

## COMMUNITY HEALTH EVENTS MARCH 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2  Nutrition Bingo @Colonia Vista Senior Center 10:30 am - 11:30 am	3  St. John's Food Pantry @ Christ the King Church 9:00 am - 12:30 pm	4  Blood Pressure & Blood Sugar Screenings @ South Oxnard Center  9:15 am - 11:30 am	5  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  Cooking Demo @St. John's Regional Medical Center Conference Room 5:30 pm - 7:00 pm	6  Walking Club 10:00 am - 10:30 am & Arthritis Exercise 10:30 am - 11:00 am @ Colonia Center
9  Free Diabetes Education! Schedule your appointment by calling 805-988-2709	10  St. John's Food Pantry @ Christ the King Church 9:00 am - 12:30 pm	11  Arthritis Exercise @ South Oxnard Center 9:00 am - 9:30 am  Blood Pressure & Blood Sugar Screenings @ Colonia Center 10:00 am - 11:30 am	12  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	13  Walking Club 10:00 am - 10:30 am & Arthritis Exercise 10:30 am - 11:00 am @ Colonia Center
16  Nutrition Counseling Schedule your free appointment by calling 805-988-2709	17  St. John's Food Pantry @ Christ the King Church 9:00 am - 12:30 pm	18  Arthritis Exercise @ South Oxnard Center 9:00 am - 9:30 am  Blood Pressure & Blood Sugar Screenings @ Wilson Center 10:00 am - 11:30 am	19  Diaper Distribution @ Christ the King Church 8:30 am - 9:30 am St. John's Food Pantry @ Christ the King Church 11:30 am - 2:30 pm  Vituity Cares-Free Clinic @ Christ the King Church 11:30 am - 2:30 pm	20  Walking Club 10:00 am - 10:30 am & Arthritis Exercise 10:30 am - 11:00 am @ Colonia Center
23  Fall Prevention: Balance Exercise @Wilson Center 10:00 am - 11:00 am	24  St. John's Food Pantry @ Christ the King Church 9:00 am - 12:30 pm	25  Arthritis Exercise @ South Oxnard Center 9:00 am - 9:30 am  Blood Clots: What You Need to Know @St. John's Community Health Dept. 5:00 pm - 6:00 pm	26  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 Sugar Screenings @ Plaza Park 9:00 am - 11:30 am	27  Walking Club 10:00 am - 10:30 am & Arthritis Exercise 10:30 am - 11:00 am @ Colonia Center

St. John's Regional  
Medical Center | St. John's Hospital  
CamarilloSt. John's Community Health Dept.  
1600 N. Rose AveChrist the King Church  
535 Cooper Rd.Camarillo Public Library  
4101 Las Posas Rd.

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

