

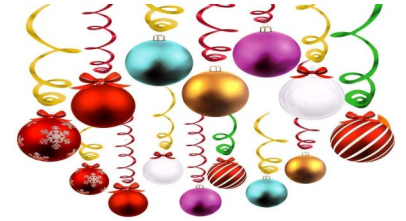


East of the River Regional Socialization Hub Weekend Nutrition Program

In-Person Activities—December 2025

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

Happy Holidays 2025 202-441-0963



Saturday, Dec. 6, 2025	Saturday, Dec. 13, 2025	Saturday, Dec. 20, 2025	Saturday, Dec. 27, 2025
10:00 am In-person Fitness with Rodney	10:00 am In-person Fitness with Rodney	10:00 am In-person Fitness with Rodney	10:00 am In-person Fitness with Rodney
10:00 am Officer Persaud, 6D “Holiday Safety for Seniors” 10:30 am Ugly Sweater Fashion Show 11:00am-1:00 pm Lunch	10:00 am Community Announcements Trip: BZB International Holiday Bazaar-Shiloh Baptist Church 11:00am 1510 9th St NW 	10:00 am Community Announcements 10:00 am Zeta Phi Beta, Beta Zeta Chapter Holiday Cheer Holiday Songs “Name That Tune”	10:00 am Community Announcements 9:00am Trip: IHop Breakfast 3100 14th St NW 
12:00 –2:00pm Senior Cinema & Games	11:00 am -1:00 pm LUNCH	11:00 am—1 :00 pm LUNCH	11:00 am—1:00 pm LUNCH
12:30 pm Mental Health Counseling w/ Maryann	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



Weekend Nutrition Program
3001 Alabama Ave SE
Washington, Dc 20020

Evelyn Minor, MA. RDN, LD
Nutritionist
James Lee, MSA
Community Dining Site Aide

