



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



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

Saturday, May 6, 2023	Saturday, May 13, 2023	Saturday, May 20, 2023	Saturday, May 27, 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 Healthy Vision Month 10:00am -2:00pm St Luke’s Mother’s Day Event	11:15 am –2:00 pm Dorothy Height Library “Wellness Information is Power Day w/ Niccola HAPPY MOTHER’S DAY	10:00am Celebrate Older Americans Month 2023 11:15 am Trip to Amish Market	10:00 am Sport & Fitness Foot Wear 11:15 am –2:00 pm Thomas Sweet Ice Cream Parlor /Georgetown
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
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202-581-9355

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

