



# WAKE UP TO GOOD HEALTH...

To register, please call 805.988.2865

## JUNE 2025

<b>Tuesday</b> 6/3, 6/10, 6/17, 6/24	<b>Health Ministries Basic Needs Program - St. John's Food Pantry</b> <b>Christ the King Church - 535 Cooper Rd., Oxnard</b> <b>9:00 AM - 12:30 PM</b>
<b>Thursday</b> 6/5, 6/12	<b>Diaper Distribution (Service is for low income families)</b> <b>St. John's Food Pantry - 535 Cooper Rd., Oxnard</b> <b>9:00 AM - 10:00 AM</b>
<b>Thursday</b> 6/5, 6/12, 6/19, 6/26	<b>Health Ministries Basic Needs Program - St. John's Food Pantry</b> <b>Christ the King Church - 535 Cooper Rd., Oxnard</b> <b>11:30 AM - 2:30 PM</b>
<b>Friday</b> 6/6	<b>Healthy Heart Program Session 1: High Cholesterol</b> <b>Wilson Senior Center</b> <b>12:00 PM - 1:00 PM</b>
<b>Fridays</b> 6/6, 6/13, 6/20, 6/27	<b>Arthritis Exercise Class/Walking Club</b> <b>Colonia Senior Center</b> <b>10:00 AM - 11:00 AM</b>
<b>Monday</b> 6/9	<b>Nutrition Bingo</b> <b>Palm Vista Senior Center</b> <b>12:30 PM - 1:30 PM</b>
<b>Wednesdays</b> 6/11, 6/18, 6/25	<b>Arthritis Exercise Class</b> <b>South Oxnard Senior Center</b> <b>9:00 AM - 9:30 AM</b>
<b>Thursday</b> 6/12	<b>Blood Pressure and Blood Sugar Screenings</b> <b>Colonia Senior Center</b> <b>10:00 AM - 11:30 AM</b>

<b>Colonia Senior Center</b> 197 N. Marquita	<b>St. John's Community Health Dept.</b> 1600 N. Rose Ave.	<b>Palm Vista Senior Center</b> 801 S. C St.	<b>Plaza Park</b> 500 S. C St.	<b>Wilson Senior Center</b> 350 N. C St.	<b>South Oxnard Senior Center</b> 200 Bard Rd.
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\*St. John's reserves the right to cancel and change dates/times for classes and services.



**Dignity Health.**

St. John's Regional  
Medical Center

St. John's Hospital  
Camarillo



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## JUNE 2025

Thursday 6/12	Nutrition Bingo South Oxnard Senior Center 11:30 AM - 12:30 PM
Friday 6/13	Healthy Heart Program Session 2: Hypertension Wilson Senior Center 12:00 PM - 1:00 PM
Thursday 6/19	Free Health Clinic - Sponsored by Vituity Cares Foundation Christ the King Church, 535 Cooper Rd., Oxnard 11:30 AM - 2:30 PM
Friday 6/20	Diabetes Support Group - Topic: Safe and Healthy Summer St. John's Community Health Department 12:00 PM - 1:00 PM
Thursday 6/19	Healthy Heart Program Session 3: Healthy Eating Wilson Senior Center 12:00 PM - 1:00 PM
Thursday 6/24	Improving Balance and Preventing Falls South Oxnard Senior Center 11:30 AM - 12:30 PM
Thursday 6/26	Blood Sugar Screenings Plaza Park 9:00 AM - 12:30 PM
Thursday 6/26	Healthy Heart Program Session 4: Physical Activity, Stress Management, and Goal Setting Wilson Senior Center 12:00 PM - 1:00 PM

Colonia  
Senior Center  
197 N. Marquita

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

Palm Vista  
Senior Center  
801 S. C St.

Plaza Park  
500 S. C St.

Wilson  
Senior Center  
350 N. C St.

South Oxnard  
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