

# Community Calendar

For more information: Call: 574.335.4682 Click: [sjmed.com/community-health](http://sjmed.com/community-health)



## AUGUST 2018



Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<p><b>national IMMUNIZATION awareness month</b></p>		<b>1</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Line Dancing</b> 10–11 am St. Paul's <b>Yoga</b> 11 am–Noon St. Paul's <b>Breastfeeding Support Group</b> 2–3:30 pm Mishawaka Medical Center	<b>2</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Tai Chi &amp; Chi Gong</b> 10–11 am St. Paul's	<b>3 (Friday)</b> <b>55+ Senior Fit</b> (see times & locations listed below)
		<b>6</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Tai Chi &amp; Chi Gong</b> 10–11 am St. Paul's <b>Yoga</b> 11:15 am St. Paul's	<b>7</b> <b>55+ Senior Fit</b> (see times & locations listed below) 	<b>8</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Line Dancing</b> 10–11 am St. Paul's <b>Yoga</b> 11 am–Noon St. Paul's <b>Breastfeeding Support Group</b> 2–3:30 pm Mishawaka Medical Center <b>For Your Health</b> 2:30 pm Millers Senior Community, Plymouth
<b>13</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Tai Chi &amp; Chi Gong</b> 10–11 am St. Paul's <b>Yoga</b> 11:15 am St. Paul's <b>Tours of Family Birthplace</b> 6–7 pm Mishawaka Med.Center	<b>14</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Taking Charge of Diabetes</b> 1–3:30 pm Mishawaka Med. Center	<b>15</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Line Dancing</b> 10–11 am St. Paul's <b>Yoga</b> 11 am–Noon St. Paul's <b>Taking Charge of Diabetes</b> 1–3:30 pm Mishawaka Med. Center <b>Breastfeeding Support Group</b> 2–3:30 pm Mishawaka Medical Center	<b>16</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Tai Chi &amp; Chi Gong</b> 10–11 am St. Paul's <b>Taking Charge of Diabetes</b> 1–3:30 pm Mishawaka Med. Center <b>Parkinson's Support Group</b> 5 pm St. Paul's <b>Childbirth Education Series</b> 6–8:30 pm Mishawaka Med. Center	<b>10 (Friday)</b> <b>55+ Senior Fit</b> (see times & locations listed below)
<b>20</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Tai Chi &amp; Chi Gong</b> 10–11 am St. Paul's <b>Yoga</b> 11:15 am St. Paul's	<b>21</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Community BBQ</b> 5–8 pm Battel Park, Mishawaka <b>Prenatal Breastfeeding</b> 6–7:30 pm Mishawaka Med. Center	<b>22</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Line Dancing</b> 10–11 am St. Paul's <b>Yoga</b> 11 am–Noon St. Paul's <b>Breastfeeding Support Group</b> 2–3:30 pm Mishawaka Medical Center	<b>23</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Tai Chi &amp; Chi Gong</b> 10–11 am St. Paul's	<b>11 (Saturday)</b> <b>Taste of Marshall County</b> 5–10 pm Across from Plymouth HS
<b>27</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Tai Chi &amp; Chi Gong</b> 10–11 am St. Paul's <b>Yoga</b> 11:15 am St. Paul's	<b>28</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Prenatal Breastfeeding</b> 6–7:30 pm Mishawaka Med. Center	<b>29</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Line Dancing</b> 10–11 am St. Paul's <b>Yoga</b> 11 am–Noon St. Paul's <b>Breastfeeding Support Group</b> 2–3:30 pm Mishawaka Medical Center	<b>30</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Tai Chi &amp; Chi Gong</b> 10–11 am St. Paul's	<b>17 (Friday)</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Senior Blind Services</b> 1 pm St. Paul's
<b>24 (Friday)</b> <b>55+ Senior Fit</b> (see times & locations listed below)				
<b>25 (Saturday)</b> <b>Childbirth Education Series</b> 9:30 am–2:30 pm Mishawaka Med. Center <b>Mahoney Free Dental Day</b> 8 am – Noon Turners Dr, South Bend				
<b>31 (Friday)</b> <b>55+ Senior Fit</b> (see times & locations listed below)				

If you would like to register for SENIOR FIT classes: call 574.335.4689 or visit [sjmed.com/senior-fit](http://sjmed.com/senior-fit) to learn more.  
 If you're interested in QUITTING TOBACCO and need assistance, contact Latorya Greene at 574.335.4684 for information.  
 Interested in HEALTHY LIFESTYLE PROGRAMS?  
 Call Elizabeth Trevino at 574.335.4687 in South Bend or Debbie Berger at 574.335.7923 in Plymouth.

### Class registration information & facility locations:

**Diabetes classes**  
574.335.4500

**Nutrition classes**  
574.335.4500

**Creighton Model FertilityCare**  
574.335.6474

**Senior Fit locations:**

**Holy Cross**  
17475 Dugdale Dr., SB  
Mon. & Wed. 12:30 pm

**MLK Recreation Center**  
1522 W. Linden Ave., SB  
Tues. & Thur. 10 am

**O'Brien Fitness Center**  
321 E. Walter St., SB  
Tues. & Thur. 10:40 am

**Pinhook Park**  
2801 Riverside Dr., SB  
Mon. & Wed. 1 pm

**St. Paul's**  
3602 S. Ironwood Dr., SB  
Tues. & Fri. 11:15 am  
Mon. & Wed. 5:30 pm

**Marshall County Council on Aging**  
1305 W. Harrison St., Ply.  
Mon. & Fri. 11 am

### Hospital locations:

**Mishawaka Medical Center**  
5215 Holy Cross Pkwy.  
Mishawaka, IN

**Plymouth Medical Center**  
1915 Lake Ave.  
Plymouth, IN