



East of the River Regional Socialization Hub

Weekend Nutrition Program



In-Person Activities—September 2024

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

Saturday, Sept. 7,2024	Saturday, Sept. 14,2024	Saturday, Sept. 21,2024	Saturday, Sept. 28,2024
10:00 am In-person Fitness with Rodney	10:00 am In-person ness with Rodney	10:00 am In-person Fitness with Rodney	10:00 am In-person Fitness with Rodney
10:00 am Nutrition Education 10:45 am Community Announcements 10:50am Amish Market –Trip	10:00 am National Cholesterol Month 10:45 am Community Announcements 10:45am Pentagon City Mall –Trip	10:00 am Eating Out Tips 10:45 am Community Announcements 10:45am Corral -Trip	10:00 am Healthy Aging Month 10:45 am Community Announcements 11:00am Peach Cobbler Facto- ry—1010 Mass Ave NW
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



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