



## East of the River Regional Socialization Hub


### Weekend Nutrition Program

### In-Person Activities—February 2025

**202-441-0963**

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



Saturday, February 1, 2025	Saturday, February 8,,2025	Saturday, February 15, 2025	Saturday, February 25,2025
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 “Heart Healthy Resources” 	10:00 am Super Bowl Healthy Snacks “Happy Valentine’s Day Seniors”	9:45am, Zeta Phi Beta Sorority Vision Board Activity 11:00 am Trip: Glut Health Food Store	10:00 am Release Stress Balls 10:45 am Trip: Amish Market –10:45am
10:30 am Community Announcements 11:00 am—12:00 pm LUNCH Trip : PG Mall 10:45am	10:30 am Community Announcements 11:00 am—12:00 pm LUNCH Trip: Safeway 415 14th St SE 11:00am	10:30am Community An- nouncements 11:00 am—12:00 pm LUNCH “Black History Film 12:00 Noon	10:30aam Community Announcements 11:00 am—12:00 pm LUNCH
12:00 pm-2:00 pm Senior Cinema & Games	12:00 pm-2:00 pm ERFSC Weekend Nutrition Program Senior Cinema & Games 3001 Alabama Avenue, SE Washington, DC 20020 202-581-9355	12:00 pm-2:00 pm Evelyn Minor, MA. RDN, LD Nutritionist Senior Cinema & Games James Lee, MSA Nadine Prince Community Dining Site Aide	12:00 pm-2:00 pm Senior Cinema & Games