



East of the River Regional Socialization Hub
Weekend Nutrition Program
In-Person Activities—June 2023
202-441-0963



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

Saturday, June 3, 2023	Saturday, June 10, 2023	Saturday, June 17, 2023	Saturday, June 24, 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 Shield your Skin/Sunblock 11:00 am Trip to Safeway Stores	10:00 am Occupational Health Tools 11:00 am Trip to Walmart/Riggs Rd NE	10:00 am Happy Father's Day - Men's Health 11:00 am Trip to Pentagon Fashion Mall	10:00 am Fresh Fruit & Vegetable Farmers Market Resources 11:00 am Trip to Eastern Market Open Area Market
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
 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

