



East of the River Regional Socialization Hub Weekend Nutrition Program



In-Person Activities—September 2025

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

Saturday, Sept. 6,2025	Saturday, Sept. 13,2025	Saturday, Sept. 20, 2025	Saturday, Sept. 27,2025
10:00 am In-person Fitness w/ Rodney	10:00 am In-person –Fitness w/ Rodney	10:00 am In-person Fitness w/ Rodney	10:00 am In-person Fitness wi/ Rodney
10:00 am Nutrition Education 10:45 am Community Announcements 10:50am Walmart-Riggs Rd	10:00 am National Cholesterol Month 10:45 am Community Announcements 10:45am Health Tip: Take a Walk Today	10:00 am Eating Out Tips 10:45 am Community Announcements 10:45am Health Tip: Make a Fruit Smoothie	10:00 am Healthy Aging Month 10:45 am Community Announcements 10:45am- Dollar Tree, Richie Station Ct, Capital Heights, Md
11:00 am -1:00 pm LUNCH	11:00 am -1:00 pm LUNCH	11:00 am—1:00 pm LUNCH	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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