



# East of the River Regional Socialization Hub Weekend Nutrition Program In-Person Activities—July 2023



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

Saturday, July 1, 2023	Saturday, July 8, 2023	Saturday, July 15, 2023	Saturday, July 22, 2023	Saturday, July 29, 2023
10:00 am In-person Fitness with Rodney	10:00 am In-person Fitness with Rodney	10:00 am In-person Fitness with Rodney	10:00 am In-person Fitness with Rodney	10:00 am In-person Fitness with Rodney
10:00 am 4th of July Trivia Quiz 10:45 am Community Announcements 11:00 am Trip: Eastern Market Open Area Market	10:00 am Foot Care 10:45 am Community Announcements 11:00 am Trip: Let's Visit Andrene's	10:00 am George Foreman Grill Day BBQ Tips 10:45 am Community Announcements 11:00 am Trip: Roses	10:00 am Drink your H2O 10:45 am Community Announcements 11:00 am Trip: Rita's Ice Cream Parlor Social Day	10:00 am Watermelon Feast 10:45 am Community Announcements 11:00 am Trip: Amish Market
11:00 am -12:00 pm LUNCH	11:00 am -12:00 pm LUNCH	11:00 am—12:00 pm LUNCH	11:00 am—12:00 pm LUNCH	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	12:00 pm-2:00 pm Senior Cinema & Games



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

