

September 2026

Community Wellness Outreach Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Ask the Nurse at North Beach Senior Center 10 a.m.-noon  1	2	Ask the Nurse at Calvert Pines Senior Center 10 a.m.-noon 3	4	Recovery Fest at AnnMarie Gardens 10 a.m.-2:00 p.m.   5
6	Labor Day Community Wellness Office Closed 7	Wise Women Support Group at Prince Frederick Library 6:30-7:30 p.m.  8	Solomons Mission Center 10 a.m.-1 p.m. St. John Vianney Food Pantry 3-5 p.m.   9	10	Fit Friday Calvert Pines Senior Center 9-11a.m. and Southern Pines Senior Center 11:30 a.m.-1:30 p.m. 11	Middleham St. Peters Parish Health Fair 9:30 a.m.-12:30 p.m.   12
Superhero Sunday at Ward Park 10 a.m.-1 p.m.  13	Southern Pines Senior Center 9:30 a.m.-noon    14	Ask the Nurse at Southern Pines Senior Center 10 a.m.-noon  15	16	17	18	A1c Clinic at Prince Frederick Office 106 Hospital Rd. Chesapeake Cares Food Pantry Anniversary 10 a.m.-noon  19
20	North Beach Senior Center 9:30 a.m.-noon  21	Ask the Pharmacist at Southern Pines Senior Center 9-11:30 a.m.  22	23	24	25	26
27	Calvert Pines Senior Center 9:30 a.m.-noon  28	 29	30			



Mobile Unit Center will be present



Farmers Market | Tuesdays 2 - 5:30 p.m.



A1c Screening Available



Cholesterol Screening Available

For more information about the events listed here, please contact the CalvertHealth Community Wellness Office at 410.535.8233.

Scan the QR Code to Learn More



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Community Wellness