



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—October 2024

202-441-0963



Saturday, October 5, 2024	Saturday, October 12 2024	Saturday, October 19, 2024	Saturday, October 26,2024
10:00 am Fitness w/ Rodney In-person	10:00 am Fitness w/ Rodney In-person	10:00 am Fitness w/ Rodney In-person	10:00 am Fitness w/Rodney In-person
10:00 am Vaccinations Update for Older Americans 10:50 am Trip: Walmart, Clinton	10:00 am Food & Nutrition Resources Nutrition Education Trip:10:30am Wegmans, Wis Ave 	10:00 am Breast Cancer Awareness Month Catherine Moore “Pink Ribbon Ceremony” 11:00 am Trip: National Portrait Gallery	10:00 am Fall Pumpkin Arts & Crafts Happy Halloween- Be Safe 10:50 am Trip: Miller’s Farm 
10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH
12:00 pm-2:00 pm Senior Cinema & Games	12:00 pm-2:00 pm Senior Cinema & Games	12:00 pm-2:00 pm Senior Cinema & Games	12:00 pm-2:00 pm Senior Cinema & Games



ERFSC Weekend Nutrition Program
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Community Dining Site Aide

