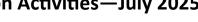


East of the River Regional Socialization Hub Weekend Nutrition Program In-Person Activities—July 2025



202-441-0963





Saturday, July 5, 20245	Saturday, July 12, 2025	Saturday, July 19, 2025	Saturday, July 26,20245
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	10:00 am Sun Screen Protection	10:00am	10:00 am Drink Your H2O
4th of July Trivia Quiz 10:00am 4th of July Snacks	11:00 am Trip: Let's Visit Andrene's 308 Kennedy St NW Happy Anniversary	Coupon F ood Clipping w/Ms. Minor	11:00 am "Watermelon Feast " Nutrition Facts
10:45 am Community Announcements 11:00 am—1:00 pm LUNCH	10:45 am Community Announcements 11:00 am—1:00 pm LUNCH	10:45 am Community Announcements 11:00 am—1:00 pm LUNCH	10:45 am Community Announcements 11:00 am—1:00 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 3001 Alabama Avenue, SE Washington, DC 20020 202-581-9355

Evelyn Minor, MA. RDN, LD **Nutritionist** James Lee, MSA Nadine Prince ,BS

