



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—April 2026

202-441-0963

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



Saturday, April 4, 2026	Saturday, April 11, 2026	Saturday, April 18, 2026	Saturday, April 25 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 “Spring is in the Air” Self Care Health Tips for the Spring 10:00am DC Voter Presentation	10:00 am Nutrition & Food Resources 10:45am Trip: Marshalls 2480 Market St NE	10:00am Alcohol Awareness Month 11:00am Zeta Phi Beta Presentation	10:00 am Coupon Clipping 10:45 TRIP: Giant Foods 1400 7th St NW
10:145am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 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

