



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—November 2025

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



Saturday November 1,2025	Saturday November 8, 2025	Saturday November 15 2025	Saturday November 22 2025	Saturday November 29,, 2025
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 Hot Nutritious Cereals 10:45 am Community Announcements	10:00 am Quit Smoking " National Smoke Out Awareness Re- sources 2025 10:45 am Community Announcements	9:45 am Zeta Phi Beta Sorority Inc - Community Service Event 10:45 am Community Announcements	10:45 am Community Announcements 11:00 Thanksgiving Luncheon 	10:00 am Community Nutrition Food Resources Community Service Project " East River Angel Tree" 10:45 am Community
10:50 am Shopping Trip: Amish Market-Brown Station Road	12:30pm Group Mental Health Counseling w/ Maryanne	12:30pm Group Mental Health Counseling w/ Maryanne		10:50 am Shopping Trip: Pentagon City Mall Family Dollar- New OxStore
11:00 am—1:00 pm LUNCH	11:00 am -1:00 pm LUNCH	11:00am—1:00pm Lunch	Thanksgiving Trivia w/Ms. Minor	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	12:00 pm-2:00 pm Senior Cinema & Games



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