



**East River Regional Socialization Hub
Weekend Nutrition Program
In-Person Activities—January 2023**

202-441-0963

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



Saturday, January 7, 2023	Saturday, January 14, 2023	Saturday, January 21, 2023	Saturday, January 28, 2023
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 “New Year’s Resolutions ” 11:00 am Trip to Walmart-Riggs Road Store	Happy Birthday Martin Luther King Jr. 10:00 am Dr. Martin Luther King Jr. Trivia Quiz 11:00 am Trip to PG Plaza Mall	10:00am - 12:00pm Hot Chocolate w/whipped cream Pop Up Bar 11:00 am Trip to BIG Lots	10:00 am Glaucoma Awareness Month 11:15 am Trip to Dollar Tree Georgia Ave
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	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



ERFSC Weekend Nutrition Program
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Evelyn Minor, MA. RDN, LD
Nutritionist
James Lee, MSA
Nadine Prince
Community Dining Site Aide

