

COMMUNITY HEALTH EVENTS JANUARY 2026

Monday

Tuesday

Wednesday

Thursday

Friday

<p>5</p> <p>Free Blood Pressure & Blood Sugar Screenings @St. John's Community Health Department 805-988-2709 Schedule your appointment</p>	<p>6</p> <p>St. John's Food Pantry @ Christ the King Church 9:00 am - 12:30 pm</p>	<p>7</p> <p>Blood Pressure & Blood Sugar Screenings @ South Oxnard 9:15 am - 11:30 am</p>	<p>8</p> <p>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 Nutrition Bingo @ Palm Vista 10:30 am - 11:30 am</p>	<p>9</p> <p>Walking Club 10:00 am - 10:30 am & Arthritis Exercise 10:30 am - 11:00 am @ Colonia Center</p>
<p>12</p> <p>Free Diabetes Education! Schedule your appointment by calling 805-988-2709</p>	<p>13</p> <p>St. John's Food Pantry @ Christ the King Church 9:00 am - 12:30 pm</p>	<p>14</p> <p>Arthritis Exercise @ South Oxnard 9:00 am - 9:30 am Blood Pressure & Blood Sugar Screenings @ Colonia Center 10:00 am - 11:30 am</p>	<p>15</p> <p>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</p>	<p>16</p> <p>Walking Club 10:00 am - 10:30 am & Arthritis Exercise 10:30 am - 11:00 am @ Colonia Center</p>
<p>19</p> <p>Nutrition Counseling Schedule your free appointment by calling 805-988-2709</p>	<p>20</p> <p>St. John's Food Pantry @ Christ the King Church 9:00 am - 12:30 pm Let's Cook!: Yogurt Fruit Salad @South Oxnard 11:30 am - 12:30 pm</p>	<p>21</p> <p>Arthritis Exercise @ South Oxnard 9:00 am - 9:30 am Blood Pressure & Blood Sugar Screenings @ Wilson Center 10:00 am - 11:30 am</p>	<p>22</p> <p>St. John's Food Pantry @ Christ the King Church 11:30 am - 2:30 pm Blood Sugar Screenings @ Plaza Park 9:00 am - 11:30 am</p>	<p>23</p> <p>Walking Club 10:00 am - 10:30 am & Arthritis Exercise 10:30 am - 11:00 am @ Colonia Center</p>
<p>26</p> <p>Let's Cook!: Green Juice @Colonia Center 10:30 am - 11:30 am</p>	<p>27</p> <p>St. John's Food Pantry @ Christ the King Church 9:00 am - 12:30 pm Pre-Diabetes & Diabetes: What do I do now? @Camarillo Library 6:00 pm - 7:00 pm</p>	<p>28</p> <p>Arthritis Exercise @ South Oxnard 9:00 am - 9:30 am</p>	<p>29</p> <p>St. John's Food Pantry @ Christ the King Church 11:30 am - 2:30 pm</p>	<p>30</p> <p>Walking Club 10:00 am - 10:30 am & Arthritis Exercise 10:30 am - 11:00 am @ Colonia Center</p>



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.

