









# LOGAN May Wellness Info Calendar



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Please RSVP before attending all events!</b></p>	1		<p>1                      Spring Flower Planters 5-6 PM @ H&amp;F Rec \$15</p> 	<p>2                      Basketball 4-5 PM @ H&amp;F Gym \$12</p>	3	4
5	<p>6                      Open Gym 4-5 PM @ H&amp;F Gym \$12                      *Open to all ages!</p> <p>Pointillism Flower Art 4-5 PM @ H&amp;F Gym \$12</p>	<p>7                      Animal Club 4-5 PM @ H&amp;F Barn \$12</p> 	<p>8                      Nature Walk/Activity 5-6 PM @ H&amp;F Property \$12                      *Weather Dependent</p> 	<p>9                      Basketball 4-5 PM @ H&amp;F Gym \$12</p>	<p>10                      Together for the Long Run 6 PM @ St. Joe HS  <b>FREE ADMISSION</b>                      *Must RSVP/Signup ahead of time  <b>Client athletes needed!</b></p>	11
12	<p>13                      Open Gym 4-5 PM @ H&amp;F Gym \$12                      *Open to all ages!</p> <p>Taylor Swift Friendship Bracelets 4-5 PM @ H&amp;F Gym \$12</p>	<p>14                      Dinner at Portillos 5-6 PM Main St.</p> 	<p>15                      Karaoke 5-6:30 PM @ H&amp;F Rec \$20 *Pizza for Dinner</p> 	<p>16                      Basketball 4-5 PM @ H&amp;F Gym \$12</p>	17	18
19	<p>20                      Open Gym 4-5 PM @ H&amp;F Gym \$12                      *Open to all ages!</p> <p>Puffy Sidewalk Paint 4-5 PM @ H&amp;F Gym \$12</p>	<p>21                      SB Cubs Game 6:00 PM @ Four Winds Field \$15                      *MUST RSVP for Ticket</p> 	<p>22                      Game Night 5-6 PM @ H&amp;F Rec \$12</p> 	<p>23                      Basketball 4-5 PM @ H&amp;F Gym \$12</p>	24	25
26	<p>27  <b>Memorial Day</b>  <b>No Program</b></p>	<p>28                      Animal Club 4-5 PM @ H&amp;F Barn \$12</p> 	<p>29                      Bonfire and S'mores 5-6:30 PM @ H&amp;F \$15                      *Weather Dependent</p>	<p>30                      Basketball 4-5 PM @ H&amp;F Gym \$12</p>	31	

## Wellness Program Descriptions

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

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

**Bonfire Night:** Roast S'mores with your friends while enjoying a bonfire outside.

\*Weather permitting, I will send a cancellation notice by noon day of.

**Dinner at Portillos:** Join your friends at Portillo's restaurant for dinner!

**Address:** 5102 N Main St, Mishawaka, IN 46545

**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.

**Girls Night:** Enjoy a fun night doing activities with your girlfriends while watching a chick flick and enjoying snacks.

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

**Nature Walk/Activity:** Walk the Hannah and Friends property and afterwards do a fun activity outside.

\*Weather permitting, I will send a cancellation notice by noon day of.

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

**Open to all ages!**

**SB Cubs Game:** Come enjoy a Cubs game with friends. Limit of 20 clients so make sure to RSVP as soon as possible.

**Address:** 501 W South St, South Bend, IN 46601

**Spring Flower Planters:** Paint your own ceramic planter and plant a combination of beautiful flowers inside.

**LOGAN's Together for the Long Run:** TOGETHER for the Long Run is a non-profit event created to break down the barriers of disabilities, turn "can'ts" into "cans", and bring the community together. It is focused around a track event in which individuals with disabilities are partnered with volunteers and they run in track events.

**Sign Up Here:** <https://www.togetherforthelongrun.org/participantsignup.html>