

## 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

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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

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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

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



Dignity Health®

St. John's Regional  
Medical Center | St. John's Hospital  
Camarillo

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

Christ the King Church  
535 Cooper Rd.

Camarillo Public Library  
4101 Las Posas Rd.

