

# Community Calendar

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



## JULY 2018



Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<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>Yoga</b> 11:15 am St. Paul's 	<b>3</b> <b>55+ Senior Fit</b> (see times & locations listed below)	<b>4</b> 	<b>5</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>Sugar 'n Spice Registration</b> <b>Deadline:</b> A summer day camp for young ladies. 574.335.4686 <b>St. Joseph County 4-H Fair Senior Day</b>	<b>6 (Friday)</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>7 (Saturday)</b> <b>Tours of Family Birthplace</b> 12–1 pm Mishawaka Medical Center
<b>9</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>Sugar 'n Spice</b> 12:30–4 pm Greater St. John's Missionary Baptist Church <b>Taking Charge of Diabetes</b> 5–8 pm Plymouth Medical Center	<b>10</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Sugar 'n Spice</b> 12:30–4 pm Greater St. John's Missionary Baptist Church	<b>11</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>Sugar 'n Spice</b> 12:30–4 pm Greater St. John's Missionary Baptist Church <b>Breastfeeding Support Group</b> 2–3:30 pm Mishawaka Medical Center <b>For Your Health</b> 2:30 pm Miller's Senior Community <b>Diabetes Support Group</b> 5–6 pm Mish. Med. Center	<b>12</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>Sugar 'n Spice</b> 12:30–4 pm Greater St. John's Missionary Baptist Church <b>Alzheimer's &amp; Dementia Support</b> 6–7 pm St. Paul's <b>Childbirth Education Series</b> 6–8:30 pm Mishawaka Medical Center	<b>13 (Friday)</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Sugar 'n Spice</b> 12:30–3 pm Greater St. John's Missionary Baptist <b>Shingles Education</b> 2 pm Miller's Merry Manor, Walkerton <b>14 (Saturday)</b>
<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>Yoga</b> 11:15 am St. Paul's <b>Taking Charge of Diabetes</b> 5–8 pm Plymouth Med. Center <b>Tours of Family Birthplace</b> 6–7 pm Mishawaka Medical Center	<b>17</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Taking Charge of Diabetes</b> 9–11:30 am Mishawaka Medical Center 	<b>18</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> 9–11:30 am Mishawaka Med. Center <b>Breastfeeding Support Group</b> 2–3:30 pm Mishawaka Medical Center	<b>19</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Taking Charge of Diabetes</b> 9–11:30 am Mishawaka Medical Center <b>Tai Chi &amp; Chi Gong</b> 10–11 am St. Paul's <b>Marshall County 4-H Fair Senior Day</b> 10:30 am–Noon <b>Cholesterol &amp; Blood Pressure screenings</b> <b>Marshall County SOC Community Carnival</b> 3–6 pm Webster Center <b>Childbirth Education Series</b> 6–8:30 pm Mishawaka Medical Center	<b>20 (Friday)</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>21 (Saturday)</b> 
<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>Yoga</b> 11:15 am St. Paul's <b>Taking Charge of Diabetes</b> 5–8 pm Plymouth Medical Center	<b>24</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 Medical Center	<b>25</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>26</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>Alzheimer's &amp; Dementia Support</b> 6–7 pm St. Paul's	<b>27 (Friday)</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>28 (Saturday)</b> <b>Childbirth Education Series</b> 9:30 am–2:30 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>Yoga</b> 11:15 am St. Paul's	<b>31</b> <b>55+ Senior Fit</b> (see times & locations listed below) <b>Prenatal Breastfeeding</b> 6–7:30 pm Mishawaka Medical Center	<b>To register for Senior Fit classes, contact Bill Agnew at 574.335.4689</b> <b>For help quitting tobacco, call Latorya Greene at 574.335.4684</b>		

### 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