



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—July 2025

202-441-0963

Listen to WPFW 89.3 FM—Every Saturday from 6 am-8 pm



Saturday, July 5, 2024	Saturday, July 12, 2025	Saturday, July 19, 2025	Saturday, July 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 4th of July Trivia Quiz 10:00am 4th of July Snacks	10:00 am Sun Screen Protection 11:00 am Trip: Let's Visit Andrene's 308 Kennedy St NW Happy Anniversary	10:00am Coupon Food Clipping w/Ms. Minor	10:00 am Drink Your H2O 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



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