

October 2026

Community Wellness Outreach Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Ask the Nurse at Calvert Pines Senior Center 10 a.m.-noon 1	2	3
4	5	Breast Exams at Ladies of Charity 4:30 - 6:30 p.m. Ask the Nurse at North Beach Senior Center 10 - noon 6	7	8	Fit Friday at Calvert Pines Senior Center 9 - 11 a.m. 9	Experience Calvert Festival in North Beach 12 - 5 p.m.. 10
PRIDE SOMD Event in Lexington Park 11 - 4 p.m. 11	12	Wise Women Wellness Group 6 p.m. Chesapeake Cares 4:30 - 7:30 p.m. 13	Solomons Mission Center 10 a.m.-1 p.m. St. John Vianney Food Pantry 3-5 p.m. 14	Cancer Survivorship Yoga at Hospice Burnett House Scan QR code to register. 15	16	Breast Cancer 5k in Solomons 17
Huntingtown Fire Department Open House noon - 4 p.m. 18	North Beach Senior Center 9:30 a.m.-noon 19	Chapline House 11 - 1:30 p.m. Ask the Nurse at Southern Pines Senior Center 10 a.m.-noon 20	21	22	Parks and Recreation Halloween Event at Hallowing Point Park 6 p.m. 23	Halloween in the Garden at Annmarie Gardens 10 - 4 p.m. 24
SOMD Festival in the Park at Kings Landing 11 - 3 p.m. 25	Calvert Pines Senior Center 9:30 a.m.-noon 26	27	Ask the Pharmacist at North Beach Senior Center 9 - 11:30 a.m. 28	29	30	31



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



CalvertHealth Community Wellness