



## 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 11:00 am—1:00 pm <b>LUNCH</b> Super Bowl Weekend Healthy Super Bowl Snacks	10:45am Community Announcements 11:00 am—1:00 pm <b>LUNCH</b> Trip: Safeway 415 14th St SE 11:00am	10::45 am Community Announcements 11:00 am—1:00 pm <b>LUNCH</b> “Black History Film 12:00 Noon	10:45 am Community Announcements  11:00 am—12:00 pm <b>LUNCH</b>
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, LDN  
Nutritionist  
James Lee, MSA  
Community Dinning Site Aide

