



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—December 2022



Sat. December 3, 2022	Sat. December 10, 2022	Sat. December 17, 2022	Sat. December 24, 2022	Sat. December 31, 2022
10:00 am Fitness w/ Rodney	10:00 am Fitness w/ Rodney	10:00 am Fitness w/ Rodney	10:00 am Fitness w/ Rodney	10:00 am Fitness w/ Rodney
10:00 am Winter Skin Care	10:30 am Ugly Sweater Contest Fashion Show 	10:45 am St. Philip's Holiday Party 	10:45 "Name That Holiday Tune" 11:00am Holiday Celebra- tion Luncheon	10:00 am Weight Control for the New Year film
11:00 am Trip to Wegman's-Ridgely Store 	11:00 am Trip to Pentagon Centre		12:00pm –2:00pm Senior Cinema & Games of Plenty Happy Holidays 	10:45 am New Year's Toast 
11:00 am—12:00 pm LUNCH	11:00 am -12:00 pm LUNCH	11:00 am—12:00 pm LUNCH		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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