







LOGAN July Wellness Info Calendar



For Signup contact
 smackin@logancenter.org
 (574) 387-9448

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|-----------|-----------|
| <p>Please RSVP before attending all events!</p> | <p>1</p> <p>Holiday Week No Programs</p> | <p>2</p> | <p>3</p> | <p>4</p> | <p>5</p> | <p>6</p> |
| <p>7</p> | <p>8</p> <p>Open Gym 4-5 PM @ H&F Gym \$12 *Open to all ages!</p> <p>Bingo for Prizes 4-5 PM @ H&F Gym \$12</p> | <p>9</p> <p>Ice Cream Social 5-6 PM @ H&F Rec \$12</p>  | <p>10</p> <p>Cooking Class 5-7 PM @ H&F Rec \$20</p>  | <p>11</p> <p>Basketball 4-5 PM @ H&F Gym \$12</p> | <p>12</p> | <p>13</p> |
| <p>14</p> | <p>15</p> <p>Open Gym 4-5 PM @ H&F Gym \$12 *Open to all ages!</p> <p>Tie Dye Shirts 4-5 PM @ H&F Gym \$15</p> | <p>16</p> <p>Dinner at Five Guys 5-6 PM Eddy St.</p>  | <p>17</p> <p>LOGAN Dance 5-7 PM @ H&F gym \$12</p>  | <p>18</p> <p>Basketball 4-5 PM @ H&F Gym \$12</p> | <p>19</p> | <p>20</p> |
| <p>21</p> | <p>22</p> <p>Open Gym 4-5 PM @ H&F Gym \$12 *Open to all ages!</p> <p>Gem Suncatchers 4-5 PM @ H&F Gym \$12</p> | <p>23</p> <p>Game Night 5-6 PM @ H&F Rec \$12</p>  | <p>24</p> <p>Karaoke 5-6:30 PM @ H&F Rec \$20 *Pizza for dinner</p> | <p>25</p> <p>Basketball 4-5 PM @ H&F Gym \$12</p> | <p>26</p> | <p>27</p> |
| <p>28</p> | <p>29</p> <p>Open Gym 4-5 PM @ H&F Gym \$12 *Open to all ages!</p> | <p>30</p> <p>Self-Advocacy Meeting 11-12 PM @ LI</p> <p>Animal Club 4-5 PM @ H&F Barn \$12</p> | <p>31</p> <p>Central Park Picnic 5-6 PM under the pavilion \$15 *Dinner Provided</p>  | | | |

Wellness Program Descriptions

Animal Club: Learn about horses while grooming them. Every session has a different activity with our horses.

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

Central Park Picnic: Come enjoy dinner under the pavilion at Central Park with your friends.

***Weather Dependent:** Will let you know by noon 7/31/24 if this program is cancelled because of the weather.

Cooking Class: Learn cooking skills with your friends while making dinner and dessert to enjoy.

Dinner at Five Guys Eddy St: Join your friends at Five Guys for dinner!

Address: 1233 N Eddy St #110, South Bend, IN 46617

Game Night: Enjoy having the option of different board games to play with friends. Some of our favorites are Apples to Apples, Uno, Battleship, etc.

Ice Cream Social: Enjoy making your own ice cream from different flavors and toppings while socializing with friends.

Karaoke: Come and sing your favorite songs with your friends after enjoying dinner.

***Pizza for dinner**

LOGAN Dance: Enjoy your favorite music while dancing with friends.

***Chips/pop served**

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

Open to all ages!