



East of the River Regional Socialization Hub

Weekend Nutrition Program In-Person Activities—July 2024

202-441-0963

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



Saturday, July 6, 2024	Saturday, July 13, 2024	Saturday, July 20, 2024	Saturday, July 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 4th of July Trivia Quiz 11:00 am Trip to Amish Market	10:00 am Sun Protection 11:00 am Trip: Let's Visit Andrene's 12:30 pm Paint & Sip w/Rain	10:00am Coupon Food Clipping 10:45 am Trip to Walmart Clinton Md.	10:00 am Drink Your H2O 11:00 am Trip: Movies @The Marlow 6 Watermelon Feast
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



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Community Dining Site Aide

