ACK - Dinner: 6:00-6:45pm Drive: 6:45pm Activity: 7:10-8:10pm Drive: 8:10pm ACK – Drop off: 8:30pm</p>	<p>6:00-6:45pm 6:45pm 7:10-8:10pm 8:10pm 8:30pm</p>

Please contact Emily Ackerman at (630) 681-0962 ext. 559 or email emilya@wdsra.com for more information.