



Drop In Center - Naperville

June 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 the ARRCC, for up to 12 people, when we go on outings. You can also drive yourself and meet us there.

Location: Alfred Rubin Riverwalk Community Center (ARRCC)
Address: 305 W. Jackson Ave. Naperville
Age group: Adults 31 and older 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).

June 7	NAMI Dinner Birthday & Visiting Artist Night We will celebrate June birthdays with some cake after dinner. We will also welcome visiting artist Kristen Doty who will lead us in a wonderful art activity.	ARRCC - Dinner: 6:00-7:00pm ARRCC – Activity: 7:00-8:30pm
June 14	NAMI Dinner Mini Golf at Holes and Knolls <u>Holes & Knolls, 845 Pershing Ave., Glen Ellyn, 630-469-7888</u> After dinner we will head out to play some mini golf! Get ready to have fun and please dress for the weather. <i>*In case of inclement weather, we will go out for ice cream instead.</i>	ARRCC - Dinner: 6:00-7:00pm Drive: 7:00-7:30pm Holes & Knolls: 7:30-8:30pm Drive: 8:30-9:00pm ARRCC- Drop Off: 9:00pm
June 21	NAMI Dinner Yoga and smoothies with Benet Volunteers <u>Grassy area near the Riverwalk</u> Tonight after dinner we will try out some yoga. We will walk to any grassy area near the Riverwalk to do yoga in the park which will give you the opportunity to relax and enjoy the beautiful sounds of nature. <i>*In case of inclement weather we will stay indoors for yoga</i>	ARRCC - Dinner: 6:00-7:00pm ARRCC – Activity: 7:00-8:30pm
June 28	<i>*No Dinner Tonight</i> Swimming at Centennial Beach and Ice Cream bars <u>Centennial Beach, 500 W. Jackson Ave., Naperville</u> Please eat dinner before you come tonight, and we'll meet directly at Centennial Beach and go swimming. Make sure to bring your swimsuit and a towel. If you're not a swimmer, no problem, you can just dip your toes in the water or relax on the beach. We will also enjoy an ice cream treat! <i>*In case of inclement weather, we will go to the Naperville Library, please meet at the RCC and we will walk to the library together. Then we will come back to the RCC at 8pm for ice cream.</i>	Centennial Beach: 6:00-8:00pm ARRCC: 8:00-8:30pm

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