

Community Calendar

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



SEPTEMBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
SEPTEMBER IS NATIONAL PACE MONTH Saint Joseph PACE (Programs of All-inclusive Care for the Elderly) is the newest healthcare choice for seniors living in our community. The program can assist seniors to live safely at home while being helped by a team of healthcare experts. Saint Joseph PACE is an alternative to nursing home care. For more information, visit sjmed.com/PACE				1 (Saturday) Tours of Family Birthplace 12-1 pm Mishawaka Med.Center
3 LABOR DAY <i>Offices/Classes closed</i> 	4 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 5:30-8 pm Mishawaka Med. Center	5 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 Taking Charge of Diabetes 5:30-8 pm Mishawaka Med. Center	6 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10-11 am St. Paul's Taking Charge of Diabetes 5:30-8 pm Mishawaka Med. Center Childbirth Education Series 6-8:30 pm Mishawaka Med. Center Freedom from Smoking 6-7:30 pm <i>Community Resource Center Plymouth</i>	7 (Friday) 55+ Senior Fit (see times & locations listed below)
10 ROSH HASHANAH 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 	11 55+ Senior Fit (see times & locations listed below) 	12 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 Senior Community, Plymouth</i> Diabetes Support Group 5-6 pm Mish. Med. Center	13 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10-11 am St. Paul's Smart Move Program 10-11:30 am St. Paul's Senior Education 2 pm <i>Millers Senior Community, Walkerton</i> Childbirth Education Series 6-8:30 pm Mishawaka Med. Center Freedom from Smoking 6-7:30 pm <i>Community Resource Center Plymouth</i>	14 (Friday) 55+ Senior Fit (see times & locations listed below)
17 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	18 55+ Senior Fit (see times & locations listed below)	19 YOM KIPPUR 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	20 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10-11 am St. Paul's	21 (Friday) 55+ Senior Fit (see times & locations listed below)
24 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	25 55+ Senior Fit (see times & locations listed below) Prenatal Breastfeeding 6-7:30 pm Mishawaka Med. Center	26 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	27 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10-11 am St. Paul's	28 (Friday) 55+ Senior Fit (see times & locations listed below)
				29 (Saturday) Childbirth Education Series 9 am-2:30 pm Mishawaka Med. Center
If you would like to register for SENIOR FIT classes: call 574.335.4689 or visit sjmed.com/senior-fit to learn more. If you're ready to QUIT SMOKING/TOBACCO and need assistance, contact Latorya Greene at 574.335.4684. Interested in HEALTHY LIFESTYLE PROGRAMS? Call Elizabeth Trevino at 574.335.4687 in South Bend or Debbie Berger at 574.335.7923 in Plymouth.				

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



COMMUNITY HEALTH AND WELL-BEING

Elkhart
Mishawaka
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sjmed.com