

Community Calendar

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

APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
1 55+ Senior Fit (see times & locations listed below) Tai Chi 10 am St. Paul's Yoga 11:30 am St. Paul's AARP: Meet the Candidates 2 pm St. Paul's Health In Action 5:30–6:30 pm Indiana Health Center, SB Breastfeeding Support Group 6–7:30 pm Mishawaka Medical Center	2 55+ Senior Fit (see times & locations listed below) 	3 55+ Senior Fit (see times & locations listed below) Yoga 11:30 am St. Paul's Health In Action 2–3 pm Pinhook Park, South Bend Breastfeeding Support Group 2–3:30 pm Mishawaka Med. Center Freedom From Smoking® 6–7:30 pm Mishawaka Med. Center	4 55+ Senior Fit (see times & locations listed below) Tai Chi 10 am St. Paul's Childbirth Education Series 6–8:30 pm Mishawaka Medical Center	5 (Friday) 55+ Senior Fit (see times & locations listed below) <hr/> 6 (Saturday) Tours of Family Birthplace Noon–1 pm Mishawaka Medical Center
8 55+ Senior Fit (see times & locations listed below) Tai Chi 10 am St. Paul's Yoga 11:30 am St. Paul's Health In Action 5:30–6:30 pm Indiana Health Center, SB Breastfeeding Support Group 6–7:30 pm Mishawaka Medical Center	9 55+ Senior Fit (see times & locations listed below) Blood Pressure Screening 10:30 am MCCOA, Plymouth Taking Charge of Diabetes 1–4 pm Mishawaka Med. Center	10 55+ Senior Fit (see times & locations listed below) Yoga 11:30 am St. Paul's Taking Charge of Diabetes 1–4 pm Mishawaka Med. Center Blood Pressure Screening 2 pm Miller's Center, Plymouth Health In Action 2–3 pm Pinhook Park, South Bend Breastfeeding Support Group 2–3:30 pm Mishawaka Med. Center Freedom From Smoking® 6–7:30 pm Mishawaka Med. Center FertilityCare Center Intro Session 7–8:30 pm Mishawaka Med. Center	11 55+ Senior Fit (see times & locations listed below) Tai Chi 10 am St. Paul's Taking Charge of Diabetes 1–4 pm Mishawaka Med. Center Childbirth Education Series 6–8:30 pm Mishawaka Medical Center	12 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action 1:30–3 pm Downtown Garden Court, 315 Garro St, Plymouth <hr/> 13 (Saturday) MISA Successful Aging Expo 9 am–4 pm Clay High School, South Bend
15 55+ Senior Fit (see times & locations listed below) Tai Chi 10 am St. Paul's Yoga 11:30 am St. Paul's Health In Action 5:30–6:30 pm Indiana Health Center, SB Breastfeeding Support Group 6–7:30 pm Mishawaka Medical Center Tours of Family Birthplace 6–7 pm Mishawaka Med.Center	16 55+ Senior Fit (see times & locations listed below)	17 55+ Senior Fit (see times & locations listed below) Good Grief Bereavement Support 8:30 am St. Paul's Yoga 11:30 am St. Paul's Health In Action 2–3 pm Pinhook Park, South Bend Breastfeeding Support Group 2–3:30 pm Mishawaka Med. Center	18 55+ Senior Fit (see times & locations listed below) Tai Chi 10 am St. Paul's	19 (Friday)  GOOD FRIDAY <hr/> 20 (Saturday) EASTER VIGIL
22 55+ Senior Fit (see times & locations listed below) Tai Chi 10 am St. Paul's Yoga 11:30 am St. Paul's Health In Action 5:30–6:30 pm Indiana Health Center, SB Breastfeeding Support Group 6–7:30 pm Mishawaka Medical Center	23 55+ Senior Fit (see times & locations listed below) Blood Pressure Screening 11 am Webster Center, Ply. Prenatal Breastfeeding 6–7:30 pm Mishawaka Medical Center FertilityCare Center Intro Session 7–8:30 pm (Register 335.6474) Mishawaka Medical Center	24 55+ Senior Fit (see times & locations listed below) Blood Pressure Screening 10:30 am MCCOA, Plymouth Yoga 11:30 am St. Paul's Health In Action 2–3 pm Pinhook Park, South Bend Breastfeeding Support Group 2–3:30 pm Mishawaka Med. Center Health In Action 3:30–5 pm Bread of Life Food Pantry, Plymouth	25 55+ Senior Fit (see times & locations listed below) Tai Chi 10 am St. Paul's Blood Pressure Screening 2pm Catherine Kasper Home & Maria Center, Donaldson	26 (Friday) 55+ Senior Fit (see times & locations listed below) Soccer Game: ND Men vs. Mexican National Team 7 pm Notre Dame Alumni Field <hr/> 27 (Saturday) Childbirth Education Series 9 am–2:30 pm Mishawaka Medical Center Mental Health Workshop for Latino Community (Spanish) 8:45 am–12:30 pm Public Library- Bremen
29 55+ Senior Fit (see times & locations listed below) Tai Chi 10 am St. Paul's Yoga 11:30 am St. Paul's Health In Action 5:30–6:30 pm Indiana Health Center, SB Breastfeeding Support Group 6–7:30 pm Mishawaka Med. Center	30 55+ Senior Fit (see times & locations listed below) Prenatal Breastfeeding 6–7:30 pm Mishawaka Medical Center	APRIL IS STRESS AWARENESS MONTH Do you have questions about any of these programs, designed to reduce stress? HEALTH IN ACTION (Pre-diabetes classes)? Call Liz at 574.335.4687 55+ SENIOR FIT? Register with Danielle at 574.335.4691 QUIT SMOKING? Contact Latorya at 574.335.4684		

Class registration information & facility locations:

Senior Fit locations:

Battell Center
 904 N. Main St., Mish.
 Mon. & Wed. 1:15 pm

Charles Black Recreation Center
 3419 W. Washington St., SB
 Tues. & Thur. 10:30

NEW!

Holy Cross
 17475 Dugdale Dr., SB
 Mon. & Wed. 12:30 pm

Marshall County Council on Aging
 1305 W. Harrison St., Ply.
 Wed. & Fri. 11 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

Webster Center
 110 Webster Ave., Ply
 Mon. & Tues. 11:30 am

NEW!

Hospital locations:

Mishawaka Medical Center
 5215 Holy Cross Pkwy.
 Mishawaka, IN

Plymouth Medical Center
 1915 Lake Ave.
 Plymouth, IN