





LOGAN November Wellness Info Calendar



For Signup contact
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Karaoke 5:30-7 PM @ H&F Rec \$20 *Pizza for Dinner	2 Basketball 5-6 PM @ H&F Gym \$12	3	4
	5 Open Gym 4-5 PM @ H&F Gym \$12 *Open to all ages! Thanksgiving Art/Crafts I 4-5 PM @ H&F Gym \$12	6 Animal Club 4-5 PM @ H&F Barn \$12 (Weather Permitting) *Ages 5-13 welcome to join!	7 LOGAN Dance 5-7 PM @ H&F Gym \$12 	8 Basketball 5-6 PM @ H&F Gym \$12	9	10
	11	12 Open Gym 4-5 PM @ H&F Gym \$12 *Open to all ages! Thanksgiving Art/Crafts II 4-5 PM @ H&F Gym \$12 Self-Advocacy Chapter Meeting 5-6 PM @ H&F	13 Animal Club 4-5 PM @ H&F Barn \$12 (Weather Permitting) *Ages 5-13 welcome to join! *Last session until Spring	14 Thanksgiving Potluck 5-7 PM @ H&F Gym \$5 *Will assign food to bring Limit 40 clients 	15 Basketball 5-6 PM @ H&F Gym \$12	16
17	18	19 Bowling @Parkway Lanes \$7 Per Person w/Shoes 4-5:30 PM **RSVP by 11/13/23	20	21	22	23
24	25	26 Open Gym 4-5 PM @ H&F Gym \$12 *Open to all ages! Game Night 4-5 PM @H&F Gym \$12	27 Art Class 5-6 PM @ H&F Rec \$12 	28 Movie Night 5-7 PM @ H&F Gym \$12 	29 Basketball 5-6 PM @ H&F Gym \$12	30

Wellness Program Descriptions

Animal Club: Join us to learn about our barn animals, enjoy grooming and give treats to our furry friends!
(Ages 5-13 are welcome to join!)

Art Class: Come learn different art techniques while having fun with friends.

Basketball: Learn drills and practice your skills with our basketball instructor.

Bowling at Parkway Lanes: Meet your friends at Parkway Lanes for bowling and socialization. Bring separate money to order food from the inside café.

Cooking Class: Come learn cooking skills and make dinner/dessert with friends.

Dance: Dance the night away with friends in our gym space. Request your favorite songs and dance along.

Game Night: Play fun board/card games with friends.

Karaoke: Enjoy pizza for dinner and sing your favorite songs with friends!

Movie Night: Come watch a movie with friends on the big screen while enjoying snacks.

Open Gym: Utilize our gym space with sports, bike riding, dancing, games, etc.

Open to all ages!

Thanksgiving Art/Crafts: Enjoy making Thanksgiving themed projects with friends.

Thanksgiving Potluck: Come and enjoy Thanksgiving dinner while chatting with your friends! Every client that comes will be assigned a food dish or dinner supplies to bring. LOGAN will provide the turkeys, there is a limit of 35 clients for this program.