



East of the River Regional Socialization Hub

Weekend Nutrition Program

In-Person Activities—April 2023



Saturday, April 1, 2023	Saturday, April 8, 2023	Saturday, April 15, 2023	Saturday, April 22, 2023	Saturday, April 29, 2023
10:00 am Fitness with Rodney In-person	10:00 am Fitness with Rodney In-person	10:00 am Fitness with Rodney In-person	10:00 am Fitness with Rodney In-person	10:00 am Fitness with Rodney In-person
10:00 am Coupon Clipping 10:45 am Community Announcements 11:15 am Trip Big Lots- Richie Station	10:00 am Egg Safety 10:45 am Community Announcements 11:15 am Trip Shoppers Food Warehouse -Coral Hills	10:00 am Zeta Phi Beta Sorority Inc. Beta Zeta Chapter Black History 365 10:45 am Community Announcements 11:15 am Glut Health Food Co-op Mt, Rainer, Md.	10:00 am Iona Senior Services Resource Book 10:45 am Community Announcements 11:15 am Trip to Walmart Clinton, Md.	10:00 am Volunteer Appreciation Month Celebration Day 10:45 am Community Announcements 11:15 am Trip to Amish Market Brown Station Rd.
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 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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