



East of the River Regional Socialization Hub Weekend Nutrition Program



In-Person Activities—February 2024

202-441-0963

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

Saturday, February 3, 2024	Saturday, February 10, 2024	Saturday, February 17, 2024	Saturday, February 24, 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 “Heart Healthy Resources” 	10:00 am Super Bowl Healthy Snacks “Happy Valentine’s Day Seniors” 10:45 am Trip to Amish Market” Trip	10:00am Heart Healthy Soups 11:00 am Trip to Safeway Shopping 415-14th St. SE	10:00 am Release Stress Balls 10:45 am Trip to Walmart 5929 Georgia Ave NW
10:45 am Community Announcements 11:00 am—12:00 pm LUNCH	10:45 am Community Announcements 11:00 am—12:00 pm LUNCH Trip: 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
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

