



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—April 2024

202-441-0963

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



Saturday, April 3, 2024	Saturday, April 13, 2024	Saturday, April 20, 2024	Saturday, April 27, 2024
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 Zeta Phi Beta Sorority Inc. Beta Zeta Chapter Paint & Sip	10:00 am Nutrition & Food Resources 11:00 am Cherry Blossoms Tour the Tidal Basin	10:00am Alcohol Awareness Month 10:45 am Trip to Amish Market	10:00 am Volunteer Appreciation Day 10:45 am Trip to Potomac Yards Target
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



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Nutritionist
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Community Dining Site Aide

