

Community Calendar

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



JUNE 2019



Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<p>Registration forms available for SUGAR-N-SPICE, a FREE day camp for girls ages 7-14, beginning June 17 at MLK Center, 1522 Linden Ave, South Bend OR at Greater St. John's Church, 101 N Adams St, South Bend, or by calling Courtney at 574.335.4686</p> <p>If you would like to register for SENIOR FIT classes: call 574.335.4691 or visit sjmed.com/senior-fit to learn more.</p> <p>Rady to QUIT SMOKING and need help? Contact Latorya Greene at 574.335.4684 for information.</p> <p>Learn more about PRE-DIABETES CLASSES: Call Elizabeth Treviño at 574.335.4687</p>				<p>1 (Saturday) La Casa de Amistad Youth/Family Wellness Fair 10:30 am–12:30 pm Harrison Primary Center, SB Tours of Family Birthplace 12–1 pm Mishawaka Medical Center</p>
<p>3 55+ Senior Fit (see times & locations listed below) NEW SENIOR FIT CLASSES AT BATTELL CENTER MISHAWAKA WEBSTER CENTER PLYMOUTH Tai Chi & Chi Gong 10–11 am St. Paul's Yoga 11:30 am St. Paul's Breastfeeding Support Group 6–7:30 pm Mishawaka Med. Center</p>	<p>4 55+ Senior Fit (see times & locations listed below) NEW SENIOR FIT CLASSES AT CHARLES BLACK CENTER, SOUTH BEND & WEBSTER CENTER PLYMOUTH Taking Charge of Diabetes 4–7 pm Mishawaka Medical Center</p>	<p>5 55+ Senior Fit (see times & locations listed below) Line Dancing 10–11 am St. Paul's Yoga 11:30 am St. Paul's Health In Action 11:30 am–12:30 pm Greater Niles Senior Center 1109 Bell Rd, Niles Breastfeeding Support Group 2–3:30 pm Mishawaka Med Center Taking Charge of Diabetes 4–7 pm Mishawaka Medical Center</p>	<p>6 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St. Paul's Taking Charge of Diabetes 4–7 pm Mishawaka Medical Center Health In Action 4:30–5:30 pm Bread of Life, Plymouth Childbirth Education Series 6–8:30 pm Mishawaka Med. Center</p>	<p>7 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action 1:45–3 pm Garden Court, Plymouth</p>
<p>10 55+ Senior Fit (see times & locations listed below) Tai Chi 10–11 am St. Paul's Blood Pressure Screening 11 am Council on Aging, Ply. Yoga 11:30 am St. Paul's Tours of Family Birthplace 6–7 pm Mishawaka Med.Center Breastfeeding Support Group 6–7:30 pm Mishawaka Med. Center</p>	<p>11 55+ Senior Fit (see times & locations listed below)</p> 	<p>12 55+ Senior Fit (see times & locations listed below) Line Dancing 10–11 am St. Paul's Yoga 11:30 am St. Paul's Health In Action 11:30 am–12:30 pm Greater Niles Senior Center 1109 Bell Rd, Niles Breastfeeding Support Group 2–3:30 pm Mishawaka Medical Center Education: Types of Arthritis 2–3 pm Miller's Assisted Living, Ply.</p>	<p>13 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St. Paul's Health In Action 4:30–5:30 pm Bread of Life, Plymouth Childbirth Education Series 6–8:30 pm Mishawaka Med. Center</p>	<p>14 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action 1:45–3 pm Garden Court, Plymouth</p>
<p>17 55+ Senior Fit (see times & locations listed below) Sugar-N-Spice Registration Register at MLK, Greater St. John's or by calling 335.4686 Tai Chi 10–11 am St. Paul's Yoga 11:30 am St. Paul's Tours of Family Birthplace 6–7 pm Mishawaka Med.Center Breastfeeding Support Group 6–7:30 pm Mishawaka Med. Center</p>	<p>18 55+ Senior Fit (see times & locations listed below) Whole Child Workshop 9:30 am–3:30 pm Mishawaka High School</p> 	<p>19 55+ Senior Fit (see times & locations listed below) Whole Child Workshop 9:30 am–3:30 pm Mishawaka High School Line Dancing 10–11 am St. Paul's Yoga 11:30 am St. Paul's Health In Action 11:30 am–12:30 pm Greater Niles Senior Center 1109 Bell Rd, Niles Breastfeeding Support Group 2–3:30 pm Mishawaka Med Center</p>	<p>20 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St. Paul's Health In Action 4:30–5:30 pm Bread of Life, Plymouth</p>	<p>21 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action 1:45–3 pm Garden Court, Plymouth</p>
<p>24 55+ Senior Fit (see times & locations listed below) Tai Chi 10–11 am St. Paul's Yoga 11:30 am St. Paul's Tours of Family Birthplace 6–7 pm Mishawaka Med.Center Breastfeeding Support Group 6–7:30 pm Mishawaka Med. Center</p>	<p>25 55+ Senior Fit (see times & locations listed below) Prenatal Breastfeeding 6–7:30 pm Mishawaka Med. Center</p> 	<p>26 55+ Senior Fit (see times & locations listed below) Line Dancing 10–11 am St. Paul's Yoga 11:30 am St. Paul's Health In Action 11:30 am–12:30 pm Greater Niles Senior Center 1109 Bell Rd, Niles Breastfeeding Support Group 2–3:30 pm Mishawaka Med Center</p>	<p>27 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St. Paul's Health In Action 4:30–5:30 pm Bread of Life, Plymouth</p>	<p>28 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action 1:45–3 pm Garden Court, Plymouth</p>
<p>Health & Wellness Provider of the 40th U.S. Senior Open Championship / Warren Golf Course at Notre Dame / June 24-30</p>				<p>29 (Saturday)</p> 

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

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
 Wed. 5:30 pm

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

Hospital locations:

Mishawaka Medical Center
 5215 Holy Cross Pkwy.
 Mishawaka, IN

Plymouth Medical Center
 1915 Lake Ave.
 Plymouth, IN