









# LOGAN February Wellness Info Calendar



For Signup contact  
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 (574) 387-9448

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Please RSVP before attending all events!</b></p>				<p>1 Basketball 4-5 PM @ H&amp;F Gym \$12</p>	<p>2</p>	<p>3</p>
<p>4</p>	<p>5 Open Gym 4-5 PM @ H&amp;F Gym \$12 *Open to all ages!  Yarn Wrapped Hearts 4-5 PM @ H&amp;F Gym \$12</p>	<p>6 Cupid Shake Social 5-6 PM @ H&amp;F Rec \$15 </p>	<p>7 Karaoke 5-6:30 PM @H&amp;F Rec \$20 </p>	<p>8 Basketball 4-5 PM @ H&amp;F Gym \$12</p>	<p>9</p>	<p>10</p>
<p>11</p>	<p>12 Open Gym 4-5 PM @ H&amp;F Gym \$12 *Open to all ages!  Valentines Jars 4-5 PM @ H&amp;F Gym \$12</p>	<p>13 Self-Advocacy Lunch 11-12 PM @ LI Cafeteria  Art Class 5-6 PM @ H&amp;F Rec \$15</p>	<p>14 Snacks and Valentines Cards 5-6 PM @ H&amp;F Rec \$15 </p>	<p>15 Valentines Dance 5-7 PM @ H&amp;F Gym \$15 Rec \$15 </p>	<p>16</p>	<p>17</p>
<p>18 Bowling @ Parkway Lanes 4-5:30 PM  **RSVP by 2/12/24</p>	<p>19 Open Gym 4-5 PM @ H&amp;F Gym \$12 *Open to all ages!  DIY Icicle Decor 4-5 PM @ H&amp;F Gym \$12</p>	<p>20 Jeopardy Night 5-6 PM @ H&amp;F Rec \$12 </p>	<p>21 Cooking Class 5-7 PM @ H&amp;F Rec \$20 </p>	<p>22 Basketball 4-5 PM @ H&amp;F Gym \$12</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26 Open Gym 4-5 PM @ H&amp;F Gym \$12 *Open to all ages!</p>	<p>27 Dinner at Portillos 5-6 PM (Main St.) </p>	<p>28 Game Night 5-6 PM @H&amp;F Rec \$12 </p>	<p>29 Basketball 4-5 PM @ H&amp;F Gym \$12</p>		

## 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.

**Bowling at Parkway Lanes:** Meet your friends at Parkway Lanes for bowling and socialization. Bring separate money to order food from the inside café.

**Address:** 1504 Chestnut St, Mishawaka, IN 46545

**Cupid Shake Social:** Come hang out with friends while socializing and enjoying Valentines themed shakes!

**Cooking Class:** Learn cooking skills and make dinner/dessert with friends.

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

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

**DIY Icicles:** In light of our freezing cold weather clients will get crafty making fun decorated icicles.

**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.

**Jeopardy Night:** Pick a Jeopardy theme to compete with friends.

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

**Open to all ages!**

**Snacks and Valentines Cards:** Enjoy snacks with friends while making your loved ones a Valentine's card!

**Valentines Jars:** Clients will get crafty making valentines themed mason jars for storing items.

**Yarn Wrapped Hearts:** Clients will cut cardboard shaped hearts and wrap yarn around them for a fun Valentines themed craft.