

Community Calendar

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



Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<p>May is Mental Health Month</p>	<p>1 55+ Senior Fit (see times & locations listed below)</p>	<p>2 55+ Senior Fit (see times & locations listed below) Breastfeeding Support Group 2-3:30 pm Mishawaka Medical Center</p>	<p>3 State of Our Health Town Hall 7:30-10 am IU School of Medicine 1234 Notre Dame Ave South Bend </p> <p>55+ Senior Fit (see times & locations listed below) Childbirth Education Series 6-8:30 pm Mishawaka Med. Center</p>	<p>4 (Friday) 55+ Senior Fit (see times & locations listed below)</p> <p>5 (Saturday) Silver Mile/Bubble Bash 8:30 am-Noon Penn High School Childbirth Education Series 10 am-2:00 pm Plymouth Med.Center Tours of Family Birthplace 12-1 pm Mishawaka Med.Center</p>
<p>7 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 1-4 pm Plymouth Medical Center</p>	<p>8 PRIMARY ELECTIONS 55+ Senior Fit (see times & locations listed below)</p>	<p>9 55+ Senior Fit (see times & locations listed below) Breastfeeding Support Group 2-3:30 pm Mishawaka Medical Center For Your Health 2:30 pm (Stroke Awareness) Millers Senior Community Diabetes Support Group 5-6 pm Mishawaka Medical Center</p>	<p>10 55+ Senior Fit (see times & locations listed below) Childbirth Education Series 6-8:30 pm Mishawaka Med. Center</p>	<p>11 (Friday) 55+ Senior Fit (see times & locations listed below)</p> <p>12 (Saturday) Remember Sunday is Mother's DAY</p>
<p>14 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 1-4 pm Plymouth Medical Center</p>	<p>15 RAMADAN BEGINS 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 1-3:30 pm Mishawaka Med. Center</p>	<p>16 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 1-3:30 pm Mishawaka Medical Center Breastfeeding Support Group 2-3:30 pm Mishawaka Medical Center</p>	<p>17 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 1-3:30 pm Mishawaka Med.Center Walking Alongside: Family Caregiving 6-7:30 pm St Paul's</p>	<p>18 (Friday) 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 1-3:30 pm Mishawaka Med. Center</p> <p>19 (Saturday) ★☆☆☆ ★ Armed Forces Day ★</p>
<p>21 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 1-4 pm Plymouth Medical Center</p>	<p>22 55+ Senior Fit (see times & locations listed below) Prenatal Breastfeeding 6-7:30 pm Mishawaka Medical Center</p>	<p>23 55+ Senior Fit (see times & locations listed below) Breastfeeding Support Group 2-3:30 pm Mishawaka Medical Center</p>	<p>24 55+ Senior Fit (see times & locations listed below) Health In Action: Diabetes Prevention Class Noon-1pm 707 E Cedar St, Ste. 100 South Bend</p>	<p>25 (Friday) 55+ Senior Fit (see times & locations listed below)</p> <p>26 (Saturday) Childbirth Education Series 9 am-2:30 pm Mishawaka Med. Center</p>
<p>28 MEMORIAL DAY</p> <p>MAY28-JUNE3</p>	<p>29 55+ Senior Fit (see times & locations listed below) Best Week Ever 4-8 pm Potawatomi Park</p>	<p>30 55+ Senior Fit (see times & locations listed below)</p>	<p>31 55+ Senior Fit (see times & locations listed below)</p>	<p>"Health In Action" registration: call Elizabeth Trevino at 574.335.4687 To sign up for Senior Fit, call Bill Agnew at 574.335.4682 For help quitting tobacco, call Latorya Greene: 574.335.4684</p>

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