

LOGAN February Adult Wellness Calendar



For RSVP contact
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(574) 387-9448

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Please RSVP before attending all events!	2 Open Gym 4-5 PM @ H&F Gym \$12 *Open to all ages! Valentine's wood ornaments 4-5 PM @ H&F Gym \$12	3 Dinner at Chick Fil-A on Portage 5-6 PM 	4 Howard Park Ice Skating 4-5:30 PM \$5 	5 Basketball 4-5 PM @ H&F Gym \$12	6 Valentine Bouquets 5-6 PM @ H&F Rec \$15 	7
8	9 Open Gym 4-5 PM @ H&F Gym \$12 *Open to all ages! Valentine's Bingo 4-5 PM @ H&F Gym \$12	10 Self-Advocacy Meeting 11 AM – 12 PM @ LI Cafeteria Move TOGETHER Class 5-6 PM @ H&F Gym \$12	11 Valentines Dance 5-7 PM @ H&F Gym \$15 	12 Basketball 4-5 PM @ H&F Gym \$12	13	14
15 Bowling @ Parkway Lanes 4-5:30 PM \$7 	16 Open Gym 4-5 PM @ H&F Gym \$12 *Open to all ages! Heart Canvas Art 4-5 PM @ H&F Gym \$12	17 Generations Adventure plex 5-6 PM 	18 Dance Class 5:45 PM @ Forever Dance Studio \$12 	19 Basketball 4-5 PM @ H&F Gym \$12	20 Friday Unwind 5-6 PM @ H&F Rec \$12 	21
22	23 Open Gym 4-5 PM @ H&F Gym \$12 *Open to all ages! Game Night 4-5 PM @ H&F Gym \$12	24 Trivia Night 5-6 PM \$12 *Snacks/drinks served 	25 Karaoke 5-6:30 PM @ H&F Rec \$15 	26 Basketball 4-5 PM @ H&F Gym \$12	27	28

Wellness Program Descriptions

Adventure Plex: Enjoy fun arcade games with friends at Adventure Plex. ***Bring money for gameplay/concessions.**

Address: 1018 W Edison Rd, Mishawaka, IN 46545

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

Bowling: Join us at Parkway Lanes to bowl with friends. It is \$7 including unlimited games and shoe rental for the time we are there. Lanes are limited so RSVP as soon as you can!

Address: 1504 Chestnut St, Mishawaka, IN 46545

Chick Fil-A: Join us for dinner at Chick Fil-A on Portage for a night out to dinner with friends.

Address: 3703 Portage Ave, South Bend, IN 46628

Dance Class: We are excited to hold a dance class once a month at Forever Dance Studio in Mishawaka! Clients will be taught a variety of dance styles including Latin, ballroom, swing dance, line dancing, etc.

Address: 4609 Grape Rd d6, Mishawaka, IN 46545

Friday Unwind: Unwind from your long weeks with a Friday social session with friends while doing different activities.

Ice Skating: Join us at Howard Park to have fun ice skating with friends! There are trainers available for those who may be unsteady.

Address: 219 S St Louis Blvd, South Bend, IN 46617

Karaoke: Sing your favorite songs while dancing with your friends at our monthly Karaoke Night! Pizza is served for dinner at this event.

Logan Dance: Join your friends for a night of laughter and dancing at our monthly LOGAN dance.

Move TOGETHER Class: Get ready to move, groove, and have fun! Created and led by the TOGETHER for the Long Run Student Committee, each session of MOVE TOGETHER combines games, music, and dancing to build confidence, teamwork, and energy. Together, we'll learn fun moves and prepare to help lead the big group warm-up at LOGAN TOGETHER for the Long Run 2026 on May 8th!

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

Open to all ages!

Trivia Night: Join friends for snacks and go head-to-head with different trivia topics.

Valentines Bouquets: Join us while tapping into your crafty side to create fun Valentine's themed Bouquets!

***We take credit/debit card payment, or a check made out to LOGAN at the time of the program. We do not carry change for cash payment, so please try to avoid paying with cash!**