



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—February 2026



202-441-0963

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

Saturday, February 7, 2026	Saturday, February 14, 2026	Saturday, February 21, 2025	Saturday, February 28, 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 "Heart Healthy Resources" 	10:00 am "Happy Valentine's Day Seniors"	9:45am, Zeta Phi Beta Sorority Community Service Activity	10:00 am Release Stress Balls Trip: Cheese Cake Factory – 11:00 am
10:45 am Community Announcements	10:45am Community Announcements	10:45 am Community Announcements	10:45 am Community Announcements
11:00 am—1:00 pm LUNCH Super Bowl Weekend Healthy Super Bowl Snacks	11:00 am—1:00 pm LUNCH Trip: Safeway 415 14th St SE 11:00am	11:00 am—1:00 pm LUNCH "Black History Film 12:00 Noon	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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202-581-9355

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Community Dining Site Aide

