

# Community Health Events December 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**1**  
Free Blood Pressure & Blood Sugar Screenings  
@ St. John's Community Health Department  
805-988-2709  
Schedule your appointment

**2**  
St. John's Food Pantry  
@ Christ the King Church  
9:00 am - 12:30 pm

**3**  
Blood Pressure & Blood Sugar Screenings @ South Oxnard  
9:15 am - 11:30 am

**4**  
Diaper Distribution  
@ Christ the King Church  
9:00 am - 10:00 am  
St. John's Food Pantry  
@ Christ the King Church  
11:30 am - 2:30 pm  
Blood Pressure & Blood Sugar Screenings @ Colonia Center  
10:00 am - 11:30 am

**5**  
Walking Club  
10:00 am - 10:30 am  
&  
Arthritis Exercise  
10:30 am - 11:00 am  
@ Colonia Center

**8**  
Nutrition Bingo  
@ Colonia Center  
10:30 am - 11:30 am

**9**  
St. John's Food Pantry  
@ Christ the King Church  
9:00 am - 12:30 pm  
Nutrition Bingo  
@ South Oxnard Center  
11:30 am - 12:30 pm

**10**  
Arthritis Exercise  
@ South Oxnard  
9:00 am - 9:30 am

**11**  
Diaper Distribution  
@ Christ the King Church  
9:00 am - 10:00 am  
St. John's Food Pantry  
@ Christ the King Church  
11:30 am - 2:30 pm

**12**  
Free Diabetes Education!  
Schedule your appointment by calling  
805-988-2709

**15**  
Nutrition Counseling  
Schedule your free appointment by calling  
805-988-2709

**16**  
St. John's Food Pantry  
@ Christ the King Church  
9:00 am - 12:30 pm  
Nutrition Bingo  
@ Palm Vista  
12:15 pm - 1:15 pm

**17**  
Arthritis Exercise  
@ South Oxnard  
9:00 am - 9:30 am

**18**  
Diaper Distribution  
@ Christ the King Church  
8:30 am - 9:30 am  
Blood Pressure & Blood Sugar Screenings @ Wilson Center  
10:00 am - 11:30 am  
St. John's Food Pantry  
@ Christ the King Church  
11:30 am - 2:30 pm

**19**  
Walking Club  
10:00 am - 10:30 am  
&  
Arthritis Exercise  
10:30 am - 11:00 am  
@ Colonia Center



St. John's Community Health  
Dept.  
1600 N. Rose Ave

**805-988-2865**

Christ the King  
Church  
535 Cooper Rd.

\*St. John's reserves the right to cancel and change dates/times for classes and services.

