

LOGAN July Wellness Info Calendar



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 OFF HOLIDAY WEEK	4	5	6	7	8
9	10 Open Gym 4-5 PM @ H&F Gym \$12 Self-Advocacy Chapter Meeting 5-6 PM @ H&F Rec Center	11 Animal Club 4-5 PM @ H&F Barn \$12 Join us to learn about our barn animals. Groom and give treats to our furry friends!	12 Blueberry Picking 5-6 PM @ Blueberry Ranch \$10 Come pick some fresh blueberries to take home and enjoy!	13 Basketball 5-6 PM @ H&F Gym \$12 Learn drills and practice your skills with our basketball instructor.	14	15
16	17 Open Gym 4-5 PM @ H&F Gym \$12 Utilize our gym space with sports, bike riding, dancing, games, etc.	18 Animal Club 4-5 PM @ H&F Barn \$12 Join us to learn about our barn animals. Groom and give treats to our furry friends!	19 Nature Exploration 5-6:30 PM @ H&F \$12 Walk around the trails at H&F property while doing a scavenger hunt, I Spy games, etc.	20 Basketball 5-6 PM @ H&F Gym \$12 Learn drills and practice your skills with our basketball instructor.	21	22
23	24 Open Gym 4-5 PM @ H&F Gym \$12 Utilize our gym space with sports, bike riding, dancing, games, etc.	25 Ice Cream Social 5-6:30 @ H&F \$15 Socialize with friends while enjoying a sundae bar in the nice weather!	26 LOGAN Dance 5-7PM @ H&F Gym \$12 Come dance and socialize with friends! *Snacks/Beverages	27 Bonfire & S'mores Night 5:30-7 PM @ H&F \$15 Come roast s'mores and hang out with your friends around the fire listening to music.	28	29
30 Bowling @Parkway Lanes \$7 Per Person w/ Shoes 4-5:30 PM Meet your friends at Parkway Lanes for some bowling fun! **RSVP by 7/24/23	31 Open Gym 4-5 PM @ H&F Gym \$12 Utilize our gym space with sports, bike riding, dancing, games, etc.					