

# Drop In Center      March 2012



Presented by the National Alliance on Mental Illness (NAMI) and Western DuPage Special Recreation Association (WDSRA).

The Drop In Center meets every Wednesday from 6:00pm - 9:00pm at the Riverwalk Community Center (RCC), 305 W. Jackson Ave., Naperville.

From 6:00pm –7:00pm NAMI provides dinner. Donations are welcomed.

From 7:00pm – 9:00pm WDSRA provides free, fun activities (time may vary depending on the activity).

WDSRA provides transportation, for up to 12 people, when we go on outings.

We leave from the RCC and take you back to the RCC (times are indicated below).

You can also drive yourself and meet us there.



<p><b>Mar 7</b></p> <p>Staff: Mary, Roberta &amp; Tammy</p>	<p><b>NAMI Dinner Birthday &amp; Visiting Artist Night</b> <u>Riverwalk Community Center, 305 W. Jackson Ave, Naperville</u> We will celebrate March birthdays with some cake after dinner. We will also welcome visiting artist Laura Dostal who will do a wonderful art activity with us.</p>	<p>RCC:</p>	<p>6:00-7:00pm 7:00-9:00pm</p>
<p><b>Mar 14</b></p> <p>Staff: Inge, Genevieve &amp; Tammy</p>	<p><b>NAMI Dinner Yoga</b> <u>Riverwalk Community Center, 305 W. Jackson Ave, Naperville</u> Do you need to relax and get rid of some stress? Tonight we will have a professional yoga instructor teach us some moves which may include deep breathing techniques and stretches. Please wear comfy clothes and bring a towel.</p>	<p>RCC:</p>	<p>6:00-7:00pm 7:00-9:00pm</p>
<p><b>Mar 21</b></p> <p>Staff: Mary, Roberta &amp; Tammy</p>	<p><b>NAMI Dinner Bingo with Friends</b> <u>Riverwalk Community Center, 305 W. Jackson Ave, Naperville</u> Tonight we will have some visitors from a church youth group help us with dinner and then play bingo with us. They will be bringing along some prizes for the winners so you don't want to miss out!</p>	<p>RCC:</p>	<p>6:00-7:00pm 7:00-9:00pm</p>
<p><b>Mar 28</b></p> <p>Staff: Inge, Genevieve &amp; Tammy</p> <p>Vehicle: Junior</p>	<p><b>Potluck Dinner NCC Student Jazz Concert</b> <u>Riverwalk Community Center, 305 W. Jackson Ave, Naperville</u> <u>North Central College, Madden Theatre at the Fine Arts Center, 171 E. Chicago Ave., Naperville, Show starts at 7:30pm</u> Tonight we are going to have a potluck dinner and ask that everyone make or buy a dish and bring it with you to be served. We will have a signup sheet for items the Wednesday before this night. After dinner, we will go to North Central College to see student performers showcase their talents as two North Central College Student Jazz Ensembles perform. It will be a fun night for all!</p>	<p>RCC for Dinner:</p> <p>Drive:</p> <p>Arrive &amp; Find Seats:</p> <p>Jazz Concert:</p> <p>Drive:</p> <p>RCC:</p>	<p>6:00-6:45pm 6:45pm 7:00pm 7:30-8:45pm 8:45pm 9:00pm</p>