

Community Calendar

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



JANUARY 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>READY TO QUIT? Freedom from Smoking® starts January 9. Call Latorya to register at 574.335.4684</p>	<p>1  Happy New Year!</p>	<p>2 Line Dancing 10 am St Paul's Yoga 11:00 am St Paul's Meditation Noon St. Paul's 55+ Senior Fit 11 am Marshall County COA 12:30 pm Holy Cross 1:00 pm Pinhook Breastfeeding Support Group 2 pm Mishawaka Med Center</p>	<p>3 55+ Senior Fit (see times & locations listed below) Tai Chi 10:00 am St. Paul's Childbirth Education Series 6:00–8:30 pm Mishawaka Medical Center</p>	<p>4 (Friday) 55+ Senior Fit 11 am Marshall County COA</p> <p>5 (Saturday) Tours of Family Birthplace 12–1:00 pm Mishawaka Medical Center</p>
<p>7 55+ Senior Fit (see times & locations listed below) Tai Chi 10:00 am St. Paul's Yoga 11:15 am St Paul's Diabetes Prevention Program 12–1:00 pm Battell Center, Mishawaka Breastfeeding Support Group 6:00–7:30 pm Mishawaka Medical Center</p>	<p>8 55+ Senior Fit (see times & locations listed below)</p>	<p>9 55+ Senior Fit (see times & locations listed below) Line Dancing 10 am St Paul's Yoga 11:00 am St Paul's Meditation Noon St. Paul's Breastfeeding Support Group 2:00–3:30 pm Mishawaka Medical Center Freedom from Smoking® Tobacco Cessation 6:00–7:30 pm 707 E Cedar St, South Bend</p>	<p>10 55+ Senior Fit (see times & locations listed below) Tai Chi 10:00 am St. Paul's Diabetes Prevention Program 5:30–6:30 pm Mishawaka Medical Center Childbirth Education Series 6:00–8:30 pm Mishawaka Medical Center</p>	<p>11 (Friday) 55+ Senior Fit (see times & locations listed below)</p> <p>12 (Saturday)</p>
<p>14 55+ Senior Fit (see times & locations listed below) Tai Chi 10:00 am St. Paul's Yoga 11:15 am St Paul's Diabetes Prevention Program 12–1:00 pm Battell Center, Mishawaka Taking Charge of Your Diabetes 4:00–7:00 pm Plymouth Medical Center Breastfeeding Support Group 6:00 pm Mishawaka Med. Center</p>	<p>15 55+ Senior Fit (see times & locations listed below) Taking Charge of Your Diabetes 1:00–4:00 pm Mishawaka Medical Center</p>	<p>16 55+ Senior Fit (see times & locations listed below) Taking Charge of Your Diabetes 1:00–4:00 pm Mishawaka Medical Center Line Dancing 10 am St Paul's Yoga 11 am St Paul's Meditation Noon St. Paul's Breastfeeding Support Group 2:00 pm Mishawaka Med. Center Freedom from Smoking® Tobacco Cessation 6:00 pm 707 E Cedar St, South Bend</p>	<p>17 55+ Senior Fit (see times & locations listed below) Taking Charge of Your Diabetes 1:00–4:00 pm Mishawaka Medical Center Tai Chi 10:00 am St. Paul's Diabetes Prevention Program 5:30–6:30 pm Mishawaka Medical Center</p>	<p>18 (Friday) 55+ Senior Fit (see times & locations listed below) Taking Charge of Your Diabetes 1:00–4:00 pm Mishawaka Medical Center</p> <p>19 (Saturday)</p>
<p>21 55+ Senior Fit (see times & locations listed below) Tai Chi 10:00 am St. Paul's Yoga 11:15 am St Paul's Martin Luther King Jr Day Celebration 11:00 am Mishawaka Med Center Diabetes Prevention Program 12–1:00 pm Battell Center, Mishawaka Taking Charge of Your Diabetes 4:00–7:00 pm Plymouth Medical Center Tours of Family Birthplace 6:00–7:00 pm Mishawaka Medical Center Breastfeeding Support Group 6:00 pm Mishawaka Med. Center</p>	<p>22 55+ Senior Fit (see times & locations listed below) Prenatal Breastfeeding Classes 6:00–7:30 pm Mishawaka Medical Center</p> <p></p>	<p>23 55+ Senior Fit (see times & locations listed below) Line Dancing 10 am St Paul's Yoga 11:00 am St Paul's Meditation Noon St. Paul's Breastfeeding Support Group 2:00–3:30 pm Mishawaka Medical Center</p>	<p>24 55+ Senior Fit (see times & locations listed below) Tai Chi 10:00 am St. Paul's Diabetes Prevention Program 5:30–6:30 pm Mishawaka Medical Center</p> <p>ASK US ABOUT PREDIABETES Ask Elizabeth for more information at 574.335.4687</p>	<p>25 (Friday) 55+ Senior Fit (see times & locations listed below)</p> <p>26 (Saturday) Childbirth Education Series 9:00 am–2:30 pm Mishawaka Medical Center</p>
<p>28 55+ Senior Fit (see times & locations listed below) Tai Chi 10:00 am St. Paul's Yoga 11:15 am St Paul's Diabetes Prevention Program 12–1:00 pm Battell Center, Mishawaka Taking Charge of Your Diabetes 4:00–7:00 pm Plymouth Medical Center Breastfeeding Support Group 6:00 pm Mishawaka Med. Center</p>	<p>29 55+ Senior Fit (see times & locations listed below)</p> <p>WANT TO JOIN SENIOR FIT? Contact Danielle at 574.335.4691 for details.</p>	<p>30 55+ Senior Fit (see times & locations listed below) Line Dancing 10 am St Paul's Yoga 11:00 am St Paul's Meditation Noon St. Paul's Breastfeeding Support Group 2:00–3:30 pm Mishawaka Medical Center</p>	<p>31 55+ Senior Fit (see times & locations listed below) Tai Chi 10:00 am St. Paul's Diabetes Prevention Program 5:30–6:30 pm Mishawaka Medical Center</p>	<p></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
Mon. & Fri. 11:15 am
Mon. & Wed. 5:30 pm

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

Hospital locations:

Mishawaka Medical Center
5215 Holy Cross Pkwy.
Mishawaka, IN

Plymouth Medical Center
1915 Lake Ave.
Plymouth, IN