



# East of the River Regional Socialization Hub

## Weekend Nutrition Program

### In-Person Activities—March 2023

202-441-0963

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

Celebrate National Nutrition Month



Saturday, March 4, 2023	Saturday, March 11, 2023	Saturday, March 18, 2023	Saturday, March 25, 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 Nutrition Film Festival 11:00 am Trip to Amish Market	10:00 am Nutrition Film Festival 11:00 am Trip to Walmart– Riggs Road Store	10:00am Nutrition Film Festival  11:00 am Trip to Jumbo International Market	10:00 am Nutrition Film Festival 11:15 am Trip to Cherry Blossom Sightseeing Tidal Basin Tour
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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Evelyn Minor, MA. RDN, LD  
Nutritionist  
James Lee, MSA  
Nadine Prince  
Community Dining Site Aide

