


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Ask the Nurse at ¹ Calvert Pines Senior Center 10 — Noon	 ² 2:30 — 6:30pm	 ³ Windy Hill Middle School 9:30—10:30am	 ⁴	Fitness Friday at ⁵ Southern Pines Senior Center 9 — 11a.m.	⁶
⁷	 ⁸ Southern Pines Senior Center 9:30am — Noon	 ⁹ 2:30 — 6:30pm	 ¹⁰ Solomons Mission Center 10—1pm St. John Vianney Food Pantry 2— 6 pm	¹¹	Fitness Friday at ¹² Calvert Pines Senior Center 9 — 11a.m.	 ¹³ SMILE Food Pantry 9am—Noon
¹⁴	 ¹⁵ North Beach Senior Center 9:30am — Noon	 ¹⁶ 2:30 — 6:30pm	 ¹⁷ Windy Hill Middle School 9:30—10:30am Calvert High School 12:30—1:30pm	¹⁸	Fitness Friday at ¹⁹ North Beach Senior Center 9 — 11a.m.	²⁰
²¹	 ²² Calvert Pines Senior Center 9:30am — Noon	 ²³ 2:30 — 6:30pm	 ²⁴ Chesapeake Cares Food Pantry 5:30—7pm	Ask the Pharmacist ²⁵ at North Beach Senior Center 9—11:30am	²⁶	²⁷
²⁸	²⁹	 ³⁰ 2:30 — 6:30pm	 ³¹ Windy Hill Middle School 9:30—10:30am			

 = CalvertHealth Mobile Health Center will be present

CalvertHealth is proud to bring you classes, wellness programs, health screenings and events to help you live a healthier life. For more information, please contact the CalvertHealth Community Wellness Office at 410.535.8233 or visit our website at CalvertHealthMedicine.org/Classes to register.

