



**East of River Regional Socialization Hub**  
**Weekend Nutrition Program**  
**Virtual/In-Person Activities—September 2022**  
**202-441-0963**



Access ZOOM [www.zoom.com](http://www.zoom.com) Select JOIN A MEETING at the top or DOWNLOAD ZOOM on your smartphone /Tablet  
 Enter Meeting ID: 951 4112 0645, No Password Needed (once the meeting ID is entered, Select JOIN)  
 Dial in # 1-301-715-8592, 951 4112 0645 Listen to WPFW 89.3 FM—Every Saturday from 6 am-8pm

Saturday, Sept. 3, 2022	Saturday, Sept. 10, 2022	Saturday, Sept. 17, 2022	Saturday, Sept. 24, 2022
10:00 am Fitness w/ Rodney	10:00 am Fitness w/ Rodney	10:00 am Fitness w/ Rodney	10:00 am Fitness w/ Rodney
11:00 am Community Announcements 11:20 am Dollar Tree – Georgia Ave	11:00 am Community Announcements Friends of Anacostia Park Fun Day 9:30am	11:00 am Community Announcements 11:30 am Golden Corral- Landover – Lunch	11:00 am Community Announcements 12:00 pm BINGO Party
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



ERFSC Weekend Nutrition Program  
 3001 Alabama Avenue, SE  
 Washington, DC 20020  
 202-581-9355

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

