



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—April 2025

202-441-0963

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



Saturday, April 5, 2025	Saturday, April 12, 2025	Saturday, April 19, 2025	Saturday, April 26, 2025
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	10:00 am Nutrition & Food Resources Nutrition Assessments Evelyn Minor, RDN LDN	10:00am Alcohol Awareness Month 10:45 am Trip to: Amish Market,	10:00 am Volunteer Appreciation Day 2025 Thank You for your Service
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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Nutritionist
James Lee, MSA
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Community Dining Site Aide

