



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—June 2026

202-441-0963

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



Saturday, June 6th,2026	Saturday, June 13th,2026	Saturday, June 20th,2026	Saturday, June 27th,2026
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 Mr. Anthony D. Diallo Book Signing Presentation “The Definitive Black Trivia Book	10:00 am Men’s Health Month Magazine 10:50am Trip: Eastern Market & Trader Joes	10:00am Zeta Phi Beta Sorority Inc “ Happy Father’s Day “ 10:45am Community Announcements	10:00 am “Prostate Cancer Awareness” 10:45am Community Announcements
10:L45am Community Announcements 11:00 am—1:00 pm LUNCH	10:45 am Community Announcements 11:00 am—1:00 pm LUNCH	11:00 am—1:00 pm Lunch 12:30pm Counseling & Maryann	10:50am Trip: Landing Shopping Center 1:00 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 or 202-441-0963

Evelyn Minor, MA. RDN, LDN
Nutritionist
James Lee, MSA
Nutrition Aide

