



East of the River Regional Socialization Hub Weekend Nutrition Program



In-Person Activities—September 2023

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

Saturday, Sept. 2, 2023	Saturday, Sept. 9, 2023	Saturday, Sept. 16, 2023	Saturday, Sept. 23, 2023	Saturday, Sept. 30, 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 Nutrition Bingo Prizes 10:45 am Community Announcements 12:00 am Big Bingo Party & Games of Plenty	10:00 am National Cholesterol Month 10:45 am Community Announcements	10:00 am Eating Out Tips 10:45 am Community Announcements	10:00 am Healthy Aging Month 10:45 am Community Announcements 9:45 am Trip: All White Old Town Trolley Ride -sign up w/ Ms. Minor	10:00 am National Food Safety Education month 10:45 am Community Announcements 11:00 am End of the Summer Caribbean Day Celebration
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 Name that Tune Trivia Senior Cinema & Games	12:00 pm-2:00 pm Paint & Sip Water Color Senior Cinema & Games	12:00 pm-2:00 pm Movie: The original “Shaft “ Senior Cinema & Games	12:00 pm-2:00 pm Movie: “Cool Running” Senior Cinema & Games



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Community Dining Site Aide

