

Community Calendar

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

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
2 LABOR DAY 	3 55+ Senior Fit (see times & locations listed below) Blood Pressure, Blood Sugar, Cholesterol Screenings 9:15–10:15 pm Bremen Library	4 55+ Senior Fit (see times & locations listed below) Line Dancing 10–11 am St. Paul's Yoga 11:30 am St. Paul's Breastfeeding Support Group 2–3:30 pm Mishawaka Medical Center	5 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 Medical Center	6 (Friday) 55+ Senior Fit (see times & locations listed below) 7 (Saturday) Tours of Family Birthplace 12–1 pm Mishawaka Medical Center
9 55+ Senior Fit (see times & locations listed below) Anthem Medicare Advantage Member Event 9 am–3 pm Century Center, South Bend Tai Chi & Chi Gong 10–11 am St. Paul's Blood Pressure Screening 10:30 am Council on Aging, Plymouth Yoga 11:30 am St. Paul's Taking Charge of Diabetes 4–7 pm Plymouth Medical Center Breastfeeding Support Group 6–7:30 pm Mishawaka Medical Center	10 55+ Senior Fit (see times & locations listed below) Taking Charge of Diabetes 4–7 pm Mishawaka Medical Center 	11 55+ Senior Fit (see times & locations listed below) Line Dancing 10–11 am St. Paul's Yoga 11:30 am St. Paul's Education Session 2–3 pm Miller's Merry Manor, Plymouth Breastfeeding Support Group 2–3:30 pm Mishawaka Medical Center Taking Charge of Diabetes 4–7 pm Mishawaka Medical Center	12 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 Alzheimer's/Dementia Support 6 pm St. Paul's Childbirth Education Series 6–8:30 pm Mishawaka Medical Center	13 (Friday) 55+ Senior Fit (see times & locations listed below) Blood Pressure Screenings 6–9 pm TGIF Fun Night, Argos 14 (Saturday) 
16 55+ Senior Fit (see times & locations listed below) Tai Chi 10–11 am St. Paul's Yoga 11:30 am St. Paul's Education Session 3:30–4:30 pm Maria Center, Donaldson Taking Charge of Diabetes 4–7 pm Plymouth Medical Center Tours of Family Birthplace 6–7 pm Mishawaka Med.Center Breastfeeding Support Group 6–7:30 pm Mishawaka Medical Center	17 55+ Senior Fit (see times & locations listed below)	18 55+ Senior Fit (see times & locations listed below) Line Dancing 10–11 am St. Paul's Yoga 11:30 am St. Paul's Secret Sisters Society Luncheon & Style Show 11 am–1:30 pm Century Center, South Bend Breastfeeding Support Group 2–3:30 pm Mishawaka Medical Center	19 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St. Paul's	20 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action 9:30–10:30 am Life Enrichment Center, Plymouth ROC UR BODY 5:30–8 pm Mishawaka Central Park 21 (Saturday) Latino Fest 1–10 pm River Park Square, Plymouth 
23 55+ Senior Fit (see times & locations listed below) Tai Chi 10–11 am St. Paul's Yoga 11:30 am St. Paul's Taking Charge of Diabetes 4–7 pm Plymouth Medical Center Tours of Family Birthplace 6–7 pm Mishawaka Medical Center Breastfeeding Support Group 6–7:30 pm Mishawaka Medical Center	24 55+ Senior Fit (see times & locations listed below) Prenatal Breastfeeding Class 6–7:30 pm Mishawaka Medical Center 	25 55+ Senior Fit (see times & locations listed below) Line Dancing 10–11 am St. Paul's Blood Pressure Screening 10:30 am Council on Aging, Plymouth Yoga 11:30 am St. Paul's Breastfeeding Support Group 2–3:30 pm Mishawaka Medical Center	26 55+ Senior Fit (see times & locations listed below) Tai Chi & Chi Gong 10–11 am St. Paul's	27 (Friday) 55+ Senior Fit (see times & locations listed below) Health In Action 9:30–10:30 am Life Enrichment Center, Plymouth Healthy Tailgate 4–7 pm Mishawaka High School Gym 28 (Saturday) Childbirth Education Series 9:30 am–2:30 pm Mishawaka Medical Center
30 55+ Senior Fit (see times & locations listed below) Tai Chi 10–11 am St. Paul's Yoga 11:30 am St. Paul's Breastfeeding Support Group 6–7:30 pm Mishawaka Medical Center	For information about the Secret Sisters Society, please visit our website: sjmed.com/secret-sisters-society	Learn more about DIABETES PREVENTION and Pre-Diabetes Classes by calling 574.335.4687	If you would like register for SENIOR FIT at any of the locations and class times listed below, call 574.335.4691	Ready to QUIT TOBACCO and need help? Contact Latorya Greene 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	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
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Hospital locations:

Mishawaka Medical Center 5215 Holy Cross Pkwy. Mishawaka, IN Plymouth Medical Center 1915 Lake Ave. Plymouth, IN
