












# LOGAN January Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>New Years Day</b> <b>No Program</b>	2 New Year's Vision Board 5-6 PM @ H&F Rec \$12 	3 Hot Cocoa Social 5-6 PM @ H&F Rec \$12 	4 Basketball 4-5 PM @ H&F Gym \$12	5	6
7	8 Open Gym 4-5 PM @ H&F Gym \$12 *Open to all ages!  New Years DIY Slime 4-5 PM @ H&F Gym \$12	9 Tie Dye Winter Hats 5-6 PM @ H&F Rec \$12 	10 Karaoke 5:30-7 PM @ H&F Rec \$20 *Pizza for Dinner 	11 Basketball 4-5 PM @ H&F Gym \$12	12	13
14	15 Open Gym 4-5 PM @ H&F Gym \$12 *Open to all ages!  Marbled Clay Dish 4-5 PM @ H&F Gym \$12	16 Self-Advocacy Lunch 11-12 PM @ LI Cafeteria  Mega Play (Town and Country) 5-6 PM	17 Girls Night 5-7 PM @ H&F Rec \$12 	18 Basketball 4-5 PM @ H&F Gym \$12	19	20
21 Notre Dame Football Team Event 11-12:30 PM @ H&F <b>Must RSVP to attend!</b>	22 Open Gym 4-5 PM @ H&F Gym \$12 *Open to all ages!  Lego Night 4-5 PM @ H&F Gym \$12	23 Chick-fil-A Dinner (Portage) 5-6 PM 	24 LOGAN Dance 5-7 PM @ H&F Rec \$12 	25 Basketball 4-5 PM @ H&F Gym \$12	26	27
28	29 Open Gym 4-5 PM @ H&F Gym \$12 *Open to all ages!  Game Night 4-5 PM @ H&F Gym \$12	30 Art Class 5-6 PM @ H&F Rec \$12 	31 Movie on the BIG Screen 5-7 PM @ H&F Rec \$12 			

## Wellness Program Descriptions

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

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

**Chick-fil A Dinner:** Meet at the Chick-Fil A on Portage and enjoy dinner with friends.

\* 3703 Portage Rd, South Bend, IN 46628

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

\*Snacks and Drinks

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

**Girls Night:** Come get pampered with facemasks while painting nails and watching a chick flick.

\*Snacks and Drinks

**Hot Coca Social:** Come have fun talking with friends while enjoying a hot chocolate bar.

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

\*Pizza for Dinner

**Lego Night:** Get your own Lego pack to build while socializing with friends.

**Marbled Clay Dish:** Get artsy using clay to create a fun colorful dish for jewelry.

**Mega Play:** Meet at Mega Play in Town and Country and enjoy games and fun with friends.

\* 2500 Miracle Lane D, Mishawaka, IN 46545

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

\*Snacks and Drinks

**New Years DIY Slime:** Have fun while getting a sensory experience making slime with confetti and sparkles.

**New Years Vision Board:** Clients will get creative making a New Year's vision board with their 2024 goals and desires.

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

**Open to all ages!**

**SAI Chapter Meeting Lunch:** LOGAN will be serving a lunch for members to meet and discuss important topics in the LI Cafeteria.

**Tie Dye Winter Hats:** LOGAN will supply white beanies for clients to tie dye using our kits and fun colors. This will be perfect for the cold season!