



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



**202-441-0963**

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

Saturday, November 4, 2023	Saturday, November 11, 2023	Saturday, November 18, 2023	Saturday, November 25, 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
11:00 am Community Announcements “Hot Nutritious Cereals”  11:20 am Trip to Walmart	11:00 am Community Announcements “Diabetic Portion Control” during the Holidays  11:20 am Trip to “Shoppers Food Warehouse- Forestville Mall	11:00 am Community Announcements “Happy Thanksgiving Seniors” 	11:00 am Community Announcements Community Nutrition/Food Resources  11:20 am Community Service Project, Angel Tree Project
11:00 am—12:00 pm LUNCH	11:00 am—12:00 pm LUNCH	11:30 am—1:00 pm Thanksgivings Luncheon	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  
3001 Alabama Avenue, SE  
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202-581-9355

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

