



**East River Regional Socialization Hub
Weekend Nutrition Program
In-Person Activities—November 2022
202-441-0963**



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

Saturday, November 5, 2022	Saturday, November 12, 2022	Saturday, November 19, 2022	Saturday, November 26, 2022
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
11:00 am Community Announcements “Hot Nutritious Cereals” 11:20 am Trip to Walmart	11:00 am Community Announcements “Diabetic Portion Control” during the Holidays 11:20 am Trip to “Target” Forestville Mall	11:00 am Community Announcements “Happy Thanksgiving Seniors” 	11:00 am Community Announcements Community Nutrition/Food Resources 11:20 am Trip to (new) LiDL-Naylor Road store
11:00 am—12:00 pm LUNCH	11:00 am—12:00 pm LUNCH	11:30 am—1:00 pm Thanksgivings Luncheon	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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Community Dining Site Aide

