

Community Calendar

For more information: Call: 574.335.4682 Click: sjmed.com/community-health



Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
MAKING A RESOLUTION FOR 2019?				1 (Saturday)
Learn about preventing diabetes in HEALTH IN ACTION PROGRAMS . Call Elizabeth Treviño, 574.335.4687 Interested in QUITTING TOBACCO or need assistance? Contact Latorya Greene at 574.335.4684 To register for SENIOR FIT classes: call 574.335.4689 or visit sjmed.com/senior-fit to learn more				Tours of Family Birthplace 12–1 pm Mishawaka Med.Center
3 55+ Senior Fit (see below) (No class at St Paul's) Michiana Male Chorus 6:30 pm St. Paul's	4 55+ Senior Fit (see below) (No class at St Paul's)	5 55+ Senior Fit (see below) (No class at St Paul's) Breastfeeding Support Group 2–3:30 pm Mishawaka Med. Center	6 55+ Senior Fit (see below) Childbirth Education Series 6–8:30 pm Mishawaka Med. Center	7 (Friday) 55+ Senior Fit (see below) (No class at St Paul's) Medicare Enrollment Period ends 855.887.5633 Tree of Life Celebration 2pm Mishawaka & Plymouth
10 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St. Paul's Yoga 11:15 am St. Paul's	11 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 1-3:30 pm Mishawaka Med. Center 	12 55+ Senior Fit (see below) Line Dancing 10 am St Paul's Senior Christmas Party 11 am–12:30 pm MLK Recreation Center (must have ticket) Yoga 11:15 am St Paul's Taking Charge of Diabetes 1-3:30 pm Mishawaka Med. Center Breastfeeding Support Group 2–3:30 pm Mishawaka Med. Center	13 55+ Senior Fit (see below) Tai Chi & Chi Gong 10–11 am St. Paul's Taking Charge of Diabetes 1-3:30 pm Mishawaka Med. Center Childbirth Education Series 6–8:30 pm Mishawaka Med. Center	14 (Friday) 55+ Senior Fit (see times & locations listed below)
17 55+ Senior Fit (see below) Tai Chi & Chi Gong 10–11 am St. Paul's Yoga 11:15 am St. Paul's Tours of Family Birthplace 6–7 pm Mishawaka Med.Center	18 55+ Senior Fit (see times & locations listed below)	19 55+ Senior Fit (see times & locations listed below) Line Dancing 10 am St Paul's Yoga 11:15 am St Paul's Breastfeeding Support Group 2–3:30 pm Mishawaka Med. Center	20 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St. Paul's	21 (Friday) 55+ Senior Fit (see times & locations listed below) 
24/31 NO CLASSES	25 Christmas Day 	26 55+ Senior Fit (Check with instructor) Breastfeeding Support Group 2–3:30 pm Mishawaka Med. Center	27 55+ Senior Fit (Check with instructor) Tai Chi & Chi Gong 10–11 am St. Paul's	28 (Friday) 55+ Senior Fit (Check with instructor)

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.
Wed. & Fri. 11 am

Hospital locations:

Mishawaka Medical Center
5215 Holy Cross Pkwy.
Mishawaka, IN

Plymouth Medical Center
1915 Lake Ave.
Plymouth, IN