



**East of the River Regional Socialization Hub  
Weekend Nutrition Program  
In-Person Activities—August 2023  
202-441-0963**



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

Saturday, August 5, 2023	Saturday, August 12, 2023	Saturday, August 19, 2023	Saturday, August 26, 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 Pet Therapy Month  11:15 am Trip to Walmart / Clinton Md	10:00 am Food & Nutrition Resources 11:00 am Trip to Farmers Market DC Armory Stadium	10:00 am Meditation music for seniors 9:45 am Trip to PG Plaza Mall	10:00 am Summer Reading List 11:00 am Trip to Amish Market
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**  
3001 Alabama Avenue, SE  
Washington, DC 20020  
202-581-9355

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

