



Community Calendar

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



NOVEMBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<p>If you would like to register for SENIOR FIT classes: call 574.335.4689 or visit sjmed.com/senior-fit to learn more</p> <p>If you're interested in QUITTING TOBACCO & need assistance, contact Latorya Greene at 574.335.4684 for information</p> <p>Interested in HEALTH IN ACTION PROGRAMS? Call Elizabeth Treviño at 574.335.4687</p> <p>Mark your calendars for our Annual Senior Christmas Party. For more information, call Danielle LaFleur at 574.335.4691</p>			<p>1 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St. Paul's Flu Shot Clinic 4–6 pm <i>Plymouth Medical Center</i> CNA, Nurse Tech, Specialty Tech Open Interviews 4:30–7 pm Mishawaka Med. Center Childbirth Education Series 6–8:30 pm Mishawaka Med. Center</p>	<p>2 (Friday) 55+ Senior Fit (see times & locations listed below)</p> <p>3 (Saturday) Greater St. John's Church Health Fair 9 am–Noon 101 N Adams St, SB Tours of Family Birthplace Noon–1 pm Mishawaka Med.Center</p>
<p>5 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 Taking Charge of Diabetes 5–8 pm <i>Plymouth Med. Center</i></p>	<p>6 ELECTION DAY  55+ Senior Fit (see times & locations listed below) Senior Education 2 pm <i>Millers Senior Community Walkerton</i> Health in Action 5–6 pm VA Clinic, Mishawaka (open to all Veterans)</p>	<p>7 55+ Senior Fit (see times & locations listed below) Line Dancing 10–11 am St. Paul's Yoga 11 am–Noon St. Paul's Breastfeeding Support Group 2–3:30 pm Mishawaka Medical Center Lighten the Load of Diabetes: Resources for Everyone Special Event 5–7 pm Mishawaka Medical Center</p>	<p>8 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St. Paul's Flu Shot Clinic 4:30–6:30 pm Mishawaka Med. Center Free as long as they last. Canned food donation. Childbirth Education Series 6–8:30 pm Mishawaka Med. Center</p>	<p>9 (Friday) 55+ Senior Fit (see times & locations listed below) Veteran's Appreciation Luncheon 10 am–1 pm Mishawaka Food Pantry 315 LWW, Mishawaka</p> <p>10 (Saturday)</p>
<p>12 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 Tours of Family Birthplace 6–7 pm Mishawaka Med.Center Taking Charge of Diabetes 5–8 pm <i>Plymouth Med. Center</i></p>	<p>13 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 5:30–8 pm Mishawaka Med. Center Health in Action 5–6 pm VA Clinic, Mishawaka (open to all Veterans)</p>	<p>14 55+ Senior Fit (see times & locations listed below) Line Dancing 10–11 am St. Paul's Yoga 11 am–Noon St. Paul's Breastfeeding Support Group 2–3:30 pm Mishawaka Medical Center For Your Health 2:30 pm <i>Millers Community, Plymouth</i> Taking Charge of Diabetes 5:30–8 pm Mishawaka Med. Center</p>	<p>15 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St. Paul's Parkinson's Support Group 5 pm St. Paul's Taking Charge of Diabetes 5:30–8 pm Mishawaka Med. Center</p>	<p>16 (Friday) 55+ Senior Fit (see times & locations listed below)</p> <p>17 (Saturday) Childbirth Education Series 9 am–2:30 pm Mishawaka Med. Center</p>
<p>19 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 Taking Charge of Diabetes 5–8 pm <i>Plymouth Med. Center</i> Tours of Family Birthplace 6–7 pm Mishawaka Med.Center</p>	<p>20 55+ Senior Fit (see times & locations listed below) Health in Action 5–6 pm VA Clinic, Mishawaka (open to all Veterans)</p>	<p>21 55+ Senior Fit (see times & locations listed below) Line Dancing 10–11 am St. Paul's Yoga 11 am–Noon St. Paul's Breastfeeding Support Group 2–3:30 pm Mishawaka Medical Center</p>	<p>22 </p>	<p>23 (Friday) 55+ Senior Fit (see times & locations listed below)</p> <p>24 (Saturday)</p>
<p>26 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</p>	<p>27 55+ Senior Fit (see times & locations listed below) Prenatal Breastfeeding 6–7:30 pm Mishawaka Med. Center Health in Action 5–6 pm VA Clinic, Mishawaka (open to all Veterans)</p>	<p>28 55+ Senior Fit (see times & locations listed below) Line Dancing 10–11 am St. Paul's Yoga 11 am–Noon St. Paul's Breastfeeding Support Group 2–3:30 pm Mishawaka Medical Center</p>	<p>29 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St. Paul's</p>	<p>30 55+ Senior Fit (see times & locations listed below) Immunization Info for Seniors 1 pm St. Paul's</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.
Wed. & Fri. 11 am

Hospital locations:

Mishawaka Medical Center
5215 Holy Cross Pkwy.
Mishawaka, IN

Plymouth Medical Center
1915 Lake Ave.
Plymouth, IN