

Community Calendar

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



OCTOBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<p>1 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>IT'S BREAST CANCER AWARENESS MONTH Schedule your mammogram today! 574.335.4500</p>	<p>2 55+ Senior Fit (see times & locations listed below)</p> <p>Remember to Get your FLU SHOT</p>	<p>3 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 Freedom from Smoking* 6–7:30 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 Childbirth Education Series 6–8:30 pm Mishawaka Med. Center</p>	<p>5 (Friday) 55+ Senior Fit (see times & locations listed below) Healthy Lifestyle Class 9:30–10:30 am MCCA Plymouth Free Fall Fitness Classes 12:30–1:30 pm Mishawaka Central Park</p> <p>6 (Saturday) Tours of Family Birthplace Noon–1 pm Mishawaka Med.Center</p>
<p>8 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>9 55+ Senior Fit (see times & locations listed below)</p>	<p>10 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 Millers Community, Plymouth Health in Action 5–6 pm Indiana Health Center Freedom from Smoking* 6–7:30 pm Mish. Med. Center</p>	<p>11 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St. Paul's Salud in Acción 5–6 pm Indiana Health Center Childbirth Education Series 6–8:30 pm Mishawaka Med. Center</p>	<p>12 (Friday) 55+ Senior Fit (see times & locations listed below) Healthy Lifestyle Class 9:30–10:30 am MCCA Plymouth Free Fall Fitness Classes 12:30–1:30 pm Mishawaka Central Park Senior Education 2 pm Millers Senior Community Walkerton</p> <p>13 (Saturday)</p>
<p>15 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</p>	<p>16 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 9–11:30 am Mishawaka Med. Center Parkinson's Support Group 5 pm St. Paul's Coping with Loss 6–7 pm St. Paul's</p>	<p>17 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 9–11:30 am Mishawaka Med. Center 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 Health in Action 5–6 pm Indiana Health Center</p>	<p>18 55+ Senior Fit (see times & locations listed below) Marshall County Senior Expo 8 am–3 pm Plymouth High School Taking Charge of Diabetes 9–11:30 am Mishawaka Med. Center Tai Chi & Chi Gong 10–11 am St. Paul's Salud in Acción 5–6 pm Indiana Health Center</p>	<p>19 (Friday) 55+ Senior Fit (see times & locations listed below) Healthy Lifestyle Class 9:30–10:30 am MCCA Plymouth</p> <p>20 (Saturday)</p>
<p>22 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>23 55+ Senior Fit (see times & locations listed below) Prenatal Breastfeeding 6–7:30 pm Mishawaka Med. Center</p>	<p>24 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 Health in Action 5–6 pm Indiana Health Center</p>	<p>25 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St. Paul's Salud in Acción 5–6 pm Indiana Health Center</p>	<p>26 (Friday) 55+ Senior Fit (see times & locations listed below) Healthy Lifestyle Class 9:30–10:30 am MCCA Plymouth</p> <p>27 (Saturday) Childbirth Education Series 9 am–2:30 pm Mishawaka Med. Center</p>
<p>29 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>30 55+ Senior Fit (see times & locations listed below)</p>	<p>31 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 Health in Action 5–6 pm Indiana Health Center</p>	<p>If you would like to register for SENIOR FIT: call 574.335.4689 or visit sjmed.com/senior-fit.</p> <p>*If you're ready to QUIT SMOKING/TOBACCO and need assistance, contact Latorya Greene at 574.335.4684.</p> <p>Interested in HEALTHY LIFESTYLE PROGRAMS? Call Elizabeth Treviño at 574.335.4687</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

SAINT JOSEPH HEALTH SYSTEM

COMMUNITY HEALTH AND WELL-BEING

Elkhart
Mishawaka
Plymouth
South Bend
sjmed.com