



**East River Regional Socialization Hub
Weekend Nutrition Program
In-Person Activities—January 2024**



202-441-0963

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

Saturday, January 6, 2024	Saturday, January 13, 2024	Saturday, January 20, 2024	Saturday, January 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 “New Year’s Resolutions ” Health Promotion Film	Happy Birthday Martin Luther King Jr. 10:00 am Dr. Martin Luther King Jr. Trivia Quiz	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



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Community Dining Site Aide

