

Community Calendar

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



JUNE 2018



Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<p>Mark your calendar in July for SUGAR 'N SPICE a summer day camp for young ladies ages 7-16 Beginning June 6, registration forms available at: Greater St John's Missionary Baptist Church, Martin Luther King Jr Center, St. Margaret's House, La Casa de Amistad, and El Campito Limited spaces available. Call Courtney Hensel at 574.335.4686 for more information.</p>				<p>1 (Friday) 55+ Senior Fit (see times & locations listed below) BWE Roc UR Body 5-8 pm Gridiron Plaza</p> <p>2 (Saturday) Tours of Family Birthplace 12-1 pm Mishawaka Med.Center</p>
<p>4 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10 – 11 am St Paul's 574.284.9000</p>	<p>5 55+ Senior Fit (see times & locations listed below) Floral Design 3:30 – 4:30 pm St Paul's 574.284.9000 Taking Charge of Diabetes 5:30-8 pm Mishawaka Med. Center</p>	<p>6 55+ Senior Fit (see times & locations listed below) Good Grief 8:30 – 9:30 am Line Dancing 10 –11 am Yoga 11 am – Noon St Paul's 574.284.9000 Sugar 'N Spice registration opens Greater St John's Missionary Baptist Church, Martin Luther King Jr Center, St. Margaret's House, La Casa de Amistad, and El Campito</p>	<p>7 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10 – 11 am St Paul's 574.284.9000 Alzheimer's & Dementia Support 6 – 7 pm St Paul's 574.284.9000 Childbirth Education Series 6-8:30 pm Mishawaka Med. Center</p>	<p>8 (Friday) 55+ Senior Fit (see times & locations listed below)</p> <p>9 (Saturday) </p>
<p>11 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10 – 11 am St Paul's 574.284.9000</p>	<p>12 55+ Senior Fit (see times & locations listed below) Floral Design 3:30 – 4:30 pm St Paul's 574.284.9000 Taking Charge of Diabetes 5:30-8 pm Mishawaka Med. Center</p>	<p>13 55+ Senior Fit (see times & locations listed below) Good Grief 8:30 – 9:30 am Line Dancing 10 –11 am Yoga 11 am – Noon St Paul's 574.284.9000 For Your Health 2:30 pm Millers Senior Community</p>	<p>14 FLAG DAY 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10 – 11 am St Paul's 574.284.9000 Alzheimer's & Dementia Support 6 – 7 pm St Paul's 574.284.9000 Childbirth Education Series 6-8:30 pm Mishawaka Med. Center</p>	<p>15 (Friday) 55+ Senior Fit (see times & locations listed below)</p> <p>16 (Saturday) Remember Sunday is FATHER'S DAY </p>
<p>18 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10 – 11 am St Paul's 574.284.9000 Tours of Family Birthplace 6-7 pm Mishawaka Med.Center</p>	<p>19 55+ Senior Fit (see times & locations listed below) Floral Design 3:30 – 4:30 pm St Paul's 574.284.9000 Taking Charge of Diabetes 5:30-8 pm Mishawaka Med. Center</p>	<p>20 55+ Senior Fit (see times & locations listed below) Good Grief 8:30 – 9:30 am Line Dancing 10 –11 am Yoga 11 am – Noon St Paul's 574.284.9000</p>	<p>21 SUMMER BEGINS 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10 – 11 am St Paul's 574.284.9000 Alzheimer's & Dementia Support 6 – 7 pm St Paul's 574.284.9000</p>	<p>22 (Friday) 55+ Senior Fit (see times & locations listed below)</p> <p>23 (Saturday) Plymouth Farmers' Market 7:30-11 am </p>
<p>25 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10 – 11 am St Paul's 574.284.9000</p>	<p>26 55+ Senior Fit (see times & locations listed below) Floral Design 3:30 – 4:30 pm St Paul's 574.284.9000 Prenatal Breastfeeding 6-7:30 pm Mishawaka Med. Center</p>	<p>27 55+ Senior Fit (see times & locations listed below) Good Grief 8:30 – 9:30 am Line Dancing 10 –11 am Yoga 11 am – Noon St Paul's 574.284.9000</p>	<p>28 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10 – 11 am St Paul's 574.284.9000 Alzheimer's & Dementia Support 6 – 7 pm St Paul's 574.284.9000</p>	<p>29 55+ Senior Fit (see times & locations listed below)</p> <p>30 (Saturday) Childbirth Education Series 9 am-2:30 pm Mishawaka Med. Center</p>

To register for Senior Fit classes, contact Bill Agnew at 574.335.4692. For help quitting tobacco, call Latorya Greene at 574.335.4684

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

Mishawaka Medical Center
5215 Holy Cross Pkwy.
Mishawaka, IN

Plymouth Medical Center
1915 Lake Ave.
Plymouth, IN