



## East of the River Regional Socialization Hub

### Weekend Nutrition Program

#### In-Person Activities— January 2026



WPFW 89.3 FM Every Saturday 6:00am-12:00pm

Saturday January 3rd, 2026	Saturday January 10th, 2026	Saturday January 17th , 2026	Saturday January 24th , 2026	Saturday January 31,2026
10:00 am Fitness w/Rodney	10:00 am Fitness w/Rodney	10:00 am Fitness w/Rodney	10:00am Fitness w/Rodney	10:00 am Fitness w/Rodney
10:00 am New Year's Toast "Health Promotion Film " HAPPY NEW YEAR 2026	10:00 am "Health Promotion Film 10:45 am Community Announcements	10:00 am Health Promotion Film 10:45 am Community Announcements	10:00am Health Promotion Film 10:45 Community Announcements	10:00 am Nutrition Assessment w/ Ms. Minor
10:45am Community Announcements	10:50am Trip Wegmans @ Woodmore 9001 Mc Hugh Dr. Lanham	" Health Tip for the Month Self Care for the New Yaear	10:50 Trip: PG Plaza Mall	10:50am Community Announcements
11:00 am—1:00 pm LUNCH	11:00 am -1:00 pm LUNCH	11:00am—1:00pm Lunch	11:00am-1:00pm LUNCH	11:00 am—1:00pm LUNCH
12:00pm-2:00 pm Senior Cinema & Games	12:30 pm-2:00 pm Counseling w/Maryanne	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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