



# East of the River Regional Socialization Hub

## Weekend Nutrition Program

### In-Person Activities—December 2023



Sat. December 2nd 2023	Sat. December 9, 2023	Sat. December 16, 2023	Sat. December 23 2023	Sat. December 30, 2023
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 Winter Skin Care	10:30 am St. Philip Holiday Party @St. Philips Church	10:30-11:00am Ugly “Ugly Sweater Contest Fashion Show “ 	11:00am-1:00pm Motown Holiday Party 	10:00 am Weight Control for the New Year
10:30am –11:00am “Name That Holiday Tune”	Happy Holidays 	10:45 am Trip: Pentagon City 		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	11:00am –1:00pm 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	12:00pm—Senior Cinema & Games of Plenty	12:00 pm-2:00 pm Senior Cinema & Games



ERFSC Weekend Nutrition Program  
3001 Alabama Avenue, SE  
Washington, DC 20020  
202-581-9355

Evelyn Minor, MA. RDN, LD  
Nutritionist  
James Lee, MSA  
Nadine Prince

